

# WEEK FOUR ✨ WATER

LEVEL UP PROGRAM DAY 16-20

Blessed Love, Blessed Ones!

We have explored how **thought is vibration**, now let us recognize that **everything is vibration**.

Physical matter, written words and sound.

**What sounds do you hear right now?**

Noticing the sounds around us can remind us to be present and allow us to observe the environment around us. Although we cannot always control the sounds around us-outburst of strangers, crying babies- we can control the places we step foot in and the music we listen to.

The next few days we will focus on the people we choose to have around us and the music or entertainment we fill our lives with.

Take a mental note of the conversations you have today. What are the **reoccurring topics**? Do they hold **negative** or **positive** value, or **any value at all**?

We are **80% water**->water records and stores sound, what sounds are you **feeding** your body? Go through your most listened to music, what words, sound effects and ideas are being streamed into your earlobes and stored into your conscious?

Listen to the song you listened to most recently. Look up the lyrics and analyze the words.

**Complete the following Exercise:**

**Song:**

**What is the Main subject of your current favorite song, according to the lyrics? The repeating words or theme of the song:**

**What is the Feeling/ Vibration felt while listening to the song?:**

**What is the Immediate impact of the song on your emotions:**

What **information** are you **storing and recording** with this song?

How might that **information** add to your daily thoughts and **actions**?

Repeat this exercise with TV shows, movies or any media you regularly listen to.

Do you see the connection between your choice of entertainment and our daily lives.

{=>en(in)ertain(tame)ment } **What we watch and listen to “tames” or directly influences our insides.**

Pay close attention to your music, social media and tv choices this week. If you notice a positive and inspiring theme in your entertainment, keep up the good work. If you notice a negative or less than positive theme, you should consider adding some positive vibes to your playlist, visual and audio.