

Raise Your Vibe Guide

*An easy to follow 26 step guide to
shifting your energy and raising your
vibe for manifestation, magic and
miracles!*



STAR FAMILY WISDOM

Raise Your Vibe Guide

26 Steps to Raising Your Vibe:

Use this 26 step by step guide to build new Spiritual practices, integrate new ways of living, and audit your lifestyle to help Raise Your Vibe! Everything is energy! And you attract the frequency of things, people and situations that you hold in your personal energy field. Shift and clear heavy energy to start having a more elevated life experience!

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For best results and for the easiest integration process, follow this guide one day at a time, focusing on one practice each day for 26 days. Then repeat! Spiritual work and maintaining an elevated frequency requires practice! Trust the process and don't give up!

Need a little more accountability and help? Join our 28 Day Raise Your Vibe Challenge to receive daily emails, videos, and inspiration to help you along!

Let's get started with the first practice!

Raise Your Vibe Guide

#1 Self Care Ritual: New Morning Routine

Start a new morning routine!

DO NOT look at your phone for the first 30 minutes after you wake up! Give your body, heart and mind time to acclimate to the day without social media, email or distraction.

Use this time to connect with yourself and Spirit first!

Start a morning yoga or meditation routine, or simply spend time in reflection, setting intentions for the day. This can be a game changer for your mindfulness, stress levels, focus and ability to stay "in flow" throughout the day. Prioritize yourself first. You're worth it.

Example of a healthy Morning Routine:

1 glass of water immediately upon waking

10 minutes of meditation or chanting

5-10 minutes of stretching or waking up the body

Gratitude reflection and prayers to Spirit/Mother Earth

Saying affirmations and mantras

Setting intentions for the day

Eating a healthy breakfast



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#2 Self Care Ritual: Invest in Yourself

Identify areas in your life where you are spending money that is either 1) wasteful 2) not productive or moving you towards a better future 3) is holding you back from self care!

Reinvest those dollars in self care for yourself. Your future self will thank you!

Your new investment is not always about material things (like this course!); instead, think of areas in your life that need investment: identify one thing you can invest in to support your mindset, one thing you can invest in to support your physical health and one thing you can invest in to support your spiritual health

Investment Ideas:

Body:

Massage

Acupuncture

Chiropractic Care

Exercise Class

Healthier, Organic Foods



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#2 Self Care Ritual: Invest in Yourself

Mind:

Therapy or Counseling
Listening to Self Development Podcasts
Seminars or Live Workshops
Continuing Education Courses
Buy a new book

Spirit:

Astrological Reading
Energy Work/Medicine
Spiritual Coaching
Joining a Community/Membership
Travel somewhere in nature



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#3 Holistic Body Love: Your Diet

Set an intention to nourish your body. Your body will start to crave what is good for it, with enough practice and time.

You need to be eating a plant based diet that is high in fat and low in sugar.

Sugar damages the Pre-Frontal Cortex, which is the part of our brain that helps us access higher states of consciousness. Excess sugar also stimulates and grows the part of our brain that keeps us in a state of survival, stress and anxiety.

Unfortunately our meat based, sugar rich, nutrient deficient diet of the West has resulted in excessive mortality rates and an extremely unhealthy population.

When we are following the traditional processed, meat heavy Western diets, not only are we robbing our bodies of the nutrients they need, but we're blocking our ability to commune with Spirit, and access the guidance and wisdom of our higher self. Basically, our unhealthy diets have resulted in us acting less enlightened, as our fight or flight response becomes more heavily triggered, resulting in conflict, fear, anxiety, and stress.



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#3 Holistic Body Love: Your Diet

Your Detox Plan:

Slowly start to cut out excess processed sugars and replace them with natural sugars. Begin to incorporate more colors into your diet; all of the colorful fruits and veggies are good for you! If its a fruit or vegetable, have as much as you like!

Begin to drink more water. Replace any sugary beverages with water.

Find a sauna or start an exercise routine that will make you sweat!
You want to sweat out the toxins!

Follow the comprehensive list of suggestions on the next pages.



