

How to Raise Your Vibration

- 12 simple steps -

Kate Healey



HOW TO RAISE YOUR VIBRATION

in 12 simple steps

Kate Healey

How to Raise Your Vibration in 12 simple steps

© Kate Healey

ISBN 9781982961022

Published by Kate Healey. Happy

Originally published in 2018

TABLE OF CONTENTS

Introduction.....	4
Chapter 1 - Happy Talk.....	6
Chapter 2 - The Art of Appreciation	9
Chapter 3 - Find a New Frame.....	11
Chapter 4 - Be More Mindful.....	13
Chapter 5 - Be Compassionate	15
Chapter 6 - Stop Watching the News.....	17
Chapter 7 - Choose Your Company Carefully.....	19
Chapter 8 - Have More Fun!	22
Chapter 9 - Meditate	24
Chapter 10 - Connect with Nature	27
Chapter 11 - Clean it Up!.....	29
Chapter 12 - Clear it Out!.....	31
Closing Message.....	35
About the Author.....	38

INTRODUCTION

“As you think, you vibrate. As you vibrate, you attract”

Abraham Hicks

We are vibrational beings, emitting frequencies that the Universe responds to and vibrations operate at different frequencies. Imagine a radio trying to receive a signal from a radio station transmitter: it has to be tuned into the right frequency or it will just hear white noise. We are the same in that our tuning needs to be set to the same frequency as all the lovely things we want to receive.

We can all relate to how positive energy feels as opposed to negative energy, and that's really all we are talking about here. Think of it simply like positive energy has a high frequency and negative energy has a low frequency.

Our feelings are what determine the frequency we are operating at. Feeling appreciative, happy and loving are all 'good vibe' feelings, whereas feeling angry, sad or unworthy are not. Put simply, the better you feel, the higher your vibration is and that means that the vibrational frequency you are emitting rises.

The things that you want in life are the things you believe will make you feel better - money to spend, loving relationships, a job you love, enough time to do what you want, etc. etc. These things are all very positive and they sit in a high vibrational place. You can only attract them to you if your own frequency matches their frequency. And it can, with a little focus.

Raising your vibration is all about finding your happiest place and staying there for as much time as you can. Some refer to it as finding alignment or staying centred. Of course, things will happen that take you out of alignment (that's life!) but the trick is to keep nudging yourself back again as quickly as possible

when you feel that happening. Think of your alignment like staying in your lane when you are driving. If you drive over a cat's eye, you feel it, but you don't just keep on slipping into the other lane or worst still, off the verge; you adjust the steering wheel to get back on track to where you need to be.

Once you become accomplished at feeling centred and happy, or in alignment, you'll want to be in that place as much as possible and you'll find ways to get yourself back there easily when you slip. The great thing to tell you is, that is where the effort lies to attract a life you LOVE - it's not in jumping through hurdles or hoops to turn your life around. The effort is in doing whatever it takes to raise your own vibrational frequency and then the changes follow easily - effortlessly in fact. The Universe will match those good vibes because matching your vibration is all it can ever do.

CHAPTER 1 - HAPPY TALK

“Happy talk, keep talkin' happy talk. Talk about things you'd like to do. You gotta have a dream; if you don't have a dream, how you gonna have a dream come true?”

South Pacific, Rodgers & Hammerstein

Our thoughts and words are so powerful - they literally change our lives. When we think about things that invoke negative emotions, we bring down our vibration - all by ourselves. If you're feeling cross about something and you tell a friend, you relive the experience of what made you feel that way and then you 'feel' it all over again.

On a deeper level, you are attracting more of the same by paying it more attention. As humans, we think nothing of sitting around moaning about our jobs, discussing all the things in our lives that annoy or hurt us, we share our personal dramas and sometimes even exaggerate them for effect! They make good stories - just like soap operas on the TV, but whilst we do this we are literally telling the Universe that we want more of the same.

I appreciate it can be difficult not to talk about something that's annoyed or upset us, but you can train yourself to do it less and less. We think we are being a good friend if we listen while someone talks about what's upset them, but the reality is, we are helping them create more of the same by doing this.

A better thing to do as a friend is to gently steer someone in a direction that will cheer them up. Distract them from their problems and help them laugh again. I'm not saying don't be empathetic - it is very important to be kind and understanding, but there is a difference between acknowledging somebody's upset and letting things be and getting into a conversation about how awful things must feel and how something similar happened

to you once and it how really hurt... and this person did this... and that person did that... bla bla bla. I'm sure you can see the difference.

You may be thinking "Hang on a minute - I know it helps me to talk my problems through" and I agree there are times it can, but only if you do that in a constructive way. When you recognise the principle that you create more of what you put your attention on, you get a bit more choosy about whether to talk things through and how you might do this. You become motivated to think better thoughts and say different things.

