

Vibetracker.com

Raise Your Vibration

Masterclass

# Video 29: Take a Cold Shower to Raise Your Vibration

This video is short and sweet, just like the time you'll be spending under a cold shower.

Yes, you heard that right. Cold water is actually a very powerful spiritual tool to raise your vibration.

You've probably read a lot about it before, and ice baths have become really popular lately. But that's not without reason.

Cold water triggers a small stress response in the body, and if you do this regularly, it makes you stronger.

It strengthens your immune system and gives your willpower a boost, making it easier to stick to things.

So it helps with eating healthier, working out, and pretty much anything you do, because you're essentially increasing the strength or capacity of your willpower.

It's like upgrading from a generic-brand battery to a long-lasting Duracell.

Cold water also improves circulation, which in turn supports a stronger immune system. It enhances all functions related to your blood cells and circulation.

Your brain functions better, your muscles recover faster, and because of the cold, inflammation in the body is reduced, helping you heal more quickly.

This is why cold showers and ice baths are so popular among athletes.

When you take a cold shower— and by that, I mean turning the tap all the way to cold and that's it— it becomes nearly impossible to be anywhere else but in the present moment.

You can't overthink, you don't feel stressed, and any feelings of depression disappear.

So it's an incredible boost for both your body and mind.

What I hope you'll do is experiment with taking cold showers.

You don't have to do it every day right away. Maybe start with once or twice a week.

You'll notice that even though it's uncomfortable at first, your mood after the shower is absolutely amazing.

And when I say cold shower, I mean this...

No warm water at all. At least two minutes. And the water has to hit your head. Close your eyes and face the cold stream.

Ten seconds under the cold shower won't do anything.

It won't trigger the release of endorphins, and that's exactly what you want so that after two minutes, you feel incredible.

If you only do ten seconds and then turn off the water, you'll only experience the discomfort without the benefits, and you won't be eager to try it again.

But if you stay under for more than two minutes, you'll feel amazing, and that feeling can even last for hours.

Okay, so how do you take a cold shower?

Simple. Step under the water, turn on the tap, and stay there. Hahaha.

Just kidding.

There are ways to make it easier.

What I do is start with a warm shower, then switch to cold. I literally turn the knob from warm to cold in one go. I don't ease into it gradually.

But you can do it gradually if you prefer.

Another approach is to increase the time little by little each day.

Start with ten seconds. After three days, do twenty seconds. And so on.

But again, it's those first few seconds that are the hardest, and you just have to push through.

What I don't recommend is staying under for more than five minutes. There are no extra benefits, and it just becomes uncomfortable.

And that's it.

Try this for yourself.

It's such a simple way to raise your vibration with something you're already doing every day— showering.

When you do this, I know for sure you'll feel great about yourself for doing it. You'll feel happy and motivated to take on other things.

So give it a try.

That's it for today because there's really nothing more to say about it.

I'll talk to you again tomorrow in a new module.