



## Day 10 – Bonus 2 5 Ways to Raise your Vibration

The Law of Attraction states that like energy attracts like energy.

Here's the thing. Everything is energy. You, me, the chair you're sitting on, the coffee mug you may be drinking from. Everything, when we really zoom in, is just little particles of energy bouncing around. How densely that energy is packed will determine how solid something will appear.

So, we have two pieces of the jigsaw: everything is energy and energy attracts energy.

That means that if you're feeling down and low, angry and frustrated, bored and overwhelmed you'll attract things that vibrate at a similar low energy. And I'm guessing that that doesn't exactly inspire or attract you, right?

However, if you're happy and feeling joyous, if you're laughing and smiling, if you're filled with love and contentment, well those high vibrational states will attract similar high vibrational energy. Now that sounds more attractive, right?

That's how you live the life you want to live. That's how you attract the many forms of abundance into your life that you deserve. That's how you reach and fulfil your potential.

I wonder, though. Do you think that raising your energy to a high vibration is easy or difficult?

Most people think that being in a state of high vibration is difficult and something that needs constant work. Well, I'm here to tell you the opposite. It's when you're in a low vibrational state that life is tough, that you feel tired and uninspired, that things become a drag. Not only is being in a high vibrational state something that brings fun and joy and laughter, it's also something that is easy to achieve... much easier than you might think.

So how do you achieve and maintain a high vibrational energy?

I have 5 suggestions for you. These aren't definitive and hopefully they'll inspire you to come up with your own ways to keep your vibration high. These 5, I believe, are a good starting place and great stepping stones towards living a life in a high vibrational state.



## Day 10 – Bonus 1 5 Things that Lower your Vibration



### #1: Gratitude

So many people take their life for granted instead of seeing the gift that it really is and taking it with gratitude.

When you live life with gratitude, everything changes. As Rumi suggested: “Wear gratitude like a cloak and it will feed every corner of your life.”

Gratitude is all about the present, being grateful for what you have and what you are experiencing in the here and now.

Most people work and strive for something that lies in the future; something that they think will make them happy, instead of making the whole journey a happy and fulfilling one by focusing on the present and each day as it comes along.

The high vibration of true happiness comes from being grateful now, not from believing you'll only be happy when you get things you want in the future, or when you think you have ‘arrived’ at your destination.





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### #2: Acts of Kindness

The now famous phrase "practice random kindness and senseless acts of beauty" was written by Anne Herbert on a placemat in California in 1982.

Acts of kindness are selfless acts, both large and small, that are done without prompting and with no apparent motive, expecting nothing in return. Examples could include paying for a coffee for the person in line behind you at the coffee shop, helping a person cross the street, smiling at a stranger, opening the door to someone, giving someone a compliment.

Many people wrongly believe that the combined and interlinking act of "achieving & receiving" makes for the happiest life. However, research has shown otherwise. According to science, the high vibration of true happiness comes from practicing compassion.

It is when we help our fellow humans and non-humans, when we feel connected to the world, when we give expecting nothing in return, when we are kind just to be kind, that's when we experience true happiness.