When something unpleasant happens, if you can choose not to react in the moment, you can dissipate the raw emotion that you would otherwise experience. Think of your emotions as reactions instead of feelings. Emotions are key because they fuel your feelings which are the most powerful component of what the Universe hears and responds to. If something happens that makes you react with outrage, for example, and you tell someone at the first opportunity, you haven't had a chance to calm down and get things in perspective. Importantly, you haven't had a chance to consider your own contribution to the circumstances. Telling the story is likely to result in you reliving the outrage - whether you do it to a friend out loud or to yourself over and over in your head - you feed the outrage and make it fatter.

You can substitute this example of outrage with any negative emotion. If you choose a better reaction initially - even if it's just to 'park' something that makes you feel any negative emotion, you don't keep the subject alive by giving it lunch and then dinner and then breakfast... It becomes weaker and smaller and eventually it's likely to shrivel up and die. This is the case for most undesirable circumstances in life.

If you find that something doesn't dissipate over time, then that is when to talk about it and effectively clear it out. It isn't helpful

for your vibration if something is eating you up inside. But that conversation needs to be done in a constructive, safe manner with someone who can help you identify what it is that you are being shown about yourself and your own point of attraction.

When you learn to observe your own thoughts and language, and then practise finding better ones, you will find yourself letting go of things that would once have really upset or annoyed you much more easily. Unwanted experiences gradually become mere minor frustrations and eventually you get to the stage where you can just let go of the things that would once have seen you fuming. It takes practise but it is well worth the effort.

Good vibe action #1

Make your life a moan free zone. Choose happy talk instead!

CHAPTER 2 - THE ART OF APPRECIATION

*“There are only two ways to live your life.
One is as though nothing is a miracle.
The other is as though everything is a miracle.”*

Albert Einstein

You can be a positive person, but that doesn't automatically mean you have chosen to take responsibility for your life. It took me many years to do this completely; a long time after I thought I fully understood the Law of Attraction. There were many pieces missing for me. When I first started using a gratitude diary, I was still living a life full of drama and emotional pain, with seemingly endless financial and relationship issues. I wasn't in a good place. Practising the art of appreciation literally helped retrain my brain to see in a completely differently way. In very little time, my life started to take turn after turn for the better.

I began by writing down five things at the end of each day that I felt grateful for. I found it relatively easy, but on a bad day I could struggle to find five things specific to that particular day, so I would resort to the old chestnuts like being grateful for running water, a roof over my head, my eyes, my children, etc. I would send my five things in a message to a friend every evening to instil the discipline, and if I missed one, she would text me a chaser and I would have to produce ten the following day. We did this for 21 days and called it the gratitude game.

After the 21 days, over time, the physical record fell by the wayside, but my ability to find appreciation in things kept on growing. My 'gratitude muscle' was strong by then and addicted to the feeling of noticing all the amazing things around me. The more time I spent focused on the things for which I was grateful, the less I saw the things I didn't want. In vibrational terms, what happens is that you become less and less able to 'access' the things that you don't want, because your vibrational frequency rises and so you're no longer a vibrational match for those things.

You attract what you put your attention on, so by focusing on the wanted things, more of those fall into your experience.

Practicing appreciation makes you become present in the here and now. By training yourself to actively seek out the positive things in every aspect of your life, you notice things that wouldn't previously have been on your radar. This in turn wakes up your senses. You see the wonders of nature - little buds sprouting on trees; the amazing way that birds fly; details that you never noticed before. You enjoy your food more, you find the better qualities in your colleagues, you have more fulfilling relationships. Over time you can learn the art of spotting the good in pretty much everything because that's all you are looking for. And the more you look, the more you find. Things that were there all along, but that you just didn't see.

There are oodles of things in every one of our lives that are positive and worthy of our attention and conversation. We just have to seek them out. Focusing on things that make us feel good is a bit of a no brainer because not only does it do what it 'says on the tin', it also gives the Universe a clear signal that we would like more of that, please. The more you flex your gratitude muscle, the more amazing things you see, the happier you feel and the higher your vibration goes. The more your vibration rises, the happier you feel and the more things to be grateful for you see because you are attracting more of them into your life. And soon, you feel so much appreciation that you can't imagine ever having felt nonchalant about anything!

Good vibe action #2

Play the Gratitude Game until you master the art of appreciation.

CHAPTER 3 - FIND A NEW FRAME

*"If you change the way you look at things, the things
you look at change."*

Wayne Dyer

Ooh I really love that quotation! Reframing is one of the most powerful skills you can master. It's a Neuro Linguistic Programming (NLP) technique whereby you change the meaning of an experience by putting a different 'frame' around it. If you get a cold, see it as a chance to take some rest; if you lose your job, take the opportunity to do something new.

Every time you are faced with something you find unpleasant or difficult, ask yourself if there could be a different way of looking at things. Is there something you might learn from this experience? Reframing opens up neurological pathways of possibility to help you find a more positive outcome. Well-chosen words can be powerfully healing.

Shortly after first writing this book, I was diagnosed with advanced breast cancer. Whilst of course the experience had its moments, I grew and learned so much during that time, and I came out the other side with an even deeper understanding of just how well daily practices have the ability to keep us strong!

I also learned how to treat myself better, how much I am loved, how precious life is and how important it is to manage any fear we experience.

