



Your Vibrational Energy

Vibrational Emotional Scale

| | | |
|---|---------------------------------|--------------------------|
| Love Freedom | Joy Highest | Passion Excitement |
| Happiness Courage | Gratitude Spiritual | Compassion Connection |
| Inspired Open-Hearted | Confidence Serene | Responsible |
| Empowered At Ease | Worthy Light-Hearted | Eagerness |
| Hopefulness Encouraged | Acceptance Positive Attitude | Faith |
| Neutrality Quiet Center of Stillness | | |
| Doubtful Rejection | Insecurity Disappointment | Lonely |
| Worry Impatience | Pessimism Irritation | Frustration |
| Anger Hatred | Rage Fear | Revenge |
| Sadness Anxiety | Abandoned Unloved | Ashamed |
| Despair Depression | Disempowerment Hopelessness | Grief |

The entire universe is made of energy. We all vibrate at a different frequency (the rate at which a vibration occurs).

From your morning cup of coffee to the tiny cells inside your liver — all of it is made up of **energy that vibrates**.

So, if we are made of energy that vibrates, is there a way to change your vibration or even raise it? **YES!!!**

LOVE, JOY, PASSION, FREEDOM, HIGHEST EXCITEMENT IS VERY **HIGH VIBRATIONAL ENERGY**

DESPAIR, DISEMPOWERMENT, GRIEF, DEPRESSION, HOPELESSNESS IS VERY **LOW VIBRATIONAL ENERGY**

When we talk about “being connected,” we often think it’s a lit bit woo woo. But it’s actually just another way of saying we are all human.

We are all really connected and more alike than we are different. We are also connected to everything around us in a very real and literal sense.

These vibrations have distinct characteristics that we can feel or sense and actually play with them to make your life more amazing. Want to learn how?

What Does It Mean To Raise Your Vibration?

Everything is made of energy. And based on the law of vibration, that energy is in a constant state of vibration.

Yes, even *you*.

So, raising your vibration, simply put, means that **you are changing the rate at which your energy vibrates**. This depends on your emotional, mental, and physical states.

You can change your energetic vibration by changing the way you feel, think, or act. Yes it's that simple.

It can be as simple as performing works of kindness and love. It can be dancing, working out or listening to your favorite music.

Or it can be a quiet meditation you perform once a day.

There are many ways to raise your vibration as you will see below.

Intentions As Energy

Though many Eastern religions have known this for thousands of years, scientists have only recently begun to prove that **our thoughts can actually alter the physical properties of objects around us**.

This may sound like science fiction, but it's a fact that's been validated by numerous studies published in scientific journals. Do you remember as a kid watching the Jetson's or the movie The Matrix. I bet at the time you watched it, you may have thought "that's some crazy futurist stuff." We do have cars that require no gas, we can put on a set of glasses and have a virtual reality experience, so many that stuff is not so crazy. **OUR THOUGHTS ARE POWER!!**

There was a study by Yung-Jong Shiah, PhD, and Dean Radin, PhD, showed that tea "treated" with good intentions **actually improved the mood of those who drank it**.

Participants who *thought* they were drinking the "treated" tea, but actually were given normal tea, experienced elevations in their mood, but not nearly as much as those who actually drank the tea. Having knowledge that they were drinking the tea or not made no real difference in the effect. I guess you can kind of call it the placebo effect. If you think a pill or surgery will fix you and believe it with all your heart it usually does.

There have been countless other studies that demonstrate the same thing — **our intentions, thoughts and words can physically alter the world around us**.

High Vibration Vs. Low Vibration

The positive intentions in the "tea" experiment above are what we call **higher vibrational energies**. The higher the vibration is, the higher its frequency and the more ethereal it becomes.

Higher vibrational frequencies create waves of light and transcend physical matter.

Lower vibrations, on the other hand, are heavy and related to dense matter. **Just as high vibrational intentions like love, compassion and hope can manipulate physical matter, low vibrational intentions like fear, hate and anger can do the same.**

One of the best demonstrations of this phenomena is the Backster Effect.

Cleve Backster, an interrogation specialist for the Central Intelligence Agency (CIA) in the 1950's and 60's, was one of the leading experts on the polygraph machine (the lie detector test).

One day he experimented to see if the polygraph machine would pick up anything from plants. What a wild and crazy idea. A long story short, just the thought of inflicting pain on the plants, the polygraph while connected to the plants began frantically reacting

The plant had responded to the lower vibrational *intention* of inflicting pain and the polygraph machine clearly sensed its reaction. Backster was able to reproduce the results of his experiment time and time again with different plants and even bacteria. His experiments demonstrate that even objects with no souls or what we deem as “consciousness” can react to our intentions.

What Food Has The Highest Vibration?

Some foods can help you raise the vibrations of your body and your energy.

But, how do you know which foods to eat so that you can achieve this?

Here are a few foods and beverages that can help raise your energetic frequency:

- Spring water
- Herbal tea
- Honey
- Raw chocolate
- Fresh fruits
- Seeds
- Nuts

How Do I Raise My Frequency?

There are many ways in which you can raise your frequency and the vibration of your body:

- Crystal therapy
- Acupuncture
- Sound therapy
- Homeopathy
- Sunlight
- Plants

Using intention to raise your vibration

We already know that our thoughts and intentions can have profound effects on the world around us.

Merely intending to do harm can make plants scream out in fear, as noted in Cleve Backster experiment.

Sending love and energy to a warm cup of tea can actually improve the mood of someone who drinks it.

So, raising your vibration is as simple as becoming **mindful** of your intentions and choosing to live through compassion and love. The more you intend to live a life of kindness, compassion and gratitude, the more you will flow in life with ease.

It isn't just a psychological effect — **the world around you will respond to your energy.**

You have incredible power to shift your world and the world that others live in. You may not be able to change someone's mind or behavior on the spot, but you can **choose to live in a path of light and love**, and with that type of energy it will affect them in a positive way. Think of what it feels like to hold a sleeping new born baby? It's blissful, peaceful and pure love.

The Result Of Mass High Vibration

Between 1983 and 1985, a profound experiments on the power of positive intentions was conducted

Large groups of meditators got together and meditated on love and peace for the world. **Those years saw a 72% reduction in terrorism.** These experiments since then have been verified and published in a scientific journal.

There have been similar studies conducted around the world. These studies continuously prove that meditations based on love and kindness can reduce crime and violence. The larger the group and the more experienced the meditators, the greater the effects. **That's why I love group programs! And it's also important to associate with the RIGHT group of people.**

When we collectively come together, our vibrational energies are multiplied. Whether you surround yourself with positive intentions or negative ones, the effect it has on the world around you very real.

So, when you live your life with love, kindness and compassion and you choose to surround yourself with the same energies, you aren't just benefiting yourself, you're benefiting the world. It's a ripple effect.....