



Day 10 – Bonus 1 5 Things that Lower your Vibration

It can be all too easy to be pulled down into a negative state of being if we do not remain alert and aware of our thoughts, behaviours and the environment around us.

Being in a negative state of being means that your energetic vibration is low and heavy and, as determined by the Law of Attraction, this means that what you'll attract and what you'll naturally radiate towards whilst in this lowered state are things that are of a similar lower state.

So, for example, if you're feeling angry, you may encounter things that make you feel even more angry. And you can enter a spiral effect that pulls you further down and down; you might get cut-off by someone when you're driving to work, you might find yourself in a traffic jam when you're rushing to a meeting, your boss might be demanding an unreasonable deadline from you... and so it continues.

Being in a lowered and heavy vibrational energy will only ensure that you attract things that are of a similar, low energy.

And that's not what I want for you, lovely soul.

I want you to thrive in life, to enjoy every day as it comes your way and see it as a blessing, I want you to leap over challenges and obstacles with energy and gusto. And the only way to do this to keep your energetic vibration high.

Below I'm highlighting 5 things that could lower your energetic vibration. I'm only listing 5 so you get an idea of the type of things that can lower your vibration, so you know what to watch out for and what to avoid.



Day 10 – Bonus 1 5 Things that Lower your Vibration

#1: Gossiping

When you get involved in gossip, you're getting involved in idle talk (and/or rumours) about the personal or private affairs of others. Gossip tends to home in on the negative traits of another, on something they may have done that you don't agree with or spreading rumours about someone.

The very explanation of gossip makes it feel really heavy and dank and, instinctively, feels like something that would and does easily drag your vibration down. The phrase: "if you can't say something nice, don't say anything at all" springs to mind.

There are 5 questions that you should ask yourself before saying something about someone. And they are:

- Is what I'm about to say, **T** rue?
- Is what I'm about to say, **H** elpful?
- Is what I'm about to say, **I** nspiring?
- Is what I'm about to say, **N** ecessary?
- Is what I'm about to say, **K** ind?

In other words, **T.H.I.N.K** before you speak. And as Bernard Meltzer suggests, if you answer 'no' to any of these questions, then "maybe what you are about to say should be left unsaid".