Lots of us know people who have overcome far more than this; people who for whatever reason never take a day for granted and certainly aren't going to be set back by the little things in life that it's all too easy to grumble about. The happy fact is, we don't have to experience any life-threatening illness to change our own perspectives right here and now - if we so choose.

Reframing is an empowering thing to do - it puts us back in the driving seat of our life and allows us to choose the direction we head in. When life is dark, it can be difficult to find a reframe, but with persistence, there is always a different way of looking at something. It may just be the acceptance that there is a lesson to be learned, but trust that great strength comes from adversity.

Good vibe action #3

Dig out your rose-coloured glasses and put a different spin on things!

CHAPTER 4 - BE MORE MINDFUL

“The power for creating a better future is contained in the present moment. You create a good future by creating a good present.”

Eckhart Tolle

Mindfulness is a great tool that has become more popular in the Western world in the last few years. That's because it is so effective. When you practice being mindful, the most mundane of tasks can become bearable and even pleasurable. It might sound odd, but if you do everything with your complete presence of mind, then you lose yourself in the moment regardless of what it is you are doing.

If you are washing up dishes, then give your full attention to that. Hear the water, notice the temperature, how the crockery feels in your fingers, look at the bubbles. Appreciate the fact you have running water in your home, that you need to wash up because you just ate a meal, maybe admire the pattern on the plate that somebody, somewhere, designed.

I'll use vacuuming as an example of something you can do being mindful. Next time you reach for your Dyson, commit fully to the task and see how the time flies. Focus on the bits you are picking up from the floor, observe the lines you are making in the carpet, be conscientious about full coverage and going up to all the edges.

If you throw yourself into something 100%, whether it's a job you enjoy or not, you don't have the capacity left in your brain to think about how much you are enjoying it or not - you are just getting on with it; living completely in the moment where you can't feel the irritation of an obligation. It's impossible to think of two things simultaneously.

There are thousands of books out there about mindfulness and living in the moment - for all types of consumers - 'The Power of Now' by Eckhart Tolle is my personal favourite, but another I have which is more lightweight is 'Mindfulness for Busy People' by Dr Michael Sinclair and Josie Seydel.

When you are focussed completely on the now, you aren't dwelling on the past or worrying about the future, you are living your life in the moment; in the flow. In essence, what I'm saying is be in the now and do everything you do with as much love as you can muster.

Good vibe action #4

Only do one thing at a time. Do it with love and do it fully.

CHAPTER 5 - BE COMPASSIONATE

*“There isn’t anyone who doesn’t appreciate kindness
and compassion”*

Dalai Lama

Finding compassion for our fellow humans is a huge thing. We are all doing the best we can based on the things we know. Everyone of us is having a different experience in life and you can’t possibly know how another person’s experience feels to them. There is a fabulous saying which is that ‘children ask for love in the most unloving ways’. A child throwing a tantrum may be asking to be heard, a child being ‘naughty’ may be asking to be seen.

It’s what’s been traditionally known as ‘attention seeking’! Just because we reach adulthood, it doesn’t automatically mean we are able to behave in a way deemed appropriate for our age - who could determine what that was anyway? We act in ways that we’ve learned are effective to get what we want or need. Not everyone is exposed to positive examples.

For whatever reason, be it our own personal judgements or societal values, we tend to be less tolerant of our fellow adults behaving in ways we don’t like, and we stop seeing what’s behind the tantrums. But the boss exerting control or picking fault with his subordinates may be feeling out of his depth and subconsciously trying to distract from his own shortcomings. The spouse sulking or making passive aggressive comments to the other about how much they’ve spent in the shops that week might just be trying to articulate how worried they are about their finances.

We judge people based on how they behave, especially if their behaviours don’t fit into the mould of our expectations. But our expectations are only the result of what we have learned

ourselves, and who says that what we learned is the 'right' way. Ultimately, it's all subjective and so everybody is 'right'.

The reason we are able to find more compassion for those closest to us isn't just because we like them more, it's because we understand them better. But we don't need to understand people to find love for them. It's all about activating the Divine Love inside you rather than the human ego-based love we know so well. Next time you are in a supermarket, engage with the person serving you. Look into their eyes and give them the time of day. Smile at strangers walking down the street.

Nick Ortner, author of 'The Tapping Solution', has an inspiring way of treating poor service: he tips better. Rather than deciding that someone doesn't deserve a good tip because they are doing a bad job, he believes in the concept that people need more love when they least deserve it. He considers the possibility that they may be having a difficult time and more in need of a loving gesture that day. What a refreshing approach to take!

If we work on the basis that everyone is doing the best they can, no matter how they are behaving, we can find more tolerance and with this comes compassion. Try to love people more unconditionally. Compassion will always feel better for us than judgement because it is a loving reaction that comes from our souls and not our minds.

Good vibe action #5

Become so kind that you are no longer able to judge.

