



*Tips,
Techniques,
& Meditations
for
Finding a
Higher
Vibration*

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Tips, Tricks, & Meditations for Finding a Higher Vibration

It's important to learn how to find a higher vibration because life flows differently when you find a higher frequency. You've probably felt a higher vibration many times in your life. It may be associated with an accomplishment, falling in love, or simply finding the beautiful rhythm of the world.

When you're on a higher frequency, life is better. You find your way. You step out of fear and find confidence to take the next step. Just for fun – when life seems difficult – try tapping into a different frequency and see what happens for you.

- 1) Acknowledge your need for a higher vibration—and your capacity to create it. When we move from lower to higher vibrations, it's because we consciously choose to do it.
- 2) You may have to practice the exercise a few times before you feel the shift. But you've done before. You can do it again.
- 3) The highest and best feelings and thoughts come from connection with the inner self and the Divine. They occur when we open our heart.
- 4) The heart space is where we hear the answers through our intuitive connection. It regulates our physical and spiritual energy in a balanced way.
- 5) We often close our heart because life seems difficult. As we focus on difficulties, life becomes denser and heavier. When we focus on light, love, and the inner self, life becomes lighter, peaceful, and joyous.
- 6) A higher frequency doesn't magically erase our problems, but higher vibrations attract answers and solutions. It's also easier to visual solutions and a happier future.
- 7) Everything is easier because we have the support of universal energies.

- 8) Our perception of life alters. We may glimpse the beauty of the sky, hear the words of a loved one differently, or simply feel the joy of life.
- 9) People react more positively and cooperatively when we're in a higher vibration. Our answers may appear in an email, a book, or a thought.
- 10) Higher vibrations bring openness to opportunities and growth in our lives. They literally teach us to live in a state of expanded consciousness.

About Lower & Higher Vibrations

Lower vibrations are the result of lowered consciousness; they are also part of experiencing duality—the interplay of light and darkness. It's good to know if lower vibrations are occurring from mass consciousness, the state of the world, the people around you, a personal pattern, or simply an incident in life.

It's important to learn how to vibrate above lower consciousness problems because answers always appear at a higher level of consciousness. (Learning to shift from lower to higher vibrations is a consistent aspect of spiritual growth.)

When you experience a higher vibration, your emotions and thoughts change. You may feel excited about a challenge as opposed to overwhelmed—or you have the energy to move through the task. When you raise your vibrations into higher consciousness, you receive universal encouragement in the form of detachment to lower stimuli, increased resolve, or simply a feeling of lightness.

Ultimately, you'll find that life shifts positively over time through a practice of raising your vibrations. You can listen to the entire meditation often—or choose portions of it to repeat during the day. (For example, I send pink light to every particle in the room and ask for the presence of my inner self for a quick shift.) It's important to make up your mind to practice often, then you'll experience the desired changes in a few days or weeks.

If you know the cause, you can distract your mind by focusing on the present moment, walking, or “seeing” a different reality. You can also go to your heart space, focus on light, or think about unconditional, universal love.

How Long Will It Take?

The amount of time depends on your will and determination to shift into a higher place of being. If you're truly determined, you may repeat portions of the exercise throughout the day. You may decide that you can lift yourself into a higher state of being.

The exercises may work the first time or the hundredth time. However, they will work through a focus of consciousness.