Day 10 – Bonus 1
5 Things that Lower your Vibration



#2: Eating poorly

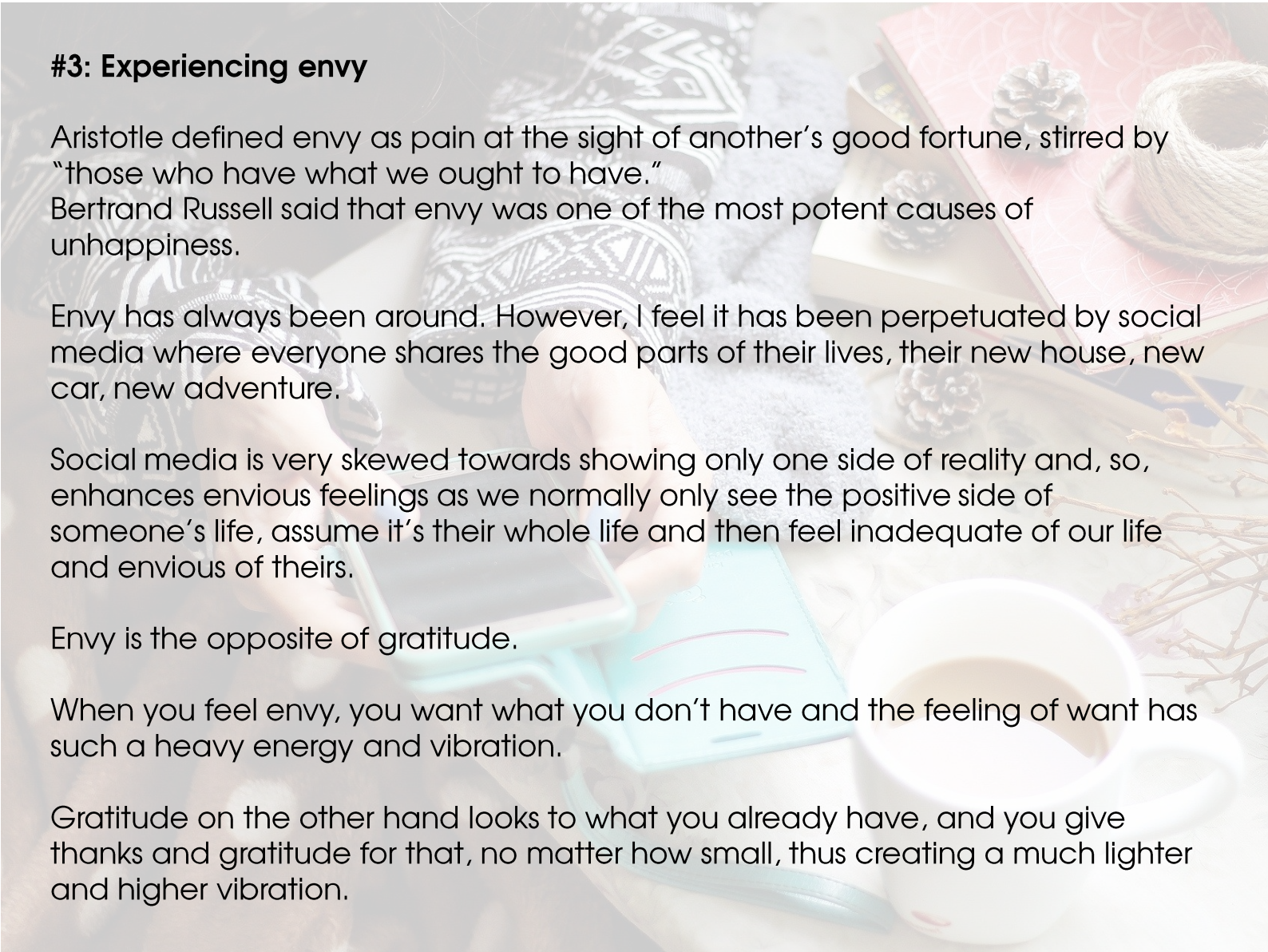
All foods carry a vibration. The more foods are handled by man and processed, the more they lose their natural high vibration.

So, if your diet is dominated by processed foods, too many take-outs and fast food, alcohol, sugar and sweet treats, and meat, then your body will be working so hard to process the food you're consuming that it will drag down its natural vibration.

In contrast if you eat a rainbow of foods direct from Mother Earth (ie foods with little-to-no human intervention, except the growing and harvesting of the foods), then your body will vibrate with the high vibration of natural foods.



Day 10 – Bonus 1 5 Things that Lower your Vibration



#3: Experiencing envy

Aristotle defined envy as pain at the sight of another's good fortune, stirred by "those who have what we ought to have."

Bertrand Russell said that envy was one of the most potent causes of unhappiness.

Envy has always been around. However, I feel it has been perpetuated by social media where everyone shares the good parts of their lives, their new house, new car, new adventure.

Social media is very skewed towards showing only one side of reality and, so, enhances envious feelings as we normally only see the positive side of someone's life, assume it's their whole life and then feel inadequate of our life and envious of theirs.

