



# 50 WAYS TO RAISE YOUR VIBRATION

THE ASCENSION STUDIO

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**“As you think, you vibrate. As you vibrate, you attract.” – Abraham Hicks**

Everything radiates energy because we are all made of energy. How many times have you heard the phrases “Sending good vibes”, “That place gave off a bad vibe”, and “Don't kill my vibe”? When it comes to our life, the one thing we can control is ourselves and the energetic vibration we are choosing to live from. Your vibrational frequency can be determined by how you're feeling. The higher the mood, the higher the frequency. The lower the mood, the lower the frequency. When you are vibrating at a higher frequency, you attract positive opportunities and things into your life that match this “positive” feeling. Likewise, vibrating at a lower frequency attracts opportunities and things into your life that match the “negative” feeling. What we put out is what we attract, and so you can learn to use your emotions as a gauge to determine your vibrational frequency.

This is not the part where I say life will always be easy, you will never have a bad day and will never be feeling down, depressed, unmotivated, and unhappy. We're all human and it's only natural to have bad feelings and bad days. This will not make you less spiritual or ruin your connection with your higher self. But when you're down in the dumps, you don't have to stay there. You always have a choice, and life is simply too beautiful to feel bad all the time. You can change the bad feeling by changing your vibe.

Your good vibes are not only beneficial to you, they are beneficial to others because the human body is very sensitive to vibrational energy (made of energy, right?) and our vibrations can make a lasting impact on other people and places. If you want to channel a more positive vibe to put out into the world, these are some practices that will help you shift your vibrational energy. When you make cultivating good vibrations a daily habit, it becomes a lifestyle. Just think about what kind of world we could create if everyone took responsibility for their own vibration. Changing the world really is an inside job.

## Here are 50 ways to start raising your vibe so that you can attract more of what you want:

- 1) Define success on your own terms. Stop chasing everyone else.
- 2) Meditate. Quiet the constant mind chatter and ground yourself into the present moment.
- 3) Spend time in nature. Take a walk, go for a swim, ride your bike, work in the garden.
- 4) Don't try to control things (or people) that are outside of your control. Let go.
- 5) Cultivate healthy habits. Exercise. Eat healthy. Go outside. Get enough sleep. Drink water.
- 6) Upgrade your gratitude. Reflect not only on what you're grateful for, but why.
- 7) Tidy up. Declutter, clean, and organize.
- 8) Unplug. Turn off your devices and take a digital detox. The world will still be there.
- 9) Practice conscious breathing. Take a few slow, deep inhales, relaxing as you exhale.
- 10) Journal. Organize your thoughts and plan your goals.
- 11) Focus on what you want (not on what you don't).
- 12) Move your body. Dance. Run. Stretch. Do yoga. Go to the gym.
- 13) Learn to say 'No' to anything that drains you.
- 14) Hug someone. Or hug a tree. Their vibes will transmit into your body.
- 15) Shift your focus. Deprive your negative thoughts by focusing your attention on something else.
- 16) Use aromatherapy. Lavender is relaxing and relieves stress. Peppermint is uplifting.
- 17) Every morning, set an intention for your day. Live your life by design, not by default.
- 18) Receive some form of energy healing regularly (massage, reiki, hot yoga, chakra cleansing).
- 19) Conduct a mini life edit. Clear out the habits, people & things that are no longer serving you.
- 20) Figure out who you truly are and then be that version of yourself on purpose. Unapologetically.
- 21) Find joy in the simple pleasures, like candles and chocolate.
- 22) Drop complaining and learn to accept things as they are.
- 23) Pay attention to the people you surround yourself with. Do they lift you up or drain you?
- 24) Quit being so easily offended. Other people are not here to make you happy.
- 25) Laugh, play, smile, have fun. Source your own happiness.

- 26) Purify your space and clear negative energies with sage or palo santo (sustainably sourced).
- 27) Find the good in every person (including yourself).
- 28) Buy yourself some fresh flowers.
- 29) Turn up the music. Listen to music you love or try some binaural beats to balance your energy.
- 30) Don't save the fine china for a special occasion. Your life is the special occasion.
- 31) Keep it simple. In all things.
- 32) Get some crystals like quartz, amethyst & labradorite. They have powerful healing energies.
- 33) Stop judging. We're all human and we all do stupid things sometimes.
- 34) Confront your limiting beliefs and replace them with newer, better feeling thoughts.
- 35) Surround yourself with beauty. Everything in your environment contributes to your vibe.
- 36) Take a bath. Add Epsom salts or Himalayan crystal salt to your bath to cleanse and relax.
- 37) Find a supportive and uplifting community (like this one). Nurture human connections.
- 38) Use affirmations. A simple "I am beautiful, smart, and resourceful" can go a long way.
- 39) Explore your creative outlets. Draw, color, paint, write, decorate, sing, bake.
- 40) Practice generosity. Volunteer your time and talents or help a friend or a loved one.
- 41) Start a morning routine (use our daily foundations: meditation, journaling & gratitude).
- 42) Forgive and have compassion for those who have made mistakes (including yourself).
- 43) Love yourself. When you love, appreciate, and accept yourself, it's easier to do it for others.
- 44) Be mindful of what you consume. Television, music, books, social media. Make it uplifting.
- 45) Avoid blaming others. Take responsibility for yourself.
- 46) Compliment someone. Love and kindness will always raise your vibration.
- 47) Take one action towards your dreams and goals every day.
- 48) Visualize. Daydream about what you want to call into your life or start a vision board.
- 49) Choose your words carefully. Both what you say to yourself and to others.
- 50) Don't be in such a hurry. There is no rush. Take time to enjoy your life.

**BONUS:** Create a sacred space in your home where you can complete many of these rituals, especially your morning ritual. Creating a beautiful space to unwind is the perfect way to encourage bringing more of these practices into your life.

# Additional Resources



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# THANK YOU

Thank you so much for joining me on this journey! If you have any questions or are looking for more support, please don't hesitate to reach out. I can't wait to see you inside  
The Embodied Ascension Course!

 Jen

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