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Raise Your Vibration

Masterclass

# Video 24: Integration of Information

Today is an integration day. That means you're going back over the information you've absorbed in the past few days and deciding for yourself where you can begin to integrate it into your life.

I mean, what's the point of gathering knowledge if you don't make it useful in your daily life? In the end, you want to learn so that you can improve your everyday life.

Spiritual knowledge, like in this masterclass, teaches you to understand yourself. On this path of self-discovery, it's important to give everything from your past a place.

To see new perspectives and to notice that the things that used to trigger you no longer affect you.

Learning new things and making changes happen from within, not from outside.

Understand that you cannot change external factors or people, but what you do have control over is how you experience them.

What's important is that when you remove certain habits from your life, you replace them with another habit. Otherwise, your brain will resist because it feels like it's missing something.

So if you don't want to spend your evenings mindlessly scrolling through social media anymore, replace it with a spiritual documentary. Then replace that documentary with a good book. And that good book with an open-hearted conversation with your partner.

Alternate the open-hearted conversation with a meditation.

That's how you go from social media to meditation. Many people try to take too big of a leap.

That's why, for example, if you love sweets and desserts and you want to cut back on sugar, it's important not to just eliminate them but to make them yourself with healthy ingredients.

Try to put into practice every day what you've learned over the past few days and enjoy the experience.

Because knowledge plus experience is wisdom.

The only way to turn knowledge into wisdom is to try it and see if that knowledge actually works for you. And that is exactly what integration is.

You integrate what you focus on, what you do. Your subconscious thrives on repetition. The more you think about something, the more you dream about it. And remember, these can also be nightmares.

What you want to do is break old habits that carry a lower vibration by not continuing to repeat them.

The more you disrupt the routine of your old habits and turn them upside down, the more energy you steal from those habits to keep them alive.

I recommend reading about what you want to integrate before you meditate or go to sleep. That is the best way to retrain your subconscious mind.

For now, I think it's a good idea to go over in the next video what we've covered in the past few days.

So that you can decide for yourself what you want to integrate first in order to raise your vibration.