

'Raise your vibration! Raise your vibration!'

I can hear my spiritual and healing teacher's words echoing in my ears.

Whatever we were working on; self confidence, more clients, money, energy, relationships, communication, she said the same thing.

Quite frankly, it used to annoy the hell out of me.

I had done so much work, I had come out of depression, I had healed my story, I was getting through my days, I was remembering to be grateful, I was functioning and even beginning to look to my dreams.

I had no idea what she was talking about or how to go about it. I had no idea there was a whole other level that I couldn't even glimpse, one of joy and happiness, where my cells literally feel like they are vibrating faster. And no doubt there is another level above this that I also can't glimpse yet. I am working towards that with the tools I have learned.

'Your energy is stale' she said. 'Do energy showers on yourself and on your massage room, clear the energy of your house.'

Now I was really annoyed; so far as I was concerned everything was fine, the energy in my house was fine and I didn't have a clue what she was talking about.

But I trusted this lady and I did it. I kept a gratitude journal, I did the energy showers and I found information on how to turn towards my joy.

In particular I read Teal Swan's book 'Sculptor in the Sky' which talks about changing your focus to the positives in your life. You can find her on youtube also.

A lot of the information sounds simplistic but I can assure you, it WORKS. Lo and behold my life started changing; more clients started booking, I laughed more, I was happier, my relationship felt lighter, stress started to disappear from my life.

Now don't get me wrong, I'm not in this state all the time. I still put in the work, I still do the exercises and sometimes I still get my down times, though nowadays it's generally a couple of hours not days.

So what can you do to raise your vibration? (if you don't know what this means take a look at blog below)

1.

Energy follows thought. So change your thoughts. Easier said than done! So try this: instead of focussing on the problem, worrying it round and round in your mouth like a dry pebble, hoping to tease the answer out of a hard unyielding piece of rock, instead focus on how you would like things to be different. If you don't want lack of finances, what do you want? Wealth! You have just created your own affirmation and tuned into the energy of wealth. You also allow your unconscious mind to start creating solutions to becoming wealthy. It works. Try it!

2.

What you focus on persists, it's the law of the Universe. If you focus on the problem, it

persists. So instead put your focus on the things that ARE working in your life. The easiest way to do this is to list 10 things you are grateful for. Right now. Do it. Whenever you feel yourself getting 'down' or negative, do your list. In your head, out loud, in your journal. Be creative. See what happens.

Now my Spiritual teacher was a wise lady. She knew that the best way for me to learn was for me to do my own research, find my own answers, do the work.

But I'm not that wise or that patient; I really really want to share what I have learnt with you. So I have put a workshop together to delve deeper into these and many more techniques and also to clear your own stories, your negative emotions that are holding you back. And believe me, we all have them, I am still clearing mine.

**The workshop is on Sept 24th and the early bird price is available until Aug 24th (2016).**

For further details and to book, contact me on 07717 471 584.

There is more information under the workshop page on my website:

[www.timeandspacetherapies.co.uk](http://www.timeandspacetherapies.co.uk)