

Do you remember I referenced Nicola Tesla's quote yesterday without saying it? Well, guess what? TODAY on my calendar's quote of the day was this:

"If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration."

I guess you could say I raised my vibration!

This is truly a "best practice" for living - raising your vibe and attracting in what you want. This is how we're CREATED to operate in this world.

It's a matter of DIRECTION.

The brain is the hub for our bodies, like the switching station responsible for directing where all the energy goes.

Dr. Joe Dispenza (it's on my bucket list to go to one of his events!) has done research on this vibrational energy.

When we're "off" and focused on the wrong stuff for a long time, we feel imbalanced, fearful, and doubt-filled. This is low vibe stuff and it makes us feel awful.

I've shared with you my friend David Bayer's mantra, *"I believe life is always working out for me on my behalf."*

We talk about connecting to our higher selves, but we need to understand too, that our bodies have their own connections between the heart and the mind.

We can shift into a higher vibe and create a better connection between our heart and mind through this kind of positive mantra - life is always working out on your behalf and by leveraging the Big Vibe changer, GRATITUDE!

Yes, we've talked and talked about it BUT...

Gratitude INCREASES receptivity which in turn OPENS UP your ability to accept new info.

In other words, gratitude THWARTS the "Yeah, but!"

Higher Vibration = Higher Energy = Greater Receptivity = A CHANGED MIND

When we purposely go about raising our vibe, we choose high-vibe thoughts, things to do, we're more creative, and happier, and that great big Reticular Activating System is tuned in, turned on, and seeking EVIDENCE to support it all.

Here's your To DO List to create those life-changing higher vibes:

1. Appreciate and surround yourself with beauty and order. Clean up after yourself, go outside, and LITERALLY smell the flowers. Yesterday we talked about watching the sunset vs experiencing it...experiencing it creates a higher vibe.
2. High-vibe food only! Big Macs have zero vibes, whereas blueberries are way up there. CONNECT with how food makes you FEEL--it's telling you something!
3. To create vibration in your cells, you need water (electrolytes and fiber). It's amazing how different you feel when you're properly hydrated.
4. Meditation is better than medication. *Disclaimer: this is not medical advice!
5. Gratitude will obliterate a bad attitude and raise your vibe.
6. Do kind things - just because. Ask yourself: How can I serve? How can I love more?
7. Move your vibrational self! Endorphins love to pour themselