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Raise Your Vibration

Masterclass

# Video 16: Movement and the Influence on Your Vibration

A new day, a new module, and new information to raise your vibration.

Today we are going to talk about movement and exercises to bring your body into balance. A body in balance, where the energy can flow smoothly, naturally has a higher vibration.

The chakra system actually regulates the energy in the body and connects the metaphysical, the consciousness, and your higher self with the physical, primarily through the pineal gland, the third eye.

Exercises and sports where the energy flows through your body are actually the best exercises for your body, and of course, the exercises you enjoy doing.

Just like with food, where you want to eat what you like, what looks good, you should also approach exercise in the same way.

There are actually two different types of exercise you want to consider when moving for optimal vibration.

The first is an explosive sport that you enjoy doing.

It could be soccer, tennis, climbing, or maybe just going to the gym. As long as you enjoy it.

The second type is also great, but if you don't have experience with it yet, it's still very important to start, and that is yoga, tai chi, and qigong.

This is because it helps you find balance in your body and allows the flow of energy to move smoothly through your body.

And you only need to do this for 5 or 10 minutes a day. You can find many workouts on YouTube for yoga or tai chi to balance your chakras and stretch your muscles. There are also great tutorials on how to use qigong to activate your energy systems to heal your body with energy.

What you want to do with these two types of exercise is balance them.

Explosive exercises like soccer, fitness, etc., have more masculine energy.

And the stretchy, relaxing, slow exercises are more feminine.

What you see today is that many people, especially men, go to the gym. They train hard, box, do those kinds of explosive masculine exercises.

And women love yoga and stretching exercises because they feel good, fun, and trendy.

But very few people, men or women, combine these two types of exercise.

But this is very important, especially for raising your vibration, because you want to have that balance of masculine and feminine energy in your body and in the way you move it.

So, what you want to do is both. For example, one day yoga, and the next day sprints or something else with high intensity, it could also be the gym or something similar, and then the next day again yoga or tai chi.

And again, you only need to do these things for 5, 10, or 15 minutes a day. Of course, doing a little more is generally better, but you'll still get benefits from just moving your body for a quarter of an hour a day.

So, I wanted to go over that with you in this video, that you want to mix these two types of exercise, intensity and flow exercises, for better balance, and as a result, a better vibration.