CHAPTER 6 - STOP WATCHING THE NEWS

*"If you're not thinking about a negative thought,
your vibration is going to raise to its natural positive place".*

Abraham Hicks

Diverting our thoughts and attention away from anything that makes us feel bad is imperative to raising our vibration. It takes diligence. Banishing the news is a good way to practise this diligence because it's all around us, so it can be tricky to cut it out of our lives. Doing so though, can help our vibration no end. I am yet to meet somebody who can watch the news and feel absolutely no emotion for what's going on in the world; we are human beings and our most natural state is one of love and so too, caring. To this end, stories of sadness, suffering, terror, war and poverty invoke negative feelings in us. And unfortunately, those things are what our news channels offer. On a good day, you might hear a couple of positive stories at the end of your local news but in general, news is miserable.

If you think we don't watch news to cheer ourselves up, but rather to know what's going on in the world, then I'm going to question your reasoning. The news only gives us a tiny snapshot of what's actually going on in the world - that's all it ever could do because of airtime, if no other reason. It's only the biggest and most dramatic stories that reach the headlines and that isn't reflective of all that's really going on in the world.

Some people think they are educating themselves by watching the news, and about current affairs, (current manifestations): yes, they are. Personally, I think many people watch the news because they feel they have a responsibility to do so; that they would be turning the other cheek on those less fortunate than themselves if they didn't, but how does that make a difference to the people who are in the news? How does it improve their situations? The answer is, it doesn't help them at all. In fact, the Law of Attraction says you create more of what you put your

focus on and so there's only one outcome that can come from millions of people putting their attention on negative news daily, (or hourly), and that's to create *more* negativity in the world. And that is what we do by watching the news - we innocently perpetuate more of the bad stuff, keeping the overall vibration of our planet at a lower frequency than it needs to be.

Ask yourself how you feel when you watch the news? I bet the pictures you immediately recall are the things that caused you upset to see. It's the same case for anything negative we put our attention on. It brings our vibration right down with a hard slam. Yes, you can think of the good that comes out of the news; charity workers doing great things, missing people being found, etc. but proportionately, ask yourself how much good comes from it for you? How many times do you turn off the news feeling inspired about what you've just seen in the world, compared to the times you turn it off feeling fearful, sad or helpless?

I'm not saying that news doesn't have a place and that it's unhelpful to be informed. But ask yourself what's the worst thing that could happen if you stopped exposing yourself to it? How would that be detrimental to your life? If you are somebody that feels affected by the news, then do yourself a favour and turn it off. Ween yourself off if necessary, by subscribing to a news app that sends you headlines, but don't access the details; the distressing pictures and overly descriptive narrative. Your life won't fall apart without it and if you are really concerned about missing the good or particularly important bits, ask somebody who does want to keep watching to fill you in on those when they happen but ask them to apply a filter!

Good vibe action #6

Cold turkey on the news.

CHAPTER 7 - CHOOSE YOUR COMPANY CAREFULLY

“You are the average of the five people who you spend the most time with”

Jim Rohn

Ask yourself who you spend the majority of your time with. Are they people who make you feel good? Do they inspire you?

Sometimes when people are really embedded in our lives, we stop even considering how we feel in their presence. We just accept that they are for the duration. But it's a really good exercise to consider, because your time is precious and your vibration has to be your priority.

Ask yourself how you feel physically after you've spent time with somebody? Do you feel tense or have a headache? Do you feel tired or drained? Do you get excited about seeing them? Do they make you laugh or feel light hearted? Not everyone who makes us feel bad does so overtly, so it's important to take notice of your feelings and be very honest with yourself.

It's not always easy to just stop spending time with people - they may be colleagues or family members, or they may be friends who you once had lots in common with, that you might feel bad about backing away from. The changes you make don't have to happen overnight or with some almighty argument that ends in tears. (Where the latter occurs, there is something more going on for you, but that's for another day). There is no need to be unkind to anybody in the process of cleaning up your company. Simply set your intention to start filling your time up with the people or things who make you feel good. You will soon find you have less time for those that don't.

Most of us spend way too much time doing things to please other people. Make a decision to stop it now. In the nicest way, be selfish about your life. If people are expecting you to do things that you don't want to, then they're being selfish, so what's the difference? At the end of the day you are responsible for your own happiness and nobody else's - not your spouse's, your parents' or your children's. If you can honour yourself by being the happiest person you can be, then in turn, you will be available as the best version of you to everyone around you, so all the people in your life will benefit in the long run.

Never worry that in losing people from your life you will end up lonely. In the words of George Washington "It is better to be alone than in bad company." All relationships are vibrational, and you find that as your vibration rises, the people around you will change. They have to because vibrationally it can be no other way. You can only attract people into your experience with whom you are a vibrational match at some level. That is why it is as important to let go of old relationships that are no longer serving you. If you try and cling onto them, you are going against what the Universe is trying to provide for you.

Here is a little exercise that will help you bring new people into your life:

1. Think of something you would love to experience more of with the people around you. It may be a characteristic or a behaviour that inspires you. I'll use laughter as an example.
2. Say this "Universe, I LOVE spending time with people who are [laughing] [substitute for what you chose] and who I [laugh] with". Say it out loud five times with as much enthusiasm as you can. (Notice how the energy shifts as you say it!)

3. Sit for a few minutes and think about a memory where you experienced what you just said. Really feel into how it felt, picture it, relive it.

