

Hey Lovely

You can start changing your energy yourself and start raising your own vibration!

When we feel good, e.g., feel contentment, joy, enthusiasm, freedom and empowerment, we attract more of the same, contentment, joy, enthusiasm, freedom and empowerment.

When we don't feel good, e.g. feel irritated, frustrated, angry, fearful and disempowered, we attract more situations that make us feel, irritated, frustrated, angry, fearful and disempowered.

It's like attracts like. It's the energy of the universe talking.

Kinesiology works with this energy and your energy.

When we are feeling good about ourselves MOST OF THE DAY, we ATTRACT (with our feelings, our vibe, our energy), MORE good situations and feelings for ourselves.

It's not about thinking positively all the time in a fake kind of way, it's about CHOOSING to think about things MOST OF THE TIME, that make you FEEL GOOD. When you do that, you raise your own vibration yourself!

And when you raise your vibration, you then attract all the good things that you want in your life, good health, good relationships, success and abundance!

Denise x

## **13 PASSIVE activities that raise your energy**

- Have salt baths 2-3 times a week
- Burn sage in your house once or twice a week
- Sage yourself too
- Sit and listen to some white noise (clothes dryer, air con, wave crashing sounds) while you meditate on nothing for 15 minutes
- Watch your posture. Stand up straight, chest out, shoulders back, pelvis under, neck in
- Daydream on a favourite place or activity that you love
- Take your shoes off and walk on the grass
- Lie on the ground and gaze at the sky (night or day)
- Go for a walk and notice and be mindful of things, i.e. “there’s a lovely rose, a bug on a leaf, a four leaf clover”
- Google holidays and imagine being there
- Better still book the holiday and get excited!
- Accept ‘what is’, because it was meant to happen
- Go with the flow and be open to WELCOMING CHANGE!

## **4 ACTIVE ways, GUARANTEED, to change your energy and vibration, so you can attract what you want!**

### **1. Think MORE OFTEN of the things that make you FEEL good**

E.g. warm sun, blue sky, hot shower, your pet, favorite holiday spot, friends, children etc think of these things through out the day.

### **2. Question your negative thoughts**

E.g. Ask, but is that true? Am I actually stupid or not enough? No it's NOT actually true. You are actually a living thinking being and anyway you could be too much!

### **3. Cancel out a negative thought IMMEDIATELY with the opposite.**

E.g. if you say to yourself oh gosh you're an idiot when (you I make a mistake), cancel it out immediately with 'I am very clever'. Just say it!! It may not even make sense. Your body doesn't want to hear you say anything unkind to yourself. It drags your vibe way down low.

### **4. Meditate daily – clear your mind**

15 minutes is perfect, start with 5 minutes if you can't do longer! I have a free 5 minute meditation on my website, so download that anyway. It's the perfect start to your day.