

# **TAP INTO GOOD VIBRATIONS**

Humans are made of cells, which are made of atoms, which are made of particles, and those particles are actually **just vibrating energy**. We are more empty space than physical stuff; more vibration than mass.

Everything in the universe is made up of molecules vibrating at different speeds. Human vibrations compose everything from our physical being to the way we communicate our thoughts. Some molecules vibrate faster and some vibrate slower. There are higher vibrations and lower vibrations.

When you are vibrating at a higher level, you feel lighter, happier, and more at ease, whereas lower vibrations feel heavy, dark, and confused.

**Here are 12 ways to help raise your vibrations:**

## **1. Gratitude**

Gratitude is one of the quickest ways to boost your vibration. Try it right now—stop reading and look around the room. Turn your attention to what you are thankful for in this moment. It might be your dog, the beautiful weather, or the fact that you were blessed with another day on this earth. You can't feel fear or anger while feeling gratitude at the same time, so when you feel yourself experiencing a low energy emotion, see if you can shift your attention to gratitude. Make gratitude a habit, and it will transform your outlook on life and jumpstart a spiritual awareness and appreciation for the little things.

## **2. Love**

Call to mind someone who is easy to love, and hold that person in your heart. Visualize him or her sitting in front of you and notice how you feel. A feeling of expansion, lightness, and happiness will take over your being. Love is one of the highest vibrating states of being and has the power to pull you out of even the deepest of ditches. Attune your heart to love and your energy will soar.

## **3. Generosity**

Anytime you get stingy or greedy with anything (love, attention, money), it lowers your vibration and feels bad. The fix is to be generous. Whatever you want more of in life, offer it to someone. Feeling poor? Give a little money to charity. Feeling lonely?

Make an effort to make a stranger smile. Don't have enough time? Give your time to a good cause.

#### **4. Deep Breathing**

Research shows the more “true” something is, the higher its level of vibration. The truth that matters most is right now. When you train yourself to be present in the moment, you resonate more harmoniously with the truth. Breathing mindfully calms your nervous system, improves your mood, and brings about greater feelings of peace—all high-vibe qualities that will benefit your state of being.

#### **5. Forgiveness**

Blame is low energy. Out of 22 emotions (arranged from highest vibration at number 1 to lowest at 22), blame is number 15. If you work on forgiveness, you will release yourself of this low energy and move up the scale. So, forgive any injury. Forgiveness brings us peace and makes the world a better place.

#### **6. Eat High-Vibe Food**

Everything you consume has life force energy. If you eat a lot of dead energy (meat, fried, or processed food), you will lower your vibration. By eating nutrient-dense, live foods, like local and organic fruits and vegetables, your body absorbs these things, making you more light, vibrant, and alive. High-vibration food makes our vibration higher!

#### **7. Reduce or Eliminate Alcohol and Toxins**

While it can temporarily feel good, alcohol is a depressant and lowers a person's vibration. If you want to be spiritually connected and have a healthy outlook on life, eliminating toxins from your body would be a good place to start. Rather than numbing out, adopt a more healthful and holistic way of life and feel more energized.

#### **8. Think Positive Thoughts**

Each thought you have creates your future. If your thoughts are pessimistic, overtly anxious, or in any way negative, your day will likely be, too. Just as gratitude draws more of the same into your life, so, too, does impatience, jealousy, and unworthiness. This negative energy can leave you feeling heavy and burdened. Push away negative energy and choose positive thoughts for a positive change.

#### **9. Enjoy High-Vibe Music, TV, Books, Movies**

Be sure your entertainment is high vibration and leaves you feeling uplifted rather than depleted. Does social media make you feel energetic or insecure? Does that violent action film actually

enhance your mood or does it contribute to your anxiety? Does the music you listen to include violent or low-vibration lyrics? Could changing the soundtrack of your daily commute to worship songs contribute positively to your day? Be as selective about your media as you are about the quality of food you eat, and you will find new energy in your day.

#### **10. Surround Yourself with Beauty**

Be sure your home and work environments reflect beauty, passion, and enthusiasm for life. The right lighting can have a significant impact on your productivity and your mood. Hang art that inspires you. Use colors that calm and rejuvenate you. Reduce clutter and create more space for clarity. Your surroundings have a big effect on how you feel on the inside and live your life.

#### **11. Go for a Walk Outside**

Get some exercise in the great outdoors. Get the sun on your face while you get your heart pumping. Take a break from the constant buzz of electricity and technology, and reconnect with Mother Nature. Even a few minutes spent outdoors can completely shift your mood, which is why going for a walk around the block when you're having a mental block or a family quarrel can be so beneficial.

#### **12. Be Sure Your Relationships Are Vibing High**

Finally, surround yourself with people who lift you up, rather than drag you down. Spend time only with people who make you feel better about yourself, people who believe in you, and are interested in resonating at a high frequency just like you are. When you lift yourself up, you bring others with you.

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