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Welcome to this E-book on ways to raise your vibration



You've probably heard the phrase raising your vibration which basically means that when we think good thoughts, speak good words and take positive action we generally feel a greater sense of well-being and happiness, than if we were thinking and speaking negatively. This is actually based in science as we now know that everything in the universe is made up of particles moving at different speeds and we call this frequencies, just like you would tune a radio to a specific

radio wavelength we can adjust our emotions and feelings.

So I am going to share with you some ways in which to raise your vibration a bit higher so you can enjoy the feelings of increased wellbeing. And raising your vibration also helps manifest more quickly the things that you desire so it's a win win situation.

When we feel good about ourself and our lives life seems to just flow

better. These are some of the ways that I use to raise my vibration. Choose what resonates with you and give them a try.

Meditation - is a practice that involves focusing or clearing the mind to allow us to be focused in the present moment. Research shows it has a positive impact on well-being. YouTube has a huge selection of videos on there. For beginners, I would advise this as a good starting point.

Visualisation - is a type of meditation but involves using our imagination to focus on a particular scenario or outcome. For example, imagine that you want to move to a new house, what would it look like? What rooms and facilities would it have? What does the decor look like? Is it near the sea or in a modern city centre? Most importantly, how does it feel to live there? Regular visualisation programs our subconscious mind and helps bring into our reality

Drinking water - The general consensus is that we should all aim to drink between 6-8 glasses a day, around 1.2 litres. Staying hydrated has numerous health benefits including improving the appearance of our skin and flushing out toxins.

Eating good food - Who doesn't love a slice of cake or a piece of cheese? And as they say everything in moderation. However, eating a healthy diet does help to maintain our physical well-being and

promote longevity of life expectancy. Cutting down on unhealthy fats and sugar is a key factor in a healthy diet.

Exercise - When we look good on the outside, we feel better on the inside and that is my belief. When we feel good in our bodies we feel more confident about ourselves and life in general . As we get older our muscle mass decreases and skin starts to sag, exercise does help to maintain the muscle and tone skin. In my opinion, exercise should be a lifestyle choice incorporated into our daily routine. Exercise gets the feel good chemicals in the brain flowing around so it's great for boosting our mood too.

Journalling - Did you ever keep a diary when you were younger? I did for a while. I had one of those with a lock and key on and I loved it. I can get thoughts out of our head as we write them down on paper. I often get ideas when I am in bed so I keep a notebook and pen in my bedside drawer, because most often, I can't remember them the next day. Who knows? You may just come up with a winning business idea or an idea for a book or TV script.

Making a gratitude list - A bit similar to journalling but I'm sure you have heard the phrase 'an attitude of gratitude'. Writing down reasons to feel gratitude can be a very powerful technique to help us feel more positive about our lives. Immediately, we are shifting our focus on reasons to be thankful rather than feeling angry or sad or just meh! It can be something so simple such as having water to drink. Remember not everybody in the world can just turn on a tap! I challenge you to start with just three reasons and watch what happens because when you tune into the frequency of gratitude you just begin to notice more reasons to be grateful.

Grounding our chakras - Chakras are energy centres within our body that are responsible for flowing the energy through our body using a network of energy lines called Meridians. If our chakras are moving and flowing then we are more likely to enjoy overall well-being. However, if one or more is blocked, then the body isn't firing on all cylinders. It's like driving a sports car but the turbo has broken. So balancing our chakras and grounding them is essential for well-being.

Using crystals - In recent times crystals have gained enormous popularity. Each type of crystal is said to have its own properties. For example, amethyst is linked to the crown chakra and is said to increase our psychic and mediumship abilities as it promotes connection to the spiritual realm.

Therapies such as Reiki healing - Reiki simply means universal energy in Japanese, Reiki is believed to have originated from Japan. There are other forms of healing also such as spiritual healing and quantum energy healing. These modalities work by bringing in universal energy into our own personal energetic field and giving us a boost, a bit like a jump start on a car's flat battery.

Listening to music and or dancing - Any music that makes you feel happier or uplifted is having a positive effect on your well-being and as you sing or hum, you are also exercising your throat chakra, which is linked to speaking your truth and being authentic.

