



ATTAIN YOUR VISION



Raising Your and Your Homes Vibration

We and everything around us, seen or unseen, is made of energy. As we continue to move along our life's path in creation of our best life, we require positive vibrational energy. We can raise our vibrational energy by living within a home with a higher vibrational frequency. The higher the vibration of our homes, the better we feel *in them*. They become a safe haven, a space to recharge our batteries and lift our spirits. Hopefully, your home provides this for you. If not consider, these ways to raise your home's vibrations for health and happiness.

1. De-Clutter

Removing clutter, duplicate items and things that we no longer have a use for can free up space, and leave us feeling much happier and more comfortable. Pare down your wardrobe, dump the 'just in case' items you never use, and always choose quality over quantity. Other ways to de-clutter your home include borrowing instead of buying, using multi-purpose products and spending on experiences rather than 'things'.

2. Diffuse Essential Oils

Essential oils work to cleanse your home and help you feel light and uplifted by diffusing their unique and pleasant scent through the home. Many also have potent antimicrobial properties, which remove airborne viruses and bacteria. To raise the vibrations in your living space, try diffusing rose, basil, cypress, frankincense, juniper, lavender, myrrh, sage, peppermint, sandalwood, cinnamon, rosemary and eucalyptus.

3. Switch on Himalayan Salt Lamps

These softly glowing salt lamps are a natural source of fresh, clean air – just what you need to cleanse your home while providing an aura of calm. They attract water and have the incredible power to remove dust, pollen, smoke and other impurities from the air. Himalayan salt lamps also give off negative ions, which mean they increase energy levels, remove static electricity, neutralize electromagnetic radiation, encourage sleep and improve overall mood.

4. Play Music

Music is more than just entertainment or an art form. It can have a soothing and healing effect on the whole body and alters the vibes in whatever space it fills.

Several studies have shown that the right kind of music provides pain relief; benefits the heart, blood and immune system; enhances learning; fights fatigue; and promotes sleep.

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Of course, its ability to improve our frame of mind is beyond doubt. For the most mood boosting and positive vibrational effects, choose Classical, Jazz, Folk, Orchestra, Soul or Opera music. If they don't do it for you, crank up anything that makes you feel good – whether that's the Foo Fighters, Machbox Twenty or Incubus!

5. Add Plants, Fresh Flowers and Sparkling rocks and Stones

Experiencing nature and all it has to offer is a surefire way to enjoy positive vibrations, mindfulness and an uplifted mood. Eco-therapy (being in nature) has even garnered the attention of the scientific community as many studies find it fights depression, and improves mental health and wellbeing. Why not bring nature indoors and attract positive energy to your home? One way to do this is to fill your living space with potted plants and fresh flowers – their bright colors and fragrance also make for a welcoming space. According to experts, certain plants are better than others at promoting positive energy and improving wellbeing. Some of the best include cactus, bamboo, jasmine, lavender, miniature roses, rosemary, mint, chrysanthemums, aloe vera and orchids. If choosing plants especially for your bedroom, these 10 will help you sleep while improving air quality! Remember to add stones and rocks, as they also offer a slice of nature that adds sparkle to your home.

6. Consider Crystals

Using crystals for healing and positivity dates back to ancient times. The Sumerians made magic potions from quartz, the Greeks wore amethyst as amulets, and the Chinese used jade in medicine. Even if you don't believe in the healing powers of crystals, they will add some bling to your home which is guaranteed to improve your mood! Try adding these popular crystals to your home, said to have numerous benefits:

- Turquoise – the master healer, highly regarded for its protective and 'lucky' properties.
- Bloodstone – a powerful energizer, boosting enthusiasm and emotional wellbeing.
- Smoky quartz – helps you let go of negative energy.
- Rose quartz – helps to open and heal the energy of the heart.
- Carnelian – attracts fortune and encourages creativity and motivation.
- Quartz crystal – balances the body and clears the mind.
- Celestite – relieves stress and inspires happiness.
- Citrine – helps you to be present and live in 'the now'.
- Aventurine – attracts new opportunities.

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7. Choose Colors That Positively Affect Your Mood

The colors used in our home are a direct reflection of our personalities and can affect our moods and our thoughts – in the most subtle of ways! Our reaction to a color is unique to us so choose what feels right for you. In general, we are affected by color in the following ways:

- Red – raises a room's energy level and gets the adrenaline and blood pumping. It can be too stimulating for some people, and some spaces. Crimson can invoke feelings of rage and hostility.
- Yellow – is energizing and uplifting, it captures the joy of sunshine and signals happiness. Too much yellow can create feelings of frustration and anger.
- Blue – can be calming, relaxing and serene but can also cause feelings of sadness.
- Green – the most restful color for the eye, it promotes comfort, calm and growth.
- Purple – dark tones are associated with luxury, creativity and the dramatic. Lighter versions bring the same restful quality as blue, but with more warmth.
- Orange – evokes excitement, enthusiasm and energy.

8. Light Candles

Candles have been used for millennia to provide light, convey calm and highlight celebration. Their deep yellow glow is hypnotic, reflective and a great focal point for meditation. Burning any candles will help increase the vibrations in your house, but choosing your candles in certain colors and scents (like those listed throughout this post) will raise them even higher. Opt for soy based candles fragranced with natural essential oils or, better again, make your own.

9. Let the Fresh Air In

A stuffy, oxygen-depleted home can lead to feelings of lethargy and low mood. It's just a plain unpleasant place to be! One of the easiest ways to refresh the air is to open your windows. Just letting in a few minutes of fresh air each morning before you go to work will cleanse and rejuvenate. Increase the oxygen levels in your home and you'll soon feel more energized, you'll sleep better and enjoy improved overall health.

10. Meditate

Raise *your own vibrations* through positive thought, clear intention and a focused perspective – also known as meditation! Check out Deepak Chopra's guided meditation. They are a mainstay of my morning ritual. When you do, you will begin to feel happier and less stressed. You will enjoy greater concentration, awareness and self-acceptance. There are physical benefits too – like better heart health, immune function and longevity. Once you begin to feel the beneficial effects of meditation, you'll soon begin to associate them with the *place* you meditate – your home!

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11. Fill Your Home with Beauty & Happy Memories

Make your home an extension of you! Choose items that have meaning, that make you happy and that inspire you. When choosing to keep or remove each piece, ask yourself if it evokes good or bad memories, or has positive or negative connotations. Artwork, books, trinkets, signs, memory jars and framed photos all serve to turn your home into a place of positive energy – just don't stand for clutter!

12. Cut Down on Electronics

Having the television turned on can affect the atmosphere of a given room – depending on what is playing and how it makes you feel. Be conscious of when and what you watch on television. What's more, there is a direct cause-and-effect relationship between the amount of time spent watching television and eventually being diagnosed with depression – something that will definitely lower both your vibrations, and those of your home!

13. Remove Toxins

Having a house filled with chemicals and other toxins is sure to negatively impact your health, your mental wellbeing and the vibes around you. These are quickly and easily eliminated by choosing to use natural substitutes, such as white vinegar, hydrogen peroxide and baking soda and/or investigate and purchase organic and toxic free cleaning and personal care products.

14. Create a Space for Relaxation

While your entire home should feel like a place you can relax and enjoy, carving out a sanctuary in a room, cubby or corner just for you is important. Appreciate this space and relish the time you have for yourself – spend at least ten minutes there every day. You can use it for meditation, reading, yoga, or anything else that will revitalize you and raise your vibrations!

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