

17 WAYS TO RAISE YOUR VIBRATION

Law of Attraction Healing

We are all energetic beings in this vibrational matching universe, where like attracts like. Using an arbitrary scale from 0 to 100, low vibrations are below 50 and higher vibrations are above 50. Low vibrations attract people, situations and environments, that are in a lower vibration - sadness, pain, discomfort, anger, frustration, worry, and disconnection.

Higher vibrations attract higher vibratory situations, environments and information - joy, gratitude, flexibility, feeling good, and healthier environments. In order to attract from a higher vibration, you must raise your vibration. Below are 17 simple ways to raise your vibration.

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MEDITATE

In less than 15-minutes a day, you can start the process of healing your mind, body and spirit. Let go of that which holds you back, ie a chaotic mind, and allow your innate healing energy to flow through you.

<https://www.seekwithinyou.com/freeselfhealing>



LAUGH

In less than 15-minutes a day, you can start the process of healing your mind, body and spirit. Let go of that which holds you back, ie a chaotic mind, and allow your innate healing energy to flow through you.

<https://www.seekwithinyou.com/laugh>



PRACTICE GRATITUDE

Raise your vibration and manifest gloriously! See what you can manifest with Gratitude!

<https://www.seekwithinyou.com/gratitudechallenge>



TELL A DIFFERENT STORY

Telling a different story is a process of raising your vibration from a lower vibrational thought into a higher vibrational thought. It is a way of changing the story that your conscious and subconscious mind is telling about your current, past or future situation.

<https://www.seekwithinyou.com/differentstory>

Other ways to raise your vibration

BE MINDFUL TAKE A NAP Play an instrument

Sit next to a tree with your shoes off BE KIND TO SOMEONE Dance

TAKE A RELAXING BATH DRAW play with animals

Breathe Deeply Read a book that makes you feel good

DECLUTTER YOUR HOME OR WORKSPACE take a break from your computer