

# Ten ways to raise your vibration NOW

1. Become present! Do what you love and what engrosses you.
2. Get out in nature, and connect with it. Breathe in the air, touch the trees and absorb the colour and patterns.
3. Meditate, yoga, or other forms of exercise.
4. Healing and forgiveness meditations
5. Detox, food, relationships, technology
6. Be mindful of what you are ingesting via the media/tv/social media.
7. Energy clearing practices
8. Positive affirmations
9. Get Creative - paint, cook, write, sing
10. Dream big & visualisation - visualise and step into your dream scenario right now and be there. Feel it as it is REAL.
11. Smile
12. Be kind to someone that needs it
13. Read something inspirational
14. Express Gratitude
15. Listen to music you love and get lost in it
16. Do some smudging, drink some cacao, listen to some light language and sit in a pyramid. :))))

You are the creator, and you get to choose. Practice makes perfect.



