

# Raise Your Vibration

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I am a nutritionist for the Whole Being - Mind, Body and Soul. I specialize in helping women learn how to grow, expand, and transform their entire life! I inspire, empower, and teach mind blowing practices & Universal Laws that help every women create their Best Life!

De Day  
Mind Body Soul Wholistic Life Coach

# High Vibe Activities to Raise your Vibration & Frequency


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**“If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.” Nikola Tesla**

Your optimal health lies in the small choices of participating in activities or substances or people that Vibrate at a very high Frequency.  
Do more of those things.  
Less of the others.

So you Think,  
so you shall be....



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# Healthy Habits to Raise Your Vibration

Always think – Does this raise or lower my Vibration?

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- #1.....YOUR THOUGHTS- 60-80k a day! Love, kindness, generosity, compassion
- Being outside in Nature-Green things, lying on the green grass
- Sunshine - LIGHT
- Music – ones that emit frequencies and you associate with positivity/happiness
- Exercise – which means any type of Movement, Dance, Runners high
- Change what you SMELL – diffuse doTERRA's EO's
- Prayer – openness, and surrender to Highest Source
- Clean Water with Lemon/Citrus Essential Oil
- Essential oils used A/T/I – best source, doterra
- Positive Motivational Video's – Blogs/words/audio
- Consciously Cultivating Gratitude and Peace – journaling
- \*Prayer/Meditations - talking Source. Put God first, God is Love = connection with your Source Power will transfer to you the Highest Vibration possible
- Meditation- Stillness
- Deep Breathing
- The company you Associate with -your Vibe attracts your Tribe
- Whole Plant foods – from the earth, not man made, greens, vegetables, fruits, legumes, nuts, seeds, whole grains, bone broth, homemade kefir
- LifeLong Vitality Pack -LLV – My nutrition Insurance back up plan
- Rebounding
- Mindfulness – practicing the NOW
- Smiling
- Tapping
- Feng Shui, Yoga, Acupuncture, Chiropractic
- Sleep
- Flow States of being in the Zone
- Sex
- Touching – hugging – embracing
- Positive Affirmations – power of words/compliments/encouragement
- Random Acts of Kindness/compassion
- Herbs

# Activities that Lower your Vibration

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- Low Energy Thoughts that turn into feelings...(anger, fear, hate, comparison, judgement, labels, gossip, drama, dark words)
- DIETS \*most diets are low frequency and cause rapid aging due to the lack of micronutrients in the "DIE-t"
- Stress - thinking about stressful things - past, future
- Anxiety - caused by fear of the future/unknown
- Dead - Denatured foods
- Chemical synthetics, man made products increases TOXIC LOAD on the body
- Negative/toxic people or relationships(people who participate in low energy activ)
- Cheating, or lying
- Resisting Change
- EMF's
- Television
- Images of Violence, darkness, or killing
- Drugs
- Alcohol
- Unkind Words - Books
- Man made stimulants
- Pollution/ decreased quality oxygen
- Soda/canned foods
- Sugar
- Flour
- animal flesh
- dairy
- coffee
- chemical or artificial sweeteners
- Loud Noises, harsh sounds
- Wasting Time
- DARKNESS

# Success Begins with Morning Routine

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Success/Having is created by disciplines of repeated positive actions.

Do not move on to the next until you have done the first –

**Improve your first thought, your first breathe, your first action...**

**—You MUST OWN YOUR MORNING — How you start your day, is how you will end your day**

**1** Get up Early – Get up on Time – Snooze not an Option

**2** Make your bed –if you only do one thing right the whole day

**3** Thought Training - “I am’s”— “the world is”—“beliefs”

**4** Prayer – say Thank you-Inventory for whats good in your life

**5** My doTERRA Oil Routine – 1 minute 12 oils

**6** Gratitude journal 3 things

**7** Read - Learn from your teachers (at least 3) , find three books

**8** Meditation – stillness, silence, quiet the noise, connect with Spirit

**9** Listen to 1 Positive Motivational Video/combine with exercise

**10** Exercise – power10, Change your state

**11** Nutrition – Feed the body an adequate amount of plants/LLV

**AND THEN....YOU CAN FEED AND TAKE CARE OF EVERYONE ELSE!**