

A person is shown in silhouette, performing a yoga pose with their hands raised and fingers pointing towards the sky. The background is a vibrant sunset over the ocean, with the sun low on the horizon. Several glowing, yellow energy lines or auras swirl around the person's hands and head, adding a spiritual or energetic feel to the image. The overall color palette is dominated by warm oranges, reds, and yellows.

5 Ways to Raise Your Vibration Now!

*"They were perfectly aligned
and Spiritually Awakened"*

BY MELISSA FEICK

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Understanding Vibration

There is a specific Law called the Law of Vibration, and many may know this as the Law of Attraction which was popularized by Abraham channeled by Ester Hicks. I've been studying Ascension and metaphysics for over 25 years, and I can't talk about raising your vibration without explaining the about ACTUAL Law of Vibration. That would be like trying to explain a leg without explaining the way a body moves!

The Law of Vibration is one of the Hermetic Principles. This law is that says everything and I mean *everything* vibrates. Science has even proven that something that seems solid object like a table is actually in constant motion, the electrons in any perceived solid object is consistently moving.

That's so cool, but, what does that mean for you? It means that since everything vibrates you are vibrating, but you have a choice on what your vibration is!!! It's so awesome that you have that choice! A chair doesn't have that same choice.

So, what choice are you making in regards to your vibrational frequency?

You constantly interact with the world through your energy vibration, and the world interacts with you through that exchange of energy vibration. Your experience in life correlates with the frequency you emanate. Your thoughts have the power and the strength of creation. These thoughts and beliefs either raise or lower your frequency which means you are creating things of a higher frequency or a lower one.

What you watch on TV, the people you surround yourself with, what you eat and the music you listen to all have a direct effect on your vibration.

You know that your energy matters and if you want to be happy and attract wonderful manifestations in your life, you want to heighten your vibration. It's time for you to pay attention to what your vibe is since the vibration you emanate into the world and the Universe is what comes back to you.

In other words, every thought, word or feeling you vibrate is either attracting or repulsing what you want to create in your world. There is a frequency to every vibration, and as a someone who is spiritually awakened, you are responsible for that frequency.

Raising your vibration is done through intention and focus. The energy that you hold in your vibrational field resonates out not only to the others around you but the plants and animals and all the other dimensions and planes of existence. The higher the frequency at which you vibrate, the higher the consciousness you will have.

The higher vibrations will also open up your clairvoyancy and healing abilities, clear your chakras and activate your higher strands of DNA.

When you raise your vibration, your intuition, telepathy and increased psychic abilities will be available to you. Your guidance from the higher dimensions will become more direct and much clearer as your vibration rises.

As you raise your consciousness and vibration, your perceptions of the world will change, and you'll see yourself attracting more abundance, experiencing deeper relationships and connections with others.

The way to raise your frequency is by Mastering your mental and emotional bodies. Here are a few things you can do to Master your emotional and mental bodies and to raise your Vibration.



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Be the Observer

The first one is to Observe your thoughts! When you become more of the observer, you empower yourself, raise your frequency and easily start to consciously create a better reality.

Most of us haphazardly create our reality but when you start becoming the observer, you begin to observe your thoughts, feelings and automatic reactions. Training yourself to be more of the observer also helps in your meditations.

If you are thinking and feeling lower vibrational frequencies like anger, shame or guilt you will attract those same vibrations to you. Your dreams will be full of vivid negative images and feelings, and you will have negative experiences in your life. You can do affirmations all day, but if you have negative subconscious thoughts and feelings, it will lower your vibration.

I've seen so many on the spiritual path say that they are observing their thoughts, but they are trying to control their negative thoughts and feelings by overriding them. They say things to themselves like "that's not what I wanted to say" or "cancel that thought." While there's nothing wrong with that...

BUT

it's a form of Spiritual Bypassing.

Spiritual Bypassing means that you are pretending to have a highly advanced consciousness, but you are really deceiving yourself by saying the right things but still experiencing lower vibrational feelings and thoughts.

To learn more about Spiritual Bypassing link is below
<https://youtu.be/B7VMuYVcg0M>

So work on observing your thoughts and feelings without any judgment. The goal is to watch your thoughts so you can see the habitual thoughts you think every day.



Meditation

The second way to increase your vibration is to meditate.

Meditation is shown to increase your connection to the universe and open you up to your intuition.

Meditation has been proven to change the neuropathways in your brain! We all want that right? Those neuro pathways are the reason you keep thinking the same negative thoughts over and over again!

The more we can shift those negative thoughts through meditation the higher your vibration!

Meditating in the Akashic Records on the Quantum Field will raise your vibration immediately!



Power of Joy

The third way to increase your vibration is to Start to laugh more! I mean real deep laughter connected to blissful Joy!

That sounds silly I know, but the Power of Joy is so strong it can be a huge game changer! In my healing and coaching practice I find that so many people aren't open to joy, they shy away from it. They are the ones that tell me they are happy... BUT... Life sucks, they are in a crappy relationship, they are miserable at work.

Joy will definitely raise your vibration! Another way to become the power of joy is through opening your heart to divine love. I do have mediation also helps you receive divine love which helps you open up to the power of joy!



Clear Your Energy

The fourth way to higher your vibration is to clear the energy around you. If you are sensitive to energy, you most likely attract negative thoughts and feelings from other people. Intuitively, I see how people's energy is cluttered with not just their own thoughts and negative energy but also the energy and thoughts of others.