Example Health Plan

- Drink 8-10 glasses of water per day
- Eat mostly plant based
- Eat mostly Organic
- Avoid red meats/land mammals
- Eat for color! The more color the better!
- Eliminate or reduce dairy products
- Eliminate or reduce gluten products (oat, wheat, etc)
- Avoid or reduce foods that turn into sugar in the gut (potatoes, bread, wine)
- Avoid corn, soy and peanuts
- Avoid sugars, especially processed sugars
- Eat lots of healthy fats (avocado, coconut, olive)
- Take supplements
- Exercise or move your body at least once per day; do weight bearing exercise at least 2 times per week
- Sweat profusely at least 2-3 times per week
- Reduce stress
- Get 8 hours of sleep
- Practice conscious breathing; oxygenate the body
- Limit or avoid caffeine and alcohol



Supplements

For the Brain:

DHA (Omega 3)
Turmeric
Vitamin B12
Vitamin C
Vitamin D3
Coconut Oil/MCT Oil
Ubiquinol
Resveratrol
Zinc
Magnesium
Calcium
Vitamin K12

For Calming:

L-Theanine
Ashwaganda
Magnesium
Chamomile

For Immunity:

Echinacea
CoQ10
Spirulina
Ginkgo Biloba
Elderberry
Sea Moss
Bladderwrack
Burdock Root
Functional Mushrooms

Healthy Foods

Almonds
Apples
Apricots
Asparagus
Avocado **
Beetroot
Berrie
Broccoli **
Brussel Sprouts
Brazil Nuts
Carrots
Cabbage
Cashews
Cauliflower
Chia
Eggs
Fish (Omega 3 Oils)
Flaxseeds
Garlic
Ginger
Grapes (dark red)
Hemp
Honey (in small doses)
Legumes
Onions
Olive Oil
Oats (in small doses)
Parsley
Peppers
Quinoa
Spinach
Seeds (all types)
Thyme
Tomatoes
Tumeric
Walnuts
Wheat Germ
Sweet Potatoes



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#4 Spiritual Connection: Give and Receive

Take some time to journal about the gifts you've received in your life. Reflect on the ways you've been supported. If you've struggled to receive from others, set an intention to "be open to receiving the gifts from the Universe".

Pick one way you can give back this week. This could be giving back to someone who has supported you in your life, it could be giving back in your community, or it could be giving back to Mother Earth.

When we act in reciprocity (generous giving and opening to receiving), we are in flow with life.

Giving Ideas:

Loved Ones

Write a Card

Bake or Cook a Meal

Offer your help with an activity or chore



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#4 Spiritual Connection: Give and Receive

Community:

Give to your local food bank
Find a local organization to
support with your purchases
Volunteer your time at a local
organization or with youth

Earth:

Plant something
Help clean a park or roadside
Avoid killing insects or animals
Thank the Earth for her beauty

Repeat this practice often! We are meant to stay in a constant practice of giving and receiving. Ask yourself from time to time if you're taking more than you're giving. And then take action to create the proper balance in your life!



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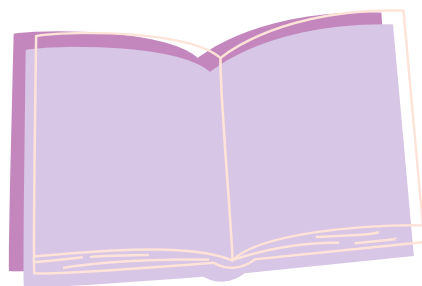
#5 Mindset Makeover: Release and Let Go

Make a list of the things you've been holding onto.

These could be attachments to a certain outcome, an addiction to food or substances, a grudge or resentment, or a feeling of guilt and sadness.

Set an intention to let go of at least one of the things that has been weighing you down. Set an intention to feel lighter, to forgive, to accept and to move forward with openness and excitement about your future. It may not happen all at once, but the act of setting the intention will help in the process of beginning to let go.

Once we choose to let go, the process will begin. Don't be surprised if you feel a surge of emotions.. let them flow, and let your body release what you've been holding.



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#6 Holistic Body Love: Affirmations for Health

Affirmations are a way for us to slowly reprogram our brains' neural pathways to automatically think and feel a certain way. Initially, it might feel counterintuitive or might not feel natural - that's OK! Just keep going.

Affirmations or mantras should be spoken in present tense or past tense, indicating to the Universe that the thing or feeling is happening RIGHT NOW or has already happened.

Use the affirmations on the next page to create a practice of training your mind to think healthy thoughts.

Say them out loud in the morning and in the evening.

Science is now proving that our emotions and thoughts have a direct impact on the genetic expression of our DNA.

Negative Thoughts and Emotions = negative gene expression and disease (**if you are in a state of stress, fear and anxiety, you are automatically generating a negative state that your body and the Universe are beginning to respond to)



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#6 Holistic Body Love: Affirmations for Health

Positive Thoughts and Emotions = positive gene expression and health

Not only does our mind connect to our higher mind and Universal mind to create the physical reality around us, it ALSO impacts the physical expression of DNA in our bodies, leading to a state of health or a state of dis-ease.

We often don't realize how our word choices may be affecting our physical health!

While the Universe responds to our thoughts and words, our bodies ALSO respond to our thoughts and words! Our bodies are basically carrying out the instructions we give through our thoughts and words.

Pay attention to your word choices! You might be inadvertently giving your body unhealthy directions!



