

RAISE YOUR VIBRATION

1 BE GRATEFUL

The most powerful techniques is to look around you and appreciate EVERYTHING that you have! GRATITUDE is a powerful feeling that will shift your vibration instantly.

2 BE MINDFUL OF YOUR FEELINGS

How are you feeling right now? Be mindful of how you are feeling. What can you do right now to raise your vibration?

3 MEDITATE

Spend 10 - 20 minutes a day meditating. Find yourself a quiet location, where you will not be disturbed and focus on your breathing. Or picture smiling, sparkling golden light flowing through your body and healing you.

4 PLAY MUSIC

Put on your favourite playlist and listen to all the music that makes you want to stomp your feet and dance! Make sure you pump it up full blast!

5 MOVE YOUR BODY

Dance like noone is watching! Go for a run, exercise and get those happy endorphins moving around your body!

6 SPEND TIME WITH LOVED ONES

Who do you love? Who's company do you enjoy? Spend time with loved ones who make you feel good.

7 DO WHAT LIGHTS YOU UP

Why not do something that makes your heart sing? What creative endeavour do you enjoy? Make some time for it.

8 BREATHE

Don't forget to take some deep breaths!