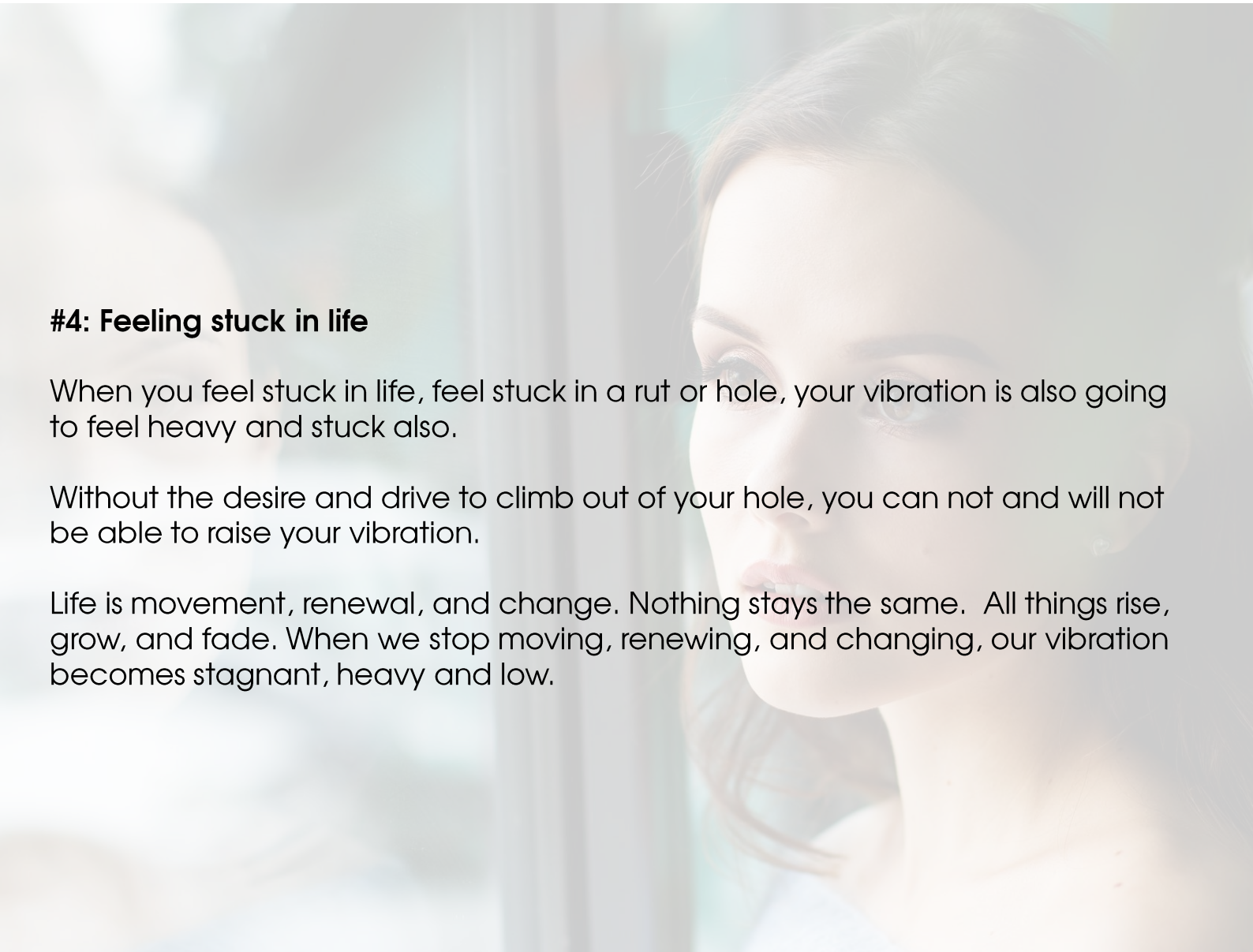
Envy is the opposite of gratitude.

When you feel envy, you want what you don't have and the feeling of want has such a heavy energy and vibration.

Gratitude on the other hand looks to what you already have, and you give thanks and gratitude for that, no matter how small, thus creating a much lighter and higher vibration.



Day 10 – Bonus 1
5 Things that Lower your Vibration



#4: Feeling stuck in life

When you feel stuck in life, feel stuck in a rut or hole, your vibration is also going to feel heavy and stuck also.

Without the desire and drive to climb out of your hole, you can not and will not be able to raise your vibration.

Life is movement, renewal, and change. Nothing stays the same. All things rise, grow, and fade. When we stop moving, renewing, and changing, our vibration becomes stagnant, heavy and low.



Day 10 – Bonus 1
5 Things that Lower your Vibration



#5: Tiredness and fatigue

If you're not getting enough sleep or enough quality sleep, you become tired and fatigued. If you are tired and fatigued, you have little energy to give and no energy to cultivate a higher frequency.

Similarly, if you are expending as much energy as you have, you deplete yourself. You have nothing left over. The mere thought of doing one thing more, such as taking 10 minutes to improve your state of being through, for example, meditation, is simply too much. You're already on the edge; overload, overwhelm, and exhaustion are just around the corner.

Therefore, if you want to ensure your energetic vibration remains high, it's absolutely essential that you manage your time and your efforts to ensure you have a surplus of energy.