MANTRAS FOR HEALTH

SAY THESE OUT LOUD!

I feel healthy and happy

I command my cells to work in healthy ways

I command my body to function in young healthy
ways

I am the perfect blueprint of health and healing

My cells repair themselves easily

As I breathe my body receives oxygen and
regenerates

My skin is resilient and beautiful

My DNA holds the blueprint for healthy cells

My DNA holds the keys for perfect health

I am become more vibrant and healthy with every
breath I take



MANTRAS FOR HEALTH

SAY THESE OUT LOUD!

I'm always refreshed

I am ageless

I'm always vibrant

I am radiant

I feel younger everyday

My body regenerates easily

I am healing and feeling better

I feel so vibrant and healthy

My body knows how to heal and regenerate

My skin is looking younger everyday

My complexion is getting finer everyday



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#7 Mindset Makeover: Meditation

Present moment awareness is a bridge to the Quantum Field and we can use mindfulness and meditation as our bridge to accessing this timeless state of being that exists in the Quantum Field.

When we quiet the mind long enough to experience a timeless state of being, we are connecting with the infinite love and harmony of the Universe, which begins to raise our vibration!

We are also able to more easily manifest our desired future when we practice visualization and focusing the mind on what we want to experience.

For instance, when we can feel harmony, peace and oneness in a state of meditation, we will more easily attract events that match the vibration of harmony, peace and oneness.



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#7 Mindset Makeover: Meditation

Move into a meditative state by taking a few deep breaths, connecting with your body. Using breathing exercises is a good technique to slow our nervous system long enough to help quiet the mind. When we are stressed and anxious, it becomes more difficult to quiet the mind.

Slowing our breathing helps reset the nervous system and gives us an opportunity to start directing the activities of our brains, rather than our brains running on autopilot or responding to our stress or fears.

Box Breathing Exercise:

Breathe In for 4 Counts, Hold for 4 Counts
Breathe Out for 4 Counts, Hold for 4 Counts
Repeat 3 or 4 times

In this place of stillness we can also experience the feeling of oneness and the timeless state of being that you occupy when you are not in physical form. Take a few moments to appreciate this refuge from your normal reality!



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#8 Self Care Ritual: New Evening Routine

Set a new evening routine!

DO NOT look at your phone or social media for at least 30 minutes before bed. Ideally, turn off the TV and computer at least an hour before bed.

Find a yummy tea or elixir that is calming and drink it about a two hours before bed. Find a guided meditation to use right before bed. Yoga Nidra is a great breathing exercise to calm the mind and the body.

Example of a Relaxing Evening Routine:

10-30 minutes of yoga or stretching after dinner

Bath with relaxing essential oils and epsom salt

Gratitude journaling or reflection on the day

Drink a calming chamomile tea

Take magnesium or L-Theanine for relaxation

Guided meditation or use meditation music right before bed

Set an intention for a restful and rejuvenating night of sleep



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#9 Holistic Body Love: Beauty Sleep

When we get enough sleep, we're giving the body an opportunity to rejuvenate and heal. All things start to flow better when we are well rested.

Sleep deprivation happens as a result of:

- 1) an overactive mind, or anxiety
- 2) excess sugars (alcohol primarily!)
- 3) not giving ourselves a proper routine for relaxation

When we are sleep deprived, we will encourage our body's stress responses and may begin to operate from a less than aligned place. Follow your new evening routine, to set yourself up for success!

If you have trouble quieting your mind for restful sleep, start to unpack and heal from those anxieties and fears so you can move beyond that state of restlessness.



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#9 Holistic Body Love: Beauty Sleep

Set an intention for a deep restful sleep. You can even ask your subconscious mind to work for you while you are sleeping: instruct it to help you rest deeply, and instruct it to release those anxieties and fears that have been holding you back. What you're anxious or fearful about probably won't even happen anyway!

Tips for the Best Beauty Sleep:

Take relaxing supplements to help your muscles and mind relax
Minimize electronics in the bedroom; keep them at least a few feet
from bed

Use a sleeping mask

Use white noise or ear plugs

Stretch before bed to help release any tension

Allow yourself to visualize a deep slumber, and visualize yourself
waking refreshed

Tell your mind you do not need to think or worry about anything
during this time; this is your time for rest and ask your mind to
follow your instructions



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#10 Holistic Body Love: Natural Lifestyle

The world we live in is a bit toxic! Unfortunately as our consumer culture has grown, so has the amount of toxins in our environment.

It's important to live as naturally as possible, cutting out unnecessary chemicals, preservatives and unnatural ingredients.

Evaluate all areas of your life, including diet, cleaning products, personal care products, furnishings and clothing. It might be difficult to cut out all unnatural things, but focusing on diet, cleaning and personal care products is most important!

