

Vibetracker.com

Raise Your Vibration

Masterclass

Video 36: A High Vibration for Life

Congratulations! 🥳🥳🥳

You have completed the masterclass, and hopefully, you now have a deeper understanding of how your body and mind work and how you can raise your vibration to manifest the reality you truly want for yourself.

If certain things weren't entirely clear to you, you can always rewatch the videos. Sometimes, something might not have made sense when you watched it on day 3, but when you go back and watch it again on day 12, with all the extra knowledge you've gained over the past days, it suddenly clicks, and you understand what was meant in that third video.

If you still have any questions, you can always reach me at mitchel@magick.nl.

As you've probably realized over the past few days, raising your vibration isn't just about one or two small hacks.

It's about taking a holistic approach to how you feel, through the daily actions you take.

The way you create your reality through your vibration is not just about your mindset. It's also about your body and everything connected to it—your brain health, your thoughts, your circulation, your nervous system, your beliefs, and everything in between that influences how you feel.

And all of that is affected by how you sleep, what you eat, and the information you consume.

Everything is interconnected.

So maybe you're wondering now... How do I integrate this? And what should I start with?

The reality is that, ideally, you want to integrate everything for the best results.

Every aspect has an impact. I've already mentioned that I would start by keeping a journal. Then, I would focus on improving sleep.

Try to stick to your morning routine and at least have a healthy breakfast so that your nutrition is somewhat on track. Most likely, if you start your day with your routine, you'll set yourself up for success throughout the rest of the day and naturally make healthier choices for lunch and dinner as well.

Work in a flow state whenever possible and stay aware of your thoughts throughout the day.

But I understand that taking all of this on at once can feel overwhelming. So what I recommend is implementing one or two things per week. Then, the following week, upgrade yourself to the next level by adding more elements.

For this final module, I'll provide a PDF with a structured plan that makes it easy for you to follow along.

I hope you can commit to this for the next 90 days.

Take steps every single day toward the reality you want to create for yourself, and I promise you will start seeing things happen that you never thought possible.

Your life will transform significantly over the next 90 days.

With that, I want to thank you once again for participating in this masterclass.

If anything is unclear, don't hesitate to email me at mitchel@magick.nl.

One final thing I want to tell you is that once you start implementing this, it becomes easier and easier to stack all the tools on top of each other.

The hardest part is just getting started. After that, every change you make will make the next one even easier—because everything is interconnected.

So that's it. I hope this has been incredibly valuable to you, and I would love to receive an email from you 90 days from now, sharing your results with me.

Once again, your life and vibration will completely shift if you follow the steps from this masterclass.

Thank you again, and I'll talk to you soon.