4. Now get on with something else and leave the Universe to the bigger plan. Don't concern yourself over the detail of how things will pan out - that's not your job!

Good vibe action #7

Pick your friends like you pick your soft fruit.

CHAPTER 8 - HAVE MORE FUN!

"If you're not having fun, you are doing something wrong"

Groucho Marx

That's what we are here for! Plain and simple. How much of your time do you spend doing things you love; laughing and feeling high about life? It may sound like a simple question, but do you know what it is that you love to do?

In today's world it can be a challenge to answer that question. We live fast, busy lives and have information thrown at us constantly from every angle. Marketing is amazing but it cleverly tells us who we want to be and what we want to have from the day we come into the world. This can leave little room for us to decide for ourselves what it is we really want and enjoy. Social media takes up a massive proportion of many people's time and very few of us give our brains the quiet space they need to recharge. Basically, our brains, our senses and our bodies are in overload.

In order to get to know somebody, you spend time with them; you ask them questions; you observe how they think and feel about things. Yet, how many of us really do that with ourselves? That would require giving ourselves the time without the distractions of technology and hundreds of virtual friends in the room with us 24/7. We might have had periods in our lives when we've got to know ourselves, but we age and we change constantly and we maybe don't review this as often as we could. If you use social media regularly, you probably spend a lot of your spare time watching what other people are doing when you could be finding out about yourself instead.

A good test of how tuned in you are with your own needs is to write down about ten things you like to do. And I mean things *you* like to do - not what you participate in because your partner,

your children or your friends like to do. Of course, your list can include things you do with other people, but the key is whether you *really enjoy* the things on it. You can include small things like taking a bath with candles and music or big things like running marathons, but every item has to be something that provides *you* with a high degree of pleasure.

If you can come up with an up to date list quickly and easily then well done. Your next task is to consider how much time you spend doing the things on the list. Assuming you haven't already started to love everything that you do by being positive, mindful and compassionate, if you spend less than half your life doing things you enjoy, then it's time for change. In fact, if you spend less than 100% of your time doing things you enjoy then there's room for improvement! You are here, after all, for the wonderful experience of life, and you have the ability to make that entirely enjoyable. If you can't come up with your list of things relatively easily then it's a good indication that you aren't really in touch with the current version of you. If that's the case, you need to spend some time finding out what makes you happy so that you can start doing whatever that is!

Don't be 'too busy' to do this. Having fun will raise your vibration quicker than anything else on the list!

Good vibe action #8

Find your fun and have it often!

CHAPTER 9 - MEDITATE

“Let me tell you not what I gained through meditation but what I lost: sickness, anger, depression, insecurity, the burden of old age, the fear of death. That is the good of meditation, which leads to nirvana.”

Ekknath Easwaran

Meditation will change your life for the better. Not only in the benefits it will give you, but as the quote above says, in what it will lead you to lose. Once upon a time it was thought of as something only hippies and religious groups did. Now, all sorts of people who know what’s good for them are doing it on a daily basis. Some of the world’s top executives, famous actors, members of royalty, elderly people, children in schools.

Once you get the hang of it, it becomes completely addictive because it makes you feel so good. The benefits are countless from making you feel like your battery’s been recharged in just a few minutes, to accelerating your cell rejuvenation so you stay looking younger than your years. By dedicating just a few minutes a day to this practise, you will be healthier, calmer and more positive and your vibration will rise expeditiously.

Meditation is easier than most people think. If the thought of doing it is daunting, that’s just because it’s a little alien in our western culture, so it can make us feel a bit self-conscious. The Western world has also instilled in us rather too well that it’s not okay to take time out and do ‘nothing’. We think we are too busy. But this in itself gives us more cause to do so - there is an old Zen saying “You should sit in meditation for 20 minutes a day, unless you are too busy and then you should sit in meditation for an hour’. Being too busy is an excuse that your mind makes up to stay in control. It doesn’t want to change and it doesn’t want to relinquish responsibility to your higher mind.

But if you want a better life, you have to be committed, and the first step is accepting that you have a choice to do these things no matter what excuse your lower mind might come up with.

Everybody meditates differently and if you are new to it, I recommend trying out different things until you find a style that you like. There are lots of free meditations available on YouTube, including ones with binaural beats specifically aimed at raising your vibration. Meditating is just about sitting and freeing yourself from thought. If it feels easier for you to sit and focus on a clock ticking or your breathing, you can simply do that.

There is stacks of information online about how to meditate. You might find it easiest to use guided meditations to start with. What I'm about to describe is a simple way to get started straight away. You can download some meditation music, or a track of nature's sounds to set the right tone. A personal favourite of mine is the Devi Prayer by Craig Pruess & Ananda:

Sit up straight with your back against a chair or wall if it helps and your feet flat on the ground. Rest your hands, palms facing upwards on your legs. Imagine roots coming from your feet into the ground - these will keep you grounded. Then imagine a bright white light coming into your body through the crown of your head and very slowly moving downwards to the base of your spine, down to your feet, flooding every little part of you with brightness and warm love as it goes.