## Day 10 – Bonus 1 5 Things that Lower your Vibration



### #3: Meditating

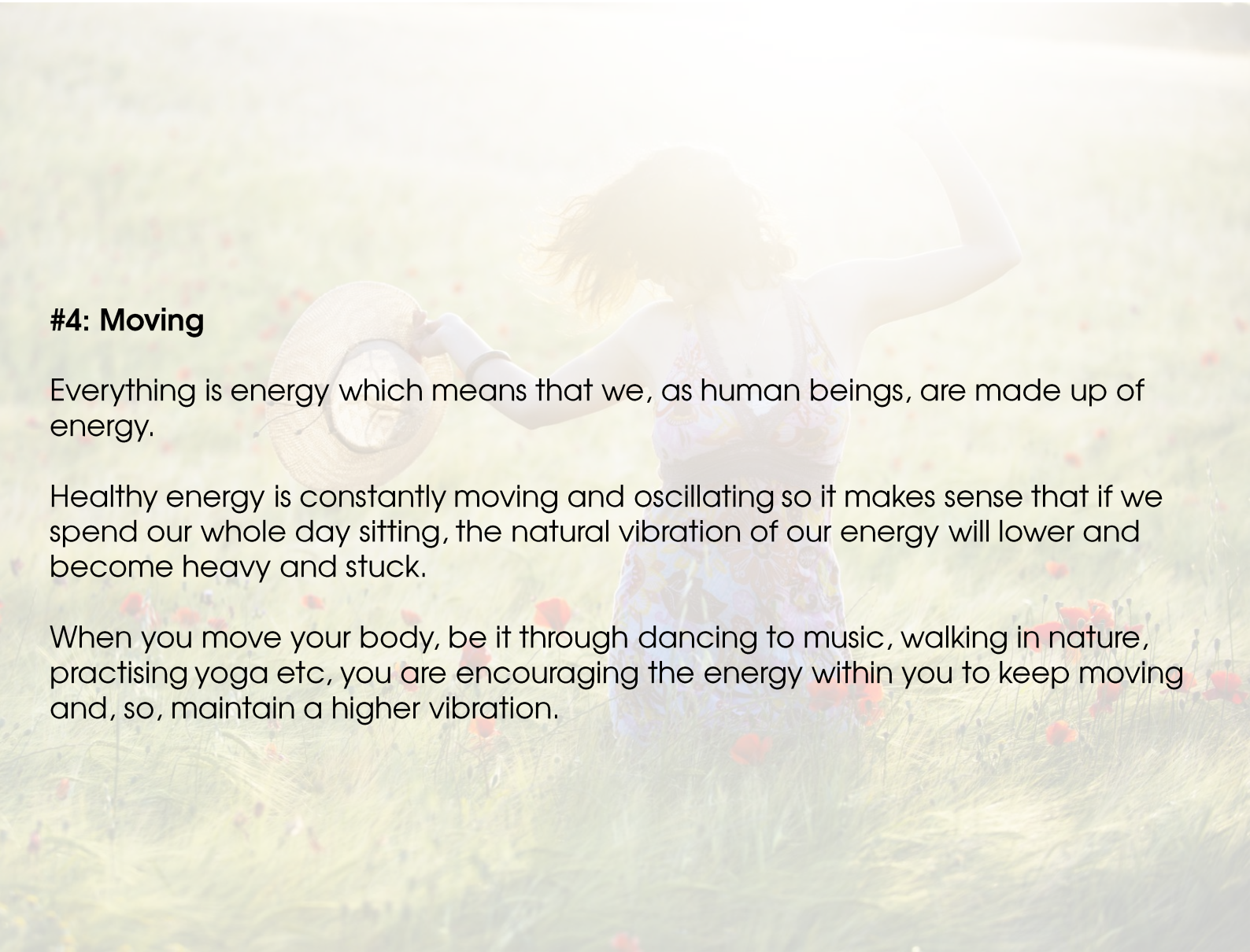
If you imagine your auric field like a cobweb, capturing and holding onto all the energy (both the light positive and heavy negative energies that you experience each day), you'll soon begin to 'see' how quickly your auric field could get weighed down by negative energy, becoming blocked and clogged.

During meditation, you tap into universal energy. And during each meditation session, that universal energy envelopes your auric field, quickly and easily clearing and balancing any blocks contained within, thus raising your vibrational frequency.





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### #4: Moving

Everything is energy which means that we, as human beings, are made up of energy.