If you are still feeling heavy with feelings and negative thoughts, clear your chakras and auric field. You can do this by doing chakra healing meditations, yoga, sound healing and clearing your energy intentionally.

How you clear your energy intentionally is to clear your chakras first then imagine all the thoughts and feelings from others lift away from your energy field into the light.



Use the Akashic Records to Work on Your Issues

Lastly, the most important thing you can do to raise your vibration is to work on your issues!

The fastest way to do that is to work in the *Akashic Records*!

We hold old issues in our cellular memory, and we keep repeating the same patterns. Most of the negative patterns lower your vibration and keep you stuck in your old story of hurt, pain, abuse, and anger to name a few.

I spent years working on all of the previous ways to raise my frequency, but the fastest way and the most profound way I raised my vibration is through working in the Akashic Records.

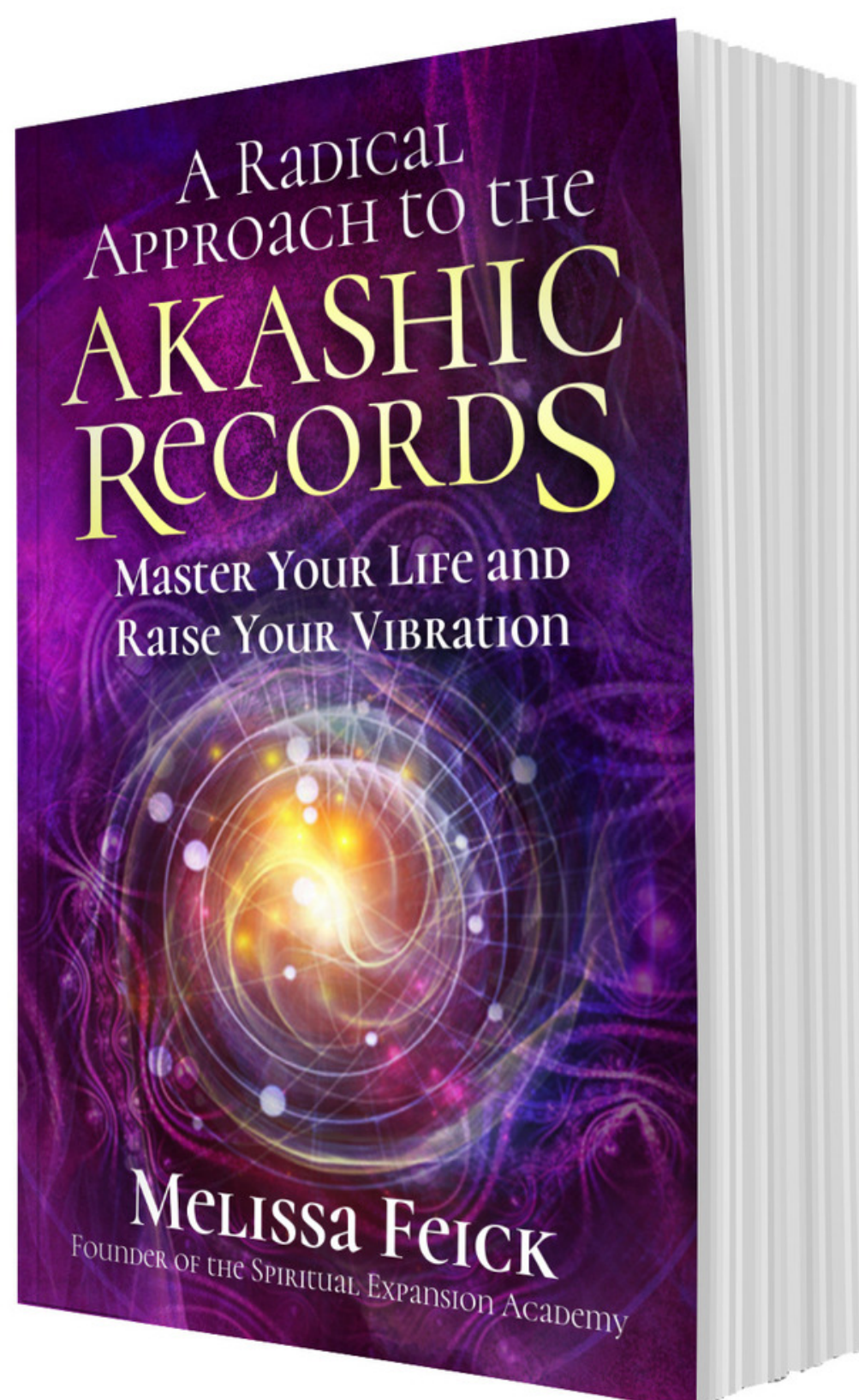
If you want to work on your deep subconscious issues and Master your physical, emotional and mental bodies, you will want to do some deep healing. Deep healing works on many levels and releases your lower frequency, and your ego is less vocal.

When you completely heal and transcend your past you make room for the high frequency of the higher states of consciousness. That energy vibration helps you feel more on purpose and keeps you focused on what matters.

If you want to Raise Your Vibration read;

*A Radical Approach to the Akashic Records:
Master Your Life and Raise Your Vibration*

Now you have five great ways to raise your vibration!
If you want to know more about raising your vibration or
working in the Akashic Records go to my website
at <https://melissafeick.com/>



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