Don't get het up about doing things a certain way or about the fact you can't stop thoughts coming into your mind. It's natural that they do! The trick is not to focus on the time you manage to quieten your mind, but to allow yourself to just be in the moment without being self-critical about what happens. I have an overactive mind and I find a mantra useful to send the thoughts away when I'm struggling to quieten them. You can say something like "Spirits of the higher realm, my heart is open,

please come and sit in my heart” or “Universe please recharge me” or “I am sitting to feel the love from my guides” anything that resonates with you and requires a bit of focus for you to say. The mantra sets your intention and repeating it five or ten times when you begin, or when thoughts pop into your head, will take your mind away from the thoughts and bring you back to the present moment.

Take yourself inwards and listen to your breathing. You'll be surprised at how in touch with your body you can get. Be cognisant and observe what you see or feel - you might see colours, you might feel calm or want to giggle, parts of your body might go heavy and feel like you couldn't move them if you tried. What happens to you might feel strange or even uncomfortable at first, but you will learn to love the feeling because of what it represents for you.

As I said before, meditation becomes addictive because it feels so incredible. The more you do it, the more amazing it becomes. Meditation will change you, although because you are with yourself 24/7, and the changes are gentle and gradual, you may not notice them at first yourself. You can liken it to exercise in that sometimes you don't notice how much it's changed you until you stop doing it. Try it for 21 days - just for 15 or 20 minutes a day and see how you feel. If you don't think you feel any different, stop for a week and then notice how different you feel. I guarantee you will start again!

Good vibe action #9

Start meditating today. No excuses!

CHAPTER 10 - CONNECT WITH NATURE

“The rainstorm and the river are my brothers, the heron and the otter are my friends and we are all connected to each other, in a circle, in a hoop that never ends.”

Pocahontas, ‘Colours of the Wind’

Our souls are always connected with nature because they are connected with everything in the Universe. That’s why disconnecting on a human level, as we understand it, feels uncomfortable. Getting out into nature is the perfect way to feel connected because nature is pure and unaffected, just like our souls. It feels good because it takes us back to grass roots, quite literally!

Feeling the elements is a humbling experience. If we allow ourselves to really switch off our brains and connect, we feel the awesomeness of the planet. Natural noises such as wind or the waves crashing on the sand, the feel of the sun on our faces (one of my personal favourites), the stillness in the air when it has snowed.

Night time is a great time to connect with the Universe too. Sit and look at the moon and the stars and consider the vastness of everything. Consider the contrast of the boundaries that our human minds create and allow yours, for a moment, to melt away. Full moons in particular are such powerful energetic times, I love to sit out in the light they cast and just feel the intensity in the energy.

It is scientifically proven that we humans have an *innate* love for nature. It’s literally in our DNA and it’s called ‘biophilia’. Connecting with nature is considered by worldwide happiness experts to be in the top four things to make us happy. I believe this is why people have such an affinity with other creatures and

especially pets. Watching and interacting with animals is an incredibly grounding thing to do. They are very much at one with nature - they don't need to meditate to get back in touch with their natural intuitive state!

Next time you take a walk in a park or sit in your garden, look at the trees and the flowers around you. Notice the buds and the leaves and let Mother Nature wow you. Take that run outside; get the wind in your hair; breathe some fresh air. Don't let the weather be the excuse that stops you: there is no wrong weather - only wrong clothes! (No excuse now not to have a dance in the rain!)

If you spend lots of time in an office, put some plants on your desk and take the time to look after them. Set your screen saver to show you beautiful scenic pictures. Take note of the seasons changing on your commute to work and consider how you also change throughout the year. All these things will help you revel in awe for nature, on its perpetual life-giving mission. Your vibration will rise as the level of your connection does.

Good vibe action #10

Get Outside!

CHAPTER 11 - CLEAN IT UP!

"Most people have no idea how good their body is designed to feel."

Kevin Trudeau

I got very excited when I found that quotation because it totally sums up what I'm about to say. When I first came across the term 'clean eating' it was on a three month 'bio-genetic reprogramming' course. A prerequisite for taking the course was removing wheat, dairy, sugar, alcohol, caffeine, meat and anything processed from the diet. I recall being quite shocked at the prospect and also about how adamant the teacher was about this being absolutely necessary. It was a no-nonsense approach! Anyway, I did it and I can honestly say that I felt sublime!

Now, I'm not saying you need to do this in order for your vibration to rise. But I am going to refer you back to Kevin Trudeau's quote. There is a reason that food intolerances have risen so prolifically in the last couple of decades. It is because our bodies are not designed to eat half the stuff we put into them. I believe that a lot of what we consume really shouldn't be classed as 'food' because it's not feeding us, it's poisoning us. Processed wheat is a great example of this. If you feel tired all the time or struggle with Irritable Bowel Syndrome, stop eating it for a month and see how much better you feel. If you experience skin disorders or lots of catarrh, take dairy products out of your diet for a month and see what a difference that makes. If you have mood swings, see if cutting out sugar helps.

