

Vibetracker.com

Raise Your Vibration

Masterclass

# Video 35: What is the most ideal Morning Routine for Raising Your Vibration?

In today's module, I want to talk to you about your morning routine. You probably already know how important your morning routine is.

The way you start your morning sets the tone for the rest of the day.

And no matter how your day was yesterday, you want to set yourself up for success every single morning.

Every morning, you want to ask yourself how you want to feel that day, what you want to achieve, and what you want your reality to look like.

Not starting the day passively and simply reacting to whatever happens, but approaching it with full awareness and intention, shaping how you want the day to unfold.

In this video, I want to explain what a morning routine is, how you can create one for yourself, and show you what my own morning routine looks like.

So, let's dive right in.

When you wake up, you want to focus on your mindset, your brain waves, and your dreams.

So, as soon as you open your eyes, try to write down your dreams in your journal if you can still remember them. Dreams are an incredibly powerful tool for raising your vibration, and interpreting them can be eye-opening.

There are plenty of websites that explain the meaning of dreams. Maybe you had a dream where you saw a lot of blood on the ground, and you assume it was a bad dream.

But if you look it up, you'll find that it actually means a lot of money is coming your way. Blood represents life force—we just tend to have a negative association with it.

You can simply search for the meaning of your dreams by writing them down in English with the word "meaning" at the end.

So, if you dreamed about snakes, you would type "Snake dream meaning."

And then you'll discover that it symbolizes transformation, rebirth, and shedding old habits and beliefs. Because that's what snakes do—they shed their skin. So, I sincerely hope you have a dream about snakes.

Anyway, looking up your dream's meaning is something you want to do later in the morning because I recommend not touching your phone for at least the first hour of the day.

Simply write your dream down in your dream journal, note how you feel, and move on.

After that, take five minutes to meditate.

Sit up straight in bed and meditate.

Then, spend two minutes reading your affirmations.

These are the things you want to manifest as your reality. Once again, you want to do this while you are still in the alpha state, so these messages easily reach your subconscious mind.

When you do this every morning, your mind absorbs them and starts turning them into deep-seated beliefs.

After that, go through your goals for the day, week, and month.

Your goals for the day should be written down the night before.

Once you've done that, move for five minutes to get your blood flowing. Do a short yoga routine.

There are plenty of five-minute yoga routines available. Personally, I find that flow routines work best, so you can search YouTube for "5 min yoga flow" and you'll find plenty of results.

I'll place the link below.

Practice a specific flow a few times so you memorize it and no longer need your phone.

If you want to complete the routine, you can take a cold shower.

But personally, I shower after breakfast, starting warm and finishing cold.

However, if you do it right after your yoga flow, your entire routine will take about 15 minutes.

So, you wake up, write down your dreams, and read your affirmations—that takes the first five minutes.

Then, you review your goals, followed by your yoga flow, and finish with a two-minute cold shower.

You will feel amazing.

If possible, take a moment afterward to sit with your journal in peace and reflect on what you want to do and achieve that day.

What is the most important thing you want to accomplish, and how are you going to do it?

Are the things you are currently doing—the things you plan to do throughout the day—things that bring you joy?

Or is there stress that you know is coming your way?

How can you avoid or minimize this stress as much as possible?

If you have stress about work and don't enjoy it, what can you do to change that? Maybe you want to start your own business or do something else that you truly love.

Think about all the steps you are going to take today to create the life you truly want, and set the intention to follow through with them.

And then... you start your breakfast.

For breakfast, try to get as many vitamins and nutrients as possible. Always include some fruit, vegetables, and foods that raise your vibration.

Take extra supplements to fill in any deficiencies you may have.

Based on my years of experience in the supplement industry, here's what I recommend.

A good multivitamin, a scoop of vitamin C from acerola cherries (in a shake, smoothie, or something similar, maybe with an extra scoop of greens powder), and a quality omega-3 supplement.

Your brain needs omega-3s to function properly.

And after breakfast, your routine is complete.

If you follow this routine, I guarantee that if you do it for just one week... you won't want to go back. You will get so much done. You will feel incredible. You will take action that aligns with what you truly want to do.

And your vibrational set point will quickly rise.

You won't have to work every morning to raise your vibration anymore—you'll simply wake up with a naturally high vibration.

Wishing you lots of success. And I'll see you tomorrow for the final video of this Raise Your Vibration masterclass.