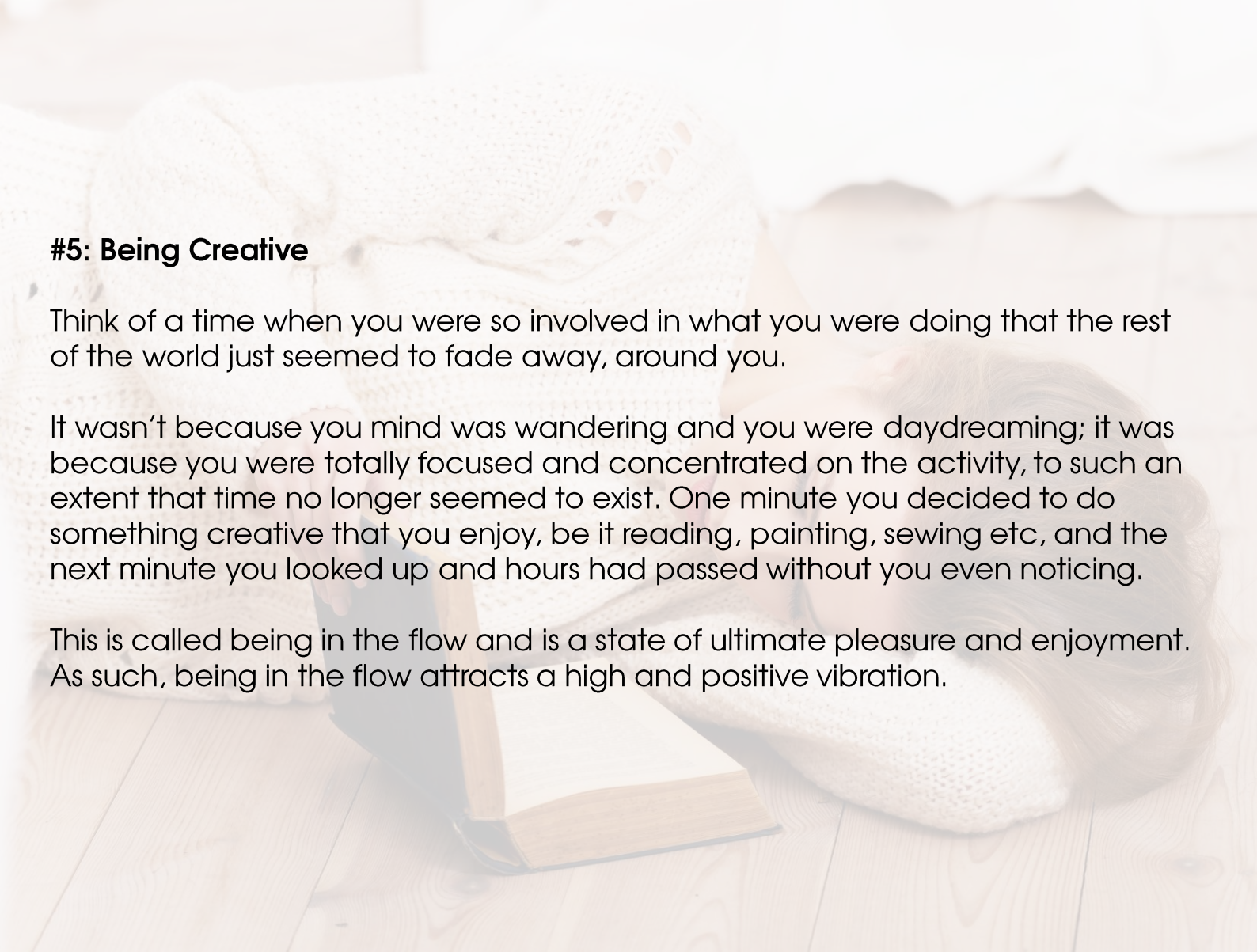
Healthy energy is constantly moving and oscillating so it makes sense that if we spend our whole day sitting, the natural vibration of our energy will lower and become heavy and stuck.

When you move your body, be it through dancing to music, walking in nature, practising yoga etc, you are encouraging the energy within you to keep moving and, so, maintain a higher vibration.





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### #5: Being Creative

Think of a time when you were so involved in what you were doing that the rest of the world just seemed to fade away, around you.

It wasn't because your mind was wandering and you were daydreaming; it was because you were totally focused and concentrated on the activity, to such an extent that time no longer seemed to exist. One minute you decided to do something creative that you enjoy, be it reading, painting, sewing etc, and the next minute you looked up and hours had passed without you even noticing.

This is called being in the flow and is a state of ultimate pleasure and enjoyment. As such, being in the flow attracts a high and positive vibration.