There is so much information available online to read and I'm not going to claim to be an expert. Although I do take a big interest for my own health benefits, so I know what works for me. If I drink alcohol, I tend to have a downer a day later. If I eat sugar, I get moody. Wheat makes me bloated, uncomfortable and drowsy and too much caffeine gives me stomach pains. If I don't drink enough water, I get a headache and if I eat lots of

fresh vegetables, I feel energised. A good night's sleep makes me bounce around the following day, as does a good bout of exercise.

Something else that I learned recently from Amy Cuddy, the Harvard Social Psychologist, is just how important it is to adopt good posture. Did you know that our bodies tell our brains how we are feeling and that it's not the other way around? If your posture says 'depressed', 'unenthusiastic' or 'miserable' then your brain will actually follow suit. Time to stand a little taller, then!

If you already put healthy foods into your body, natural products on your skin, drink lots of water, sleep well, take regular exercise and stand up straight, then you are on the right track! All these things are really key to raising your vibration and feeling good. When your body feels fit and healthy you naturally feel more positive and ready to go. When you eat rubbish, don't drink enough water to hydrate yourself properly, take drugs or drink too much, then you aren't going to want to get your body moving because it's likely to be in a state of sluggishness or worse. You are more susceptible to depression, illness and hormone fluctuations and none of these feel good.

We are all different and I'm not telling you what you should do. What I am strongly advising is that you pay great attention and notice what you personally experience as a result of your own lifestyle choices. Work out what supports your good mood and what destroys it. It's all about the vibration and you might find, like me, that a few simple changes make the world of difference.

Good vibe action #11

Make a list of 5 things you can start from now to be healthier.

Then commit to them.

CHAPTER 12 - CLEAR IT OUT!

"To clean a house, you have to see the dirt."

Louise Hay

All sorts of things can happen in our lives to lower our vibration. Before we are born into our bodies, we are pure love energy, but we tend not to stay as that because the vibration of our planet isn't that high. We live in a world where there is poverty, greed, war, etc. and we are immediately required to conform to the society within which we are born. We form limiting beliefs about who we are and what we can achieve based on our parents' and teachers' experiences before us.

Our vibrational frequency is created by our emotions. Emotions such as joy, excitement, forgiveness and compassion are very high from a vibrational perspective, whereas emotions like anger, shame, or helplessness are very low. It is natural for us to tend to quash our negative emotions because we think we are helping ourselves be more positive. We say things like "I don't want to drag up the past" or "I don't want to be a victim".

You know already that I'm not one to suggest we hunt down our negative experiences, give them lots of attention by talking about them repeatedly and relive them with our friends. That would only serve to create more of the same. What is necessary, in assisting our vibration to rise, is that we face the things that come up for us and we do the work to release any negativity.

It is only our *current* vibration which the Law of Attraction responds to, but old negative emotions festering deep down inside us tend to reactivate themselves easily. This is the case when we are triggered, or when our old belief systems kick in, which naturally they do. When this happens, those old emotions become relevant to our attraction point because they become

active again, dragging down our vibration. We are like a ship dragging its anchor.

The Universe feels our *overall* vibration, so it's no good thinking we'll get where we want to if we feel good sometimes but there's that one thing that really gets us down and we just can't keep our mind off it. It needs to come out into the light and be released so that our vibration can rise up to where we want it to be. And this is the reason the Universe shows us, through whatever means - most often relationships - the things we need to know. It's doing that so we can start to attract what we have asked for. (And there you were all along thinking it was your partner with the issues!)

We've all known someone who harps on about the same old thing, maybe a negative circumstance repeating itself in different forms or through different relationships, for years and years - they can become bitter or even obsessed about that subject. They might say that they aren't, but if they had truly let it go, then it wouldn't factor in their conversations. If you observe that person, (it's generally much easier to see in someone else and not ourselves), you will start to see how they are perpetuating more of the same for themselves. Something is 'stuck' in their vibration.

Don't worry that you won't be able to deal with things that come up for you. Issues come to the light because your vibration is rising and, because your vibration is where it is, you absolutely *will* be able to deal with things. If you aren't 'vibrationally' ready to see something, then it won't become apparent to you. Instead it might stay with you as a repeating frustration or a pattern or theme in your life.

I'm not saying that the things you are ready to face will all feel fine when you become aware of them - a hurt by its definition

is still going to hurt until you work through it and eventually let it go. What I am saying is that the Universe has your back and it's showing you what you need to see in order to take the next step forward towards receiving the life that you've asked for. It's always your choice as to whether you a) recognise the signs and b) do the work to allow your vibration to keep on rising. For me it comes down to how much I want to love each day of my life.

What is really important is that you are kind to yourself through this process. Self-discovery work is tough and the last thing you need is to beat yourself up over the parts of you that you're not so fond of, or you feel could have done better in the past.

Be gentle with the emotions that come up. It's very natural to feel you're going 'backwards' sometimes in this work, but it's all good. Facing *all* of your feelings with acceptance not judgement, whether you think they're of benefit to you or not, will help them dissipate more quickly because acceptance takes away resistance. Ultimately, it's resistance that keeps negative emotions alive.

