

Firstly I will be sharing what it FEELS like when you raise your vibration, how you know. Then I will be sharing some tips with you, plus details of a Raise Your Vibration workshop on Sept 24th for those who wish to delve deeper.

I would walk by the canal and appreciate the colours, the ducklings, the sunset. I would look at it all and say 'wow, I'm so lucky to live here.'

My head would understand that I was lucky, would appreciate that this was a lovely view. There's nothing wrong with this; this is the start.

But once you feel it in your body also, that's when you raise your vibration. This is when the law of attraction kicks in and miracles start occurring in your life.

Now when I look at the canal, all the cells in my body are vibrating at a higher frequency; I can feel them zinging, I feel alive with appreciation, the beauty affects all of me, not just my thoughts.

It's like the difference between being a loving person and being IN love. Just stop for a moment to remember what this feels like, how you feel more alive, happier, more vibrant, more in joy.

This is the frequency you are aiming for. AND there are lots of ways of achieving it. Below are a few tips:

1.

Be appreciative. Appreciation has a higher vibration than gratitude. Specify 3 things before you go to sleep and 3 things on waking. Notice how much better you feel.

2.

List 3 activities that uplift you, that make you feel more alive, bring you more joy. Spend at least 10 minutes a day either actually doing or imaging yourself doing these things. Make sure you achieve a different feeling in your body.

3.

Clear any lower frequency emotions; the ones that make your body feel heavy or dense, like shame, apathy, guilt, sadness. Write about them in a journal or write a letter to the person or thing that is upsetting you and then shred/burn it.

These activities may seem simple but they WORK.

We will be delving into this and much much more on the workshop, with specific healing tools to clear the denser vibrations and build on the higher ones. We will learn about the emotional vibrational scale, there will be activities and worksheets to transform your life and you will meet other wonderful like-minded people.

It takes place on 24th Sept 2016 in Pitstone, 10am til 4pm and I don't wouldn't like you to miss it. Places are very limited, so please contact me ASAP on 07717 471 584 to reserve yours. The early bird price is £40 until 24th Aug and lunch is included.

I also have 1:1 sessions available, priced at £45 an hour, for those who would like more help with clearing any dense and/or buried emotions.

Wishing you all a wonderful week.

Rachel x

