

## **Raising your Vibration Meditation (channelled from the Sidhe). 04.11.2016**

So here is the exercise to raise your vibration:

***Begin in a comfortable place, sitting or lying down, whatever feels comfortable and right in the moment.***

***Close your eyes, and make yourself as comfortable as possible.***

***Take a few deep breaths, taking a deep breath in, holding and then breathing out firmly but gently. Breathing normally in between each breath. When you breathe out relax more deeply. Focus on your breathing to relax more deeply. Just relax and go deeper and deeper. within your consciousness.***

***Bring your awareness to the centre of your heart chakra. This is the location of your divine essence. Imagine this essence as a sphere of white light. Allow this white light to radiate out and to shine throughout your physical systems. Let it shine into every corner, into every cell.***

***Feel how this white light holds love that now has spread throughout your physical system. Direct this love to yourself. Feel unconditional love for yourself, exactly as your right now.***

***Now set your intention to raise your vibration to the most optimal state possible for you in this moment. Feel your vibration increasing, and trust that it will only go to the most optimal state possible for you in this moment.***

***Sit in this energy for as long as it feels comfortable for you, and allow yourself to unfold.***

***When you are ready, take a deep breath. Become aware of your physical body again – feel your feet or bottom on the ground or chair or bed – and open your eyes.***