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Raise Your Vibration

Masterclass

# Video 25: Looking Back on the Past Couple of Days

What have we discussed over the past few days, and what are the first steps you can take—or may have already taken—to integrate this information?

The very least you would want to do is keep a journal.

You want to write down how you're feeling at this moment in as much detail as possible. Write all these things down as specifically as you can and divide them into categories: sleep, physical energy, focus, motivation, body, spirituality, emotions.

These questions can also help: what you feel, what you've learned, what wins you've had, what was difficult throughout the day, and what you've done.

While journaling, you also want to do an energy analysis. Look at the things that drain energy from your life and the things that give you energy. Give yourself 20 to 30 minutes to just write down whatever comes up. Write something down daily, try to at least integrate this into your life. You'll see that this has a big effect on your awareness and on the intention with which you experience your daily life.

Next, look at your food. Healthy, nutrient-rich food raises your vibration. How can you make sure you eat more of the good stuff and less of the bad? It's as simple as not bringing unhealthy food into your home, but at the same time, making sure you do have something available—ideally, something you prepare yourself—that serves as a delicious alternative.

Homemade food has a higher vibration than packaged food from a factory. Prepare your meals with love, eat them with enjoyment, make sure they look good, that you truly savor them. And even if you're eating something that may not be the healthiest, at least make sure you truly enjoy it.

Bless your food. A small change with a big impact on your body. Take a moment to be present with the meal you're about to eat. Be grateful, and make sure you get enough electrolytes in your body.

Now, let's look at sleep.

Sleep is one of the biggest influences on your vibration. It is during sleep that you connect with multiple dimensions. Sleep plays a major role in manifestation.

Enjoy a dark room with as little noise as possible. Create a sleep routine where you go to bed and wake up at the same time every day. Avoid blue light as much as possible before bedtime and make sure you get enough physical activity so that you're genuinely tired and can fall asleep quickly.

If you still have trouble falling asleep and you've been lying awake for 20 minutes, get up and lie on a hard floor for 15 minutes, try meditating, and then get back in bed so your body understands that this is the place for sleep. In your comfortable bed.

But make sleep a priority. Your vibration will thank you.

If you want to experience something extra in your sleep, try inducing a lucid dream.

Move more.

Do both explosive sports, which I call masculine energy—such as soccer, tennis, or weight training—and calming sports, which carry more feminine energy—like yoga, tai chi, or Qigong.

By combining these two types of activities, you bring balance to your body. This balance is good for your vibration.

Cut out energy drainers.

This has a massive impact on your vibration once you've done it. It's not always easy, especially if the energy drainer is someone you've known for a long time. But understand that you can grow apart, that interests can change, and that it takes energy to keep interacting with someone who only wants to pull you down to their comfortable vibration.

To get things done, make sure you work in a flow state. Your brain functions ten times better in a flow state. You can reach this by first completing small tasks and checking them off, then moving on to your main flow state task. Binaural beats can help you enter flow state faster.

This was a short summary of what we've discussed over the past few days. Pretty good. The question now is, what do you want to integrate into your life? What is the first step you can take?

At the very least, I think you can keep a journal. And from your journal, you can write down which aspects of what I just mentioned you want to implement first.

I would say sleep. That will generate the biggest impact.

After that, I'd say try working in a flow state and start getting things done.

Then, focus on improving your diet and start going for a short walk outside every other day. You wouldn't believe how much better you will feel just by doing these few things. And feeling good is the key to a higher vibration.

Good luck with your integration. I'll talk to you again tomorrow in a new module about how important your thoughts are for your vibration.