

Vibetracker.com

Raise Your Vibration

Masterclass

Video 19: How Energy can Influence Your Vibration

Today, we're going to talk about energy. And when I talk about energy, I don't just mean the physical energy you have.

I'm talking about the energy to get out of bed, to follow your path, and the motivation and willpower to manifest things by taking action.

We've already covered that in detail over the past few days.

But when I talk about energy, I also mean your aura, your spiritual energy, and energy in other dimensions.

In today's module, we're going to talk about not only how to raise your energy but also how to prevent it from draining—how to protect it.

If you look at your energy, especially your willpower, which is a form of mental energy, you can think of it as a battery. And every day, that battery is charged to a certain level.

This depends on many things you do or don't do, which we've discussed in previous modules. But what you don't want is for other people to drain your battery.

So if you spend time around people who constantly make you feel bad and don't give you energy, that's a problem. Because you can use your battery—your energy—in a much better way.

And that's what we're going to talk about in this module.

I look forward to seeing you in the next video, where we'll start working on an energy journal.