Most Important Products to Switch:

Toothpaste

Deodorant

Shampoo and Conditioner

Lotions and Face Creams

Cosmetics

Dish Soap

Laundry Detergent

Floor Cleaners



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#10 Holistic Body Love: Natural Lifestyle

Foods: Choose Organic when possible

Avoid ingredients you can't pronounce

Avoid food colorings and preservatives

Avoid processed foods; shop the perimeter of the grocery store as often as possible

Avoid GMO foods when possible



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#11 Mindset Makeover: Mindfulness

Mindfully, be aware of EVERY thought that comes into your head. If it is negative, or focused on an outcome you wouldn't want to experience, change it.

This requires active mindfulness and can be a bit of work at first until you have programmed your mind to automatically think those positive thoughts. When you stay mindful you are operating in the present moment, from a conscious state, which allows you to make more positive choices!

We often stay stuck in negative or limiting thought patterns which lowers your vibration!

Why use Mindfulness?

We are a product of our environment and our societal programming, much of which is keeping us stuck in negative or disempowering mindset.



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#11 Mindset Makeover: Mindfulness

Our mindset is a key to raising our vibration.

When we start to experience more positive feelings and emotions we are in the process of raising our vibration. However, we are so often experiencing feelings and emotions because of our subconscious programming (our subconscious programs are our default networks in our brain), and if that programming was negative or limiting, you won't be able to raise your vibration and experience the magic of life!



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#12 Mindset Makeover: Identifying Limiting Beliefs

Ask yourself if you are still holding limiting beliefs about yourself or the world around you.

Our beliefs and subconscious programs directly impact our vibration, which directly impacts our ability to manifest beautiful experiences and get in the flow of the Universe! So if you have ANY subconscious programs around scarcity, lack, your own limits, or fear, you will hold yourself back!

Taking control of your subconscious programming can allow you to live a more peaceful and healthy life, in addition to helping you manifest a high vibe physical reality that is fulfilling!

Use the following exercise to identify any fear-based beliefs you have so you can begin reprogramming your subconscious!

BE KIND
TO YOUR
MIND



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#12 Mindset Makeover: Identifying Limiting Beliefs

Self Talk: The "What If" Exercise

As a writing exercise, make a list of all the "What ifs" you've said to yourself.

"What if they don't like me" "What if I'm not good enough at the new job"

Then re-write the entire list and *reframe it as a positive*

"What if they all end up LOVING me!?" "What if I'm so good at my new job I get a raise in the first year?"

Remember, why is a negative outcome more likely than a positive outcome? *It's not.*

*** positive outcomes *are actually more likely* because the Universe **WANTS** positive outcomes!

FEAR



"What If"
followed by a
negative
statement



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#12 Mindset Makeover: Identifying Limiting Beliefs

Self Talk: The "What If" Exercise

We've learned that our brains are wired to respond to stress and threats. This keeps us alive! But we also get programmed to respond to our environment in a way that generates the same type of stress response.

When we play internal dialogue or talk to ourselves about our fears we are promoting a stress response, and promoting a negative cycle of internal and external reaction.

How many times have you said "What if _____?"

And how many times has "What If" been followed by a negative statement?

FEAR



**"What If"
followed by a
negative
statement**



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#13 Mindset Makeover: Affirmations for Empowerment

As we work to change old negative or limiting beliefs it is important to "affirm" the new empowered version of yourself!

Use affirmations as a way of affirming your NEW truth; affirm what is possible for you, what you are capable of, how magnificent you are, how your unique gifts help the world, how you are unlimited and a powerful creator of your own experience.

Repeat what you want to believe!

As you install new empowering beliefs in your mind, your vibration will be raising, allowing you to attract experiences, people and things that match that vibration!

Use the affirmations on the next page to help you get started!



MANTRAS FOR CONFIDENCE

I am poised, powerful, radiant, confident

I water my garden with faith and suddenly it blossoms as the flower

I exercise my fearless faith everyday by speaking, thinking and acting with confidence

As I unleash my divine energy, I am helping others unleash their Divine energy

I give thanks for my seeming impossible good to pass, for I know the Universe brings my good to pass with grace.

I am strong, successful and fearless.

As I am more fearless, the divine plan for my life unfolds under grace and in magical ways.

The divine plan for my life cannot fail; my heart's desires now come to pass, under grace and in perfect ways.

I am filled with gratitude for receiving the honest desires of my heart

With my fearless faith, barriers and obstacles vanish.



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#14 Spiritual Connection: Oneness

As you begin to meditate, practice mindfulness and remove old limiting beliefs, it becomes possible to experience a true state of oneness with all of life.

Practice this feeling by connecting with your heart.