There are many ways to help you process things and I would recommend that you seek professional help if you have experienced any trauma. Counsellors, Cognitive Behavioural Therapy, Rapid Transformational and Emotional Freedom Techniques are but some of the options available. Personally, I love EFT because it gives such amazing results in very little time and you can do it on yourself really easily.

Clearing old emotions is one of the things I teach in my 'Happiest You' Programme. This is a 12-week online programme you can start at any time, personally supported by me, where I walk you

through a process of personal enlightenment. We cover all the aspects of living consciously, we do stacks of vibrational work, clearing, healing and of course the all-important manifesting! I've shared a link at the end of the book if you're interested in finding out more.

Good vibe action #12

Make a decision today to face your demons.

What you resist will only persist.

CLOSING MESSAGE

"Everything is always working out for me".

Esther Hicks

If you do all the things in this book to raise your vibration, it won't take long at all for you to start noticing amazing things happening in your life. That's not just because you can instantly learn how to appreciate what is already there, either.

The most important thing is to be committed to improving the vibration you are emitting and not get hung up on how quickly things are changing. Trust that they will, if you raise your vibrational frequency. Be clear about what you want and then take your mind completely away from the things you don't want. Take your focus off anything and everything that isn't going how you'd like it to, be it how someone's behaving, how much money is missing from your bank account, or how much you dislike your current job.

Remember that everything in your life today is something you previously manifested, and for something to manifest in your life, you have to be a vibrational match to it. If there are things in your life that you don't like, then recognise that you are still, at least to some extent, a vibrational match to those things. It will take you as much time to manifest the things you do want, as it takes you to become a vibrational match to those things.

Be kind to yourself. You may have some momentum going in the wrong direction and you need to turn it around. The Law of Attraction says that 'like attracts like', so the more you think, feel and behave in a way that matches what you want to attract, the faster momentum for that match will build. Think positively about what you want and if you can't think positively about it, know that the Universe has heard you anyway and think about something else.

Sleep helps us naturally change momentum. If you have a bad day, before you go to sleep, set your intention that you are going to leave today behind and wake up fresh and rejuvenated in the morning. Then when you wake up the next day, don't think about what went wrong yesterday, or pick up the phone to your friends to tell them; decide that today is a new day and it's going to be a good one. Have a morning routine that includes some stretching, a short meditation and some uplifting affirmations. This will set you up positively for the day.

Life is just a story and we get to choose what our story is. Yes, we are humans with all sorts of different emotions, but those emotions simply exist as our own guidance systems to show us what it is we want in our lives. There are ways to embrace those feelings for what they are, if we make the choice to do so. Start believing that the things you don't want are only ever there to show you what you do want. Instead of letting the things you don't like get you down, decide that you're going to change those things and accept the help of the entire Universe, that simply cannot fail! You are literally a 'creating machine', and the Universe has you covered. You really can create a new story if you want to.

Everything in your life at any given moment is exactly as it should be, because everything is exactly what you have created. The Universe is always showing you what you need to know to help you manifest the things you want. All of your challenges exist as opportunities for you to move closer to those things, by taking responsibility, recognising the lessons you're being shown and moving through them. Each time you do this, you clean up your vibration a little more - you make it lighter.

Each time you resist taking ownership of something, pushing responsibility onto someone or something else, you hold your vibration down and keep yourself further away from your desires. You get in your own way. You will find that what you resist,

persists, so you are only creating more pain for yourself, ultimately. For as long as you want something, the Universe will keep showing you what you need to work through to raise your vibration to become a match to that thing. It's not going to stop because you happen not to like what you see. Now is the time to stop thinking someone or something else is to blame for the things you don't like in your life. No matter what your circumstances, it's not down to your parents, your boyfriend, your job or your teachers. It's ALL down to you and that's great news because if it's all down to you, then you must have the means to change it.

Everything is always perfect whether it feels that way or not. Perfect will grow to have a new meaning for you as you learn to trust the Universe more and more. The things that aren't so, will feel perfect for a different reason: you will know that they are simply still unfolding in a better way than you could ever imagine, because it can't be any other way. Everything is always working out for you!

ABOUT THE AUTHOR

Kate is a Law of Attraction trainer and coach. She is also the creator of the Happiest You Programme, an online membership programme designed to 'take life to a higher level'. She helps clients across the world consciously create lives they love. Kate is passionate about helping people wake up to their own personal power so they can become truly happy and fulfilled versions of themselves.

Kate's original career was in commercial law, and she worked in the corporate world for many years, before becoming fully aware of the untapped potential in her own life. As a three times divorcee, and somebody who has overcome both chronic clinical depression and breast cancer, she understands the ups and downs of life. She hopes that her own journey to abundance and inner happiness will help inspire others on theirs.

Kate now lives in Hampshire in the UK, where she runs her online programme, writes, sings, plays as much tennis as possible and enjoys spending time with her daughters.

For more information about Kate or the Law of Attraction, visit her website www.katehealeyhappy.com where she shares a blog and lots of free tools, or give her a follow on Facebook, Instagram or YouTube.