



## How to Raise your Vibration

- use this if you are feeling overwhelmed or just okay
  - if you are attracting negativity
  - if you feel like you are in the middle of a storm or chaos
1. Find exercises or activities you enjoyed doing as a child, and partake in one or two.
    - Reading
    - Swimming, skating
    - Walking, biking
    - Listening to music
    - Movies
    - Knitting, crocheting
    - Long drives
    - Short trips
  2. Use crystals – place them on your altar, in your pocket, or leave on your bedside table
    - Selenite – filters low vibes and cleanses your energy
    - Rose quartz – for emotional stability
    - Lapis lazuli – allows for healthy boundaries
    - Citrine – it can help with confidence and promote a positive mood
    - Black obsidian – protects you from low vibrations
    - Many, many more crystals
  3. Avoid negative people and situations
  4. Meditate regularly
  5. Clean your energy and that of your surroundings
    - take the time to clear the energy in your home on a regular basis, and after someone has visited
    - use sage, sweetgrass, cedar or any herb that you enjoy the scent

6. Balance your chakras through the use of a pendulum, and dowsing.

See a professional to have this performed if you have never done this before.

- I offer classes on this if you are interested in learning more about chakras and crystals.
- I also offer classes on how to use a pendulum and dowse.
- I will also be creating an online coaching program for Spiritual Practices for Beginners – stay tune for this.

**What is a chakra?**

- Energy point(s) in your body, that should remain open for the body to work at its optimal level
- There are 7 major chakras, and many more, smaller ones
  - o Root, Sacral, Solar Plexus, Heart, Throat, Third Eye and Crown Chakras
- I like to use crystals for each chakra, in order of above starting with Root chakras – Jasper crystal, Carnelian, Citrine, Rose Quartz, Lapis Lazuli, Amethyst and Clear Quartz for the Crown Chakra

**Benefits**

- Improve your overall well-being
- Allows your body to work at its optimal level
- Promotes healing on many levels
- And so much more