Place one hand on your heart and one hand on your belly, allowing yourself to connect with your breath, while focusing on the heart.

Reflect on the wisdom and love that radiates from your heart.

Reflect on the rhythmic heartbeat you feel, and how the heart always knows what to do. This is your place of connection.

The heart is truly a powerful and magnificent organ, as it has its own intelligent operating system, independent of the brain.

Get out of your head and feel the wisdom of your heart.



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#14 Spiritual Connection: Oneness

Reflection/Meditation Exercise

Reflect on people you've met, people you know or a team or group you've been a part of. You'll start to notice a feeling of "us", a feeling of being connected to others rather than a separate individual.

You might think to yourself, "they are the same because ____" or "like me, they have ____".

Continue expanding this to broaden your group of "us"; who can you feel connected to beings on the other side of the world? How can you find more in common with more people? Then slowly expand this to animals, nature, the Earth... can you feel that sense of oneness, connection and interdependence?

We often get trapped in a feeling of separation and loneliness, when we are so much more connected and alike than we realize.



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#15 Mindset Makeover: Goal and Intention Setting

Setting goals and intentions is more about having something to work towards.

Because the human mind and Universal mind work together to produce outcomes, setting goals and intentions is a way to help the Universe help you!

Our behaviors and actions are also largely driven by our subconscious programming, which means if we can switch our subconscious programming to be focused on our intentions, goals and new beliefs about what is possible, our subconscious will start moving us towards those things!

You are so much more likely to achieve new things when you set goals and form intentions around those goals!



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#15 Mindset Makeover: Goal and Intention Setting

Goals vs Intentions

A goal is a particular thing or achievement you want to work towards in the future.

An intention is a guiding principle for how you want to live, who you want to be, and how you want to achieve your goal.

For instance: My goal is to sell this guide.

My intention is to create and sell the guide for the good of all the people who want to transform. My intention is to be of service, and help others achieve their goals!

Now it's your turn!

Practice writing down your goals, along with specific intentions.

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#15 Mindset Makeover: Goal and Intention Setting

Goals and Intention Setting Exercise

Set goals for this month, the next 6 months and next year.

Now clarify your intention behind each goal.

And now set an intention for who you will be, how you will feel, and what life will be like when you have achieved those goals!

Check in half way through each time period to reflect on your intention and recalibrate on actions you can take to achieve your goals!



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#16 Self Care Ritual: Creating Beauty

Today, or whenever you are completing this challenge, find a way to bring more beauty into your life and into someone else's life.

This could be something simple, like sharing a poem or photo of joyful artwork with a loved one. It may be clipping a flower from the garden for your dining room table.

The point is to spend time reflecting on beautiful things, and allow yourself to feel worthy and free to take the time to do so.

We often move through life in such a hurry, we forgot about creating beauty in our environment! We're here to create our external reality, so set an intention to create with even more beauty!

You are worthy of experiencing all of the beauty in the world!



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#16 Self Care Ritual: Creating Beauty

Examples of Creating Beauty:

Draw or create a work of art

Create a flower arrangement

Buy something beautiful that will bring you joy

Bring more of your favorite colors into your space

Eat a meal that you would consider beautiful

Dress in something that makes you feel more beautiful

Go somewhere where you can experience the beauty of nature

Rearrange a room to create more feng shui



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#17 Holistic Body Love: Structured Water

The things we put in our body to nourish it and help it rejuvenate are soooo important!

Did you know that natural spring water has a beautiful crystalline structure to it? But once water has moved through pipes, been transported, been exposed to chemicals and filtered, etc it starts to lose its original structure.

Did you also know that water molecules respond differently to positive vs negative words?!

Water molecules that have been exposed to positive words look like beautiful snowflakes...

And water molecules that have been exposed to negative words look ugly and distorted...

Make sure you're drinking natural spring water, OR highly filtered water that was been re-structured.

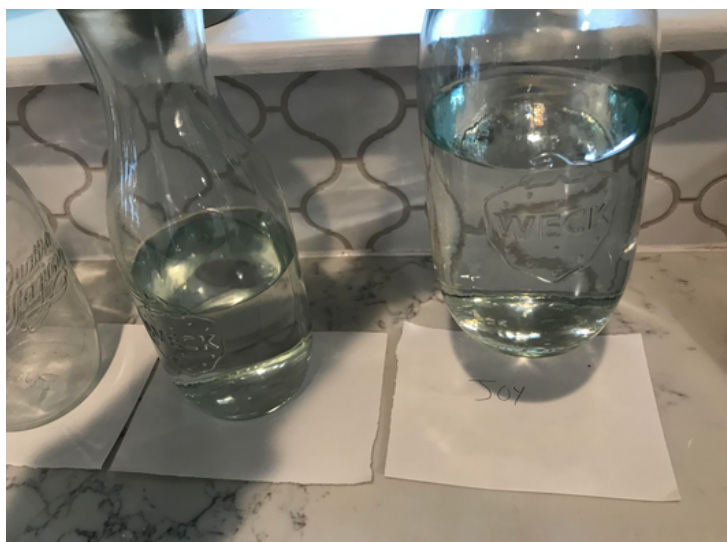
I like to make a water buffet - putting my water in glass jars and infusing it with positive vibrations!



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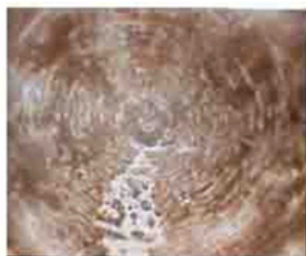
#17 Holistic Body Love: Structured Water

Jenna's Water "Buffet":



**Words to Infuse
into your water:**

Joy
Peace
Gratitude
Love
Harmony
Balance
Poise
Beauty



Heavy Metal Music



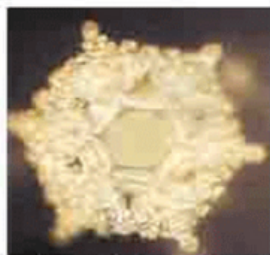
You Make Me Sick, I Will Kill You



Adolph Hitler



Thank You



Love and Appreciation



Mother Teresa

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#18 Holistic Body Love: Move That Energy

Energy is meant to move through our bodies and we can take on heavy, dense energies when we do not have practices established that help us clear and move energy.

Emotions = Energy

Energy can stagnate, and start to affect the functioning our cells, and organs. Moving energy and clearing heavy suppressed emotions is so important for our health!

Feel it All!

Move Your Body: Walking, Shaking, Jumping

Energy Flow: Yoga, Qi Gong, Acupuncture, Chiropractic, Sound Healing

Allow your emotions to flow! When they get pent up, you're allowing yourself to take on heavy, dense energies! Move energy out of your body! And establish one new energy flow routine!



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#19 Spiritual Connection: Your Relationship with Your Soul

It's time to meet your soul!

Who were you before you were told who to be?

What does your soul long for?

What is your soul mission, or purpose in this life?

Take a Quantum Journey (deep guided meditation), to meet your celestial parents, your guides, your spiritual teachers, to help you identify your soul contracts. Use the one uploaded in your dashboard!

In this journey you'll learn about why you're here, and you'll learn about contracts you made for this life experience. This is about learning about your core essence, and your soul's reason for being here.



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#19 Spiritual Connection: Your Relationship with Your Soul

It's time to meet your soul!

Journal about what came through for you. Reflect on your deepest desires and longings. Reflect on the situations in your life that have helped you learn, or grow.

How are those situations connecting with what you learned about your soul contracts?

You may want to revisit the journey to receive more information - we often make multiple soul contracts.

Information from your higher self and soul will reveal itself to you overtime, as you are ready.

Soul



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#20 Spiritual Connection: Connection in Ceremony

Conduct a fire ceremony for releasing energy.

Spend time in ritual and ceremony to connect to Spirit, and the world of energy. Utilize ceremony to release energy that no longer serves you, allowing room for new positive energy!

Follow the how to conduct a ceremony guide and build your own practice!

Manifestation 101

Steps to Conducting a Ceremony

1. Open Sacred Space
2. Use sage or other smudging herbs to cleanse your space and create protection, warding off any negative energies
3. Light a Candle – use fire to transform and send your intentions into the Quantum Field
4. Have your Intentions written and ready to say out loud
5. Chant or use a meditation to get into a meditative state where you can more easily connect to the Quantum Field
6. Once you are in a meditative state, SAY your intentions out loud and express GRATITUDE!
7. Close the sacred space when you are done with a prayer, thanking the energies you worked with and thanking the Great Spirit for the opportunity to journey into the realms beyond death



STAR FAMILY WISDOM

Raise Your Vibe Guide

#21 Mindset Makeover: Digital Detox

Audit your media, music, and TV intake to evaluate what kind of vibes you're being exposed to!

Sounds and music carry vibration!

Are you being exposed to positive uplifting vibes or negative, heavy vibes?

Detox and declutter your playlists, social media, and TV intake to remove negative vibes! Set boundaries around negative media and replace (most of it) with healthier, positive vibes!

Media, Subconscious Programming, and Fight or Flight

Did you know that when you're watching TV or engaged in Media, you are in a more highly suggestible state?

Suggestible State = Hypnotized State

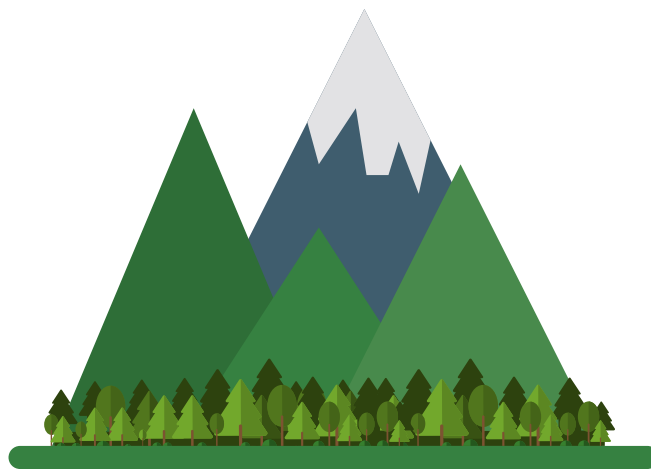


Raise Your Vibe Guide

#21 Mindset Makeover: Digital Detox

When we take in information in a hypnotized state, it more easily programs our subconscious mind, giving rise to our belief systems, and unconscious patterns and behaviors.

If we are not CONSCIOUS about how we are in-taking media, we are likely allowing programming to occur.



Raise Your Vibe Guide

#21 Mindset Makeover: Digital Detox

When we take in information in a hypnotized state, it more easily programs our subconscious mind, giving rise to our belief systems, and unconscious patterns and behaviors.

If we are not CONSCIOUS about how we are in-taking media, we are likely allowing programming to occur.

Digital Detox Homework!

Start a new morning routine that doesn't include your phone!

Start a new before bed routine that doesn't include your phone!

Audit your media, social media and TV in-take to ensure the majority of it is positive and uplifting

Swap media time for in-person connections!

Swap media time for connection with nature and Mother Earth!



Raise Your Vibe Guide

#22 Self Care Ritual: Breath for Life

Breathing gives you energy!

Conscious, mindful breathing both slows and regulates our nervous system, but it also helps you boost and strengthen your energy field!

Breath is your connection to your soul and the quantum field.

When you are mindful and focused on your breath, your conscious analytical mind can turn off, allowing you to access a moment of the divine.

Practice this mindful breathing exercise and begin to notice how you can extend it to create more space... in that space between thoughts is where you can access your higher power.

Deep long breaths in and out to oxygenate the body, slowly lengthening the inhale, pausing and releasing slowly, pausing and then repeating... do this in a gentle rhythmic pattern, allowing your breath to slowly to return to normal after a few rounds.



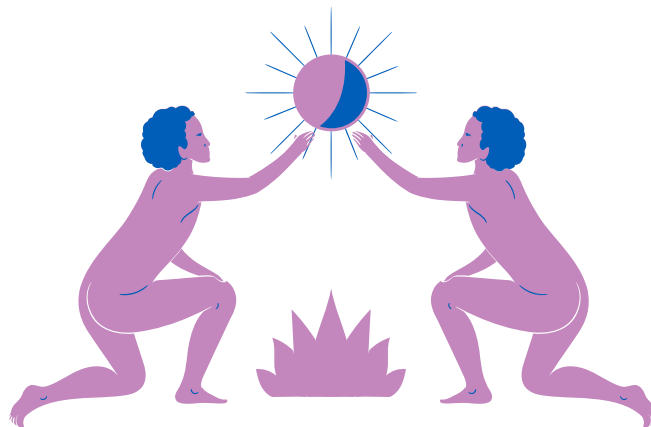
Raise Your Vibe Guide

#23 Spiritual Connection: Ritual

Create a ritual for yourself that soothes your soul.

This could be greeting the morning sun each morning. It could be journaling right before bed about the beautiful things you have experienced.

It could be creating a ritual around your meditation practice, that includes movement, lighting a candle and tuning in with yourself. It could be creating sacred space with friends to express gratitude and love.



Raise Your Vibe Guide

#24 Mindset Makeover: Gratitude

GRATITUDE seals our new positive intentions and thoughts in a way that allows the Universe to easily respond to them. The Universe is alive and it will respond!

Gratitude practices, like affirmations, help retrain our brain to see the GOOD in everything, and to remove EGO from our daily experiences.

When we are more grateful, we are actually in a regenerative state in our bodies, stimulating the parasympathetic nervous system.

If Gratitude can affect our bodies think of how gratitude and positive emotion can affect the physical world around us.

GRATEFUL



Raise Your Vibe Guide

#24 Mindset Makeover: Gratitude

Start a Gratitude practice!

This could look like Journaling about things you're grateful for once per day, or spending a few moments each morning reflecting on gratitude.

Being in a state of gratitude raises our vibration and helps us attract and connect to more positive, harmonious experiences. Gratitude also helps shift our mindset into a more positive place.

Any time you are feeling down or blue, spend 5-15 minutes practicing gratitude, even if you have to force yourself! You'll feel better!

Grateful



Raise Your Vibe Guide

#25 Spiritual Connection: Affirmations for Divine Support

Ask for support from Spirit, Ancestors, and Guides who can support your healing and vibe raising process!

You always have support from the unseen, invisible realms. AND we can work with the energies of the Universe to support our personal transformation. As you begin to cultivate this connection, and ASK for support as you are healing, transforming and upgrading your energy, you'll receive the support you need.

Ask Spirit, Ancestors, Guides and Angels to help you clear any negative imprints from your energy field that may be holding you back from living your most vibrant lifestyle.

Ask your "Spiritual team" to help you shed the past, and let go of what you need to let go of. Ask for support in facing your fears, and moving forward in life with courage. Ask for support in upgrading your luminous energy field to be strong, healthy and radiating light.

And use the affirmations on the next page to affirm to yourself and the Universe that you are supported, and to help you BELIEVE you can call in this support.



MANTRAS FOR DIVINE SUPPORT

SAY THESE OUT LOUD!

Divine love through me dissolves all obstacles

Divine love is my armor

I am so grateful for the support and protective force of unconditional love

I send love to all beings and know that the Divine mind of the Universe only knows perfect love and perfect balanced energy

I am connected to my Source at all times and I receive the energy that supports my Divine mission on Earth

I am a magnet for the abundance, beauty and love that is ever present in the Divine Mind

The Divine Mind only knows balance and harmony, therefore all aspects of my life are harmonious and balanced

I am the love of Source in human form

As I call upon the Universe for protection and support, the Divine Mind delivers.

The power of love organizes the most miraculous and beautiful events in my life



MANTRAS FOR DIVINE SUPPORT

SAY THESE OUT LOUD!

I am divinely protected, divinely supported and divinely inspired.

I call on the love of the Universe to guide me on my path

I am so grateful for the love and energy I receive from my non-physical team everyday!

I know the Universe is always moving me towards my highest good

I am divinely magnetic for the most wonderful, beautiful and positive opportunity

I am a magnet for joyful, fun experiences

The energy and love of Mother Earth brings me Divine protection and support

I am Divinely balanced, poised, and harmonious

As I heal and cultivate my internal power, obstacles fall away

I walk with the power of Source

I am an agent for the Divine

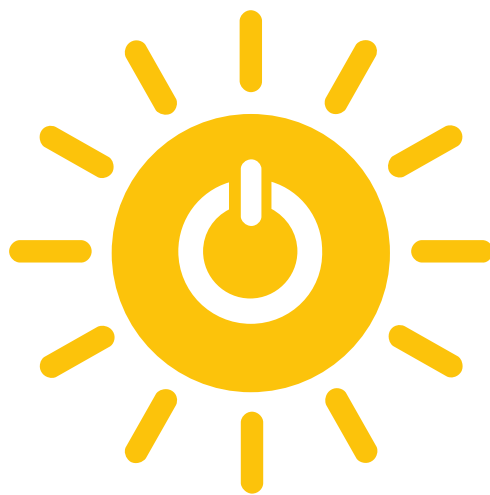
Raise Your Vibe Guide

#26 Spiritual Connection: Connection with Mother Earth

Mother Earth is our mother.

We are all part of the Earth and once we begin cultivating a connection with Mother Earth and spending more time in nature, we can find peace and tranquility.

Your two lower chakras are designed to release heavy energies to Mother Earth. But you need to cultivate the connection with her, and spend time in nature to ensure you are releasing these energies.



Raise Your Vibe Guide

#26 Spiritual Connection: Connection with Mother Earth

Ask Mother Earth to take your heavy energies and give you her life force. Ask for her loving connection, and in turn, do everything you can to do right by her. She can help you raise your vibe!

Spend time in nature EVERYDAY!

Nature has a natural healing ability for us - we are meant to be connected with nature! And we can source energy and wisdom from nature as well. Our planet has provided a beautiful ecosystem for healing and rejuvenation, if we engage with it in the right ways!



Raise Your Vibe Guide

Keep Going!

Raising Your Vibe is a process and requires continual Spiritual practice.

Cultivate a mindset of gratitude, acceptance, and forgiveness.

Release heavy energies, and honor all of life.

Allow yourself to be guided, and supported by Mother Earth and Spirit.

Use your mind for GOOD! Keep it focused, uplifted and positive!

Reclaim your power and prioritize yourself, while staying in service to the greater good and healing of others.

Practice giving and receiving.

Connect, share, create, and live in beauty. You are here to create your most ideal reality.