Lighting candles - For me when I light a candle I immediately feel good, maybe it's because I am a Leo, which is a fire sign in Astrology. But lighting a candle just adds an extra dimension to the ambience of the room. I tend to go for natural candles, such as soy or other alternatives, as the commercial scented ones can give off toxic fumes. I will write an article on the health benefits of natural products.

Warm relaxing bath - If you have one, I currently don't as I have a wetroom. But warm baths are very good for relaxing and unwinding from the stresses of the day. You could even light that candle!

Revitalising cold shower - I always finish my shower with the water temperature as cold as I can bear. I started off by doing this for 10 seconds and now I can last about a minute. It is said to have numerous health benefits, even decreasing the risk of a stroke. In recent years, ice water baths and cold water therapy have become increasingly popular. At this time, I haven't bought an ice water bath but they are available to purchase.

Breathwork - Breathing is something we do automatically, multiple times a day. It's the first thing we do as we enter this world and the last thing we do as we leave this world. Many of us don't give it much importance, however when we focus on our breathing it can reduce stress and anxiety. There are different breathing techniques but box breathing makes a good starting point. Start by breathing in 1,2,3,4 and hold 1,2,3,4 and then exhale 1,2,3,4. By focusing on our breathing even for just a couple of minutes, can actually soothe the body in

ways we didn't know we even needed and it's a way of practicing mindfulness.

Walking - What can I say, walking is so beneficial. So just get your trainers on and walk!

Getting out in nature - Goes with walking, nature helps bring us into balance.

Alone time - There's a massive difference between being alone and being lonely. Whilst being lonely can have a negative effect on our life, spending time alone can be hugely beneficial. When we spend time alone we get to know who we are. Be your own best friend and look after you.

Reading a book - Whether it's your favourite fiction author or a personal development book, reading is good for the soul. Other benefits include increasing our vocabulary and learning new knowledge. Or if you always wanted to write you could even try it for yourself.

Wearing nice perfume or parfum - Perfume to me is what shoes are to Jimmy Choo or Manolo Blahnik. I love a good perfume, I immediately feel like I'm in my superwoman mode. I recently went into a store and tried out a new designer range, I came out bathed in top notes of black pepper and freesia and whatever else was in it but I felt amazing. Scents are linked to memories and can trigger emotions. I

love smelling after sun as it reminds me of holidays and being at the beach. What's your favourite smell? Time for a new perfume? Apparently, our sense of smell can decline with age, so give your nose a good workout today.

Spending time with loved ones - Whether it's human or animal, spending time with our loved ones is something we all want to be able to do. Why not make plans now, make that call, send that text.

Cuddling - The 20 second rule! A 20 second cuddle allows the body to release a significant amount of Oxytocin (the love chemical) as well as Serotonin and Dopamine. This is why a cuddle feels so good and it bonds us to our loved ones. If you haven't got anyone to cuddle with, you could always consider a cuddle cushion or just get you favourite cuddly toy or even a pillow!

Beauty treatments - A particular favourite of mine, I enjoy nothing more than a good pamper session. You could book a spa day, it is possible to find budget conscious spa days by using certain websites that have offers and vouchers. Or go have your nails done. Or invite some friends around and have a pamper session at home. An added bonus is you get to see your friends at the same time.

Travelling or visiting new places - I have always had the travel bug, maybe it's the free spirit in me. My mum says I could have been a hippie! The world is such a large place so why not get to see as much as possible. It could be something simple like visiting somewhere new in your area that you have never been to before. Why not write a bucket list of 10 destinations you really want to visit in this lifetime.

Making time for hobbies or interests or taking up a new one - All work and no play can make life seem hard or boring. Do you have a hobby or interest? If yes, great but make sure you give it time and if not, what is something that you would really love to try? Hobbies and Interests help us to connect with our inner child and experience fun and passion.

I hope that reading this E-Book has been enjoyable and hopefully raised your vibe. Be sure to try a few of the ideas, reading is one thing but putting them into practice will benefit you. If you would like to know more about how i can help you then book a free call with me now so that we can discuss ideas and a plan to go forward.