

Vibetracker.com

Raise Your Vibration

Masterclass

# Video 34: What is Integration?

Thank you for being here again on this integration day. Today, it's important that we integrate the lessons from the past few days.

What have you learned, discovered, what insights have you had that you want to implement?

If it all just stays in your mind, you won't actually see any of it reflected in reality.

And while that's completely fine—don't get me wrong—having mental aha moments can bring a sense of euphoria and a good feeling.

But if those realizations aren't integrated, they quickly fade away.

My goal with this video is to help you understand even better what integration really is and how you can experience it for yourself.

Spiritual integration is about living the discoveries and tools you've received instead of just thinking about them.

It's easy to stay in your head and form deep thoughts, but embracing and applying what you've realized is a whole different thing.

That's why you can see integration as a movement from your head to your heart, from concept to practice.

Instead of just talking, reading, and listening about a subject, you become it and bring it into your daily life.

Another thing that happens during integration is that once something moves out of your mind and into your body, into your heart, it creates space for new, deeper discoveries—things you wouldn't easily find if you stayed stuck in your head. Because when your mind is full, there's simply no room for anything new.

You have to implement first before there's space for something new.

What's important to know is that there's no rush when it comes to integration.

I mean, we're doing this Raise Your Vibration masterclass in 14 days, but that doesn't mean you have to implement everything in these 14 days. You have time. Trust that life is guiding you in the right direction.

And it already has—otherwise, you wouldn't be here watching this video.

Every discovery you make falls into place at exactly the right moment. Over time, you will integrate everything you need from what you've learned.

But of course, you can be proactive in helping your integration, and I highly recommend doing so.

The best tip I can give you is to choose something—a physical object, a song, an activity (for example, something from this masterclass), a movement—something that symbolizes the information from this masterclass for you.

You could wear a bracelet that reminds you of everything you're learning here.

You could light a candle every evening as a symbol of what you've learned.

You could buy a beautiful crystal and take a minute each day to look at it, using it as a reminder of this masterclass.

You could take a cold shower every morning as a way to reinforce everything from this masterclass. And so on.

But choose something that represents this theme in your life—raising your vibration.

It's no coincidence that rituals are a tradition in spiritual practices. This is for integration.

Reflect on what has resonated most with you over the past few days.

Write in your journal and create your own plan for what you'd like to implement.

In the past few days, on top of everything we already covered in the first six days, we've also focused on our thoughts. We talked about mantras and affirmations. Maybe you want to add those to your phone or put them around your home.

These are things you only have to do once but can have a lasting impact on your vibration.

We also talked about cold showers—maybe you want to try that. And yesterday, we discussed meditation and gratitude.

Look at how you can stack your vibration-raising habits so that everything becomes even more powerful together.

And tomorrow, I'll talk to you in the next module, where we'll discuss the most important time of the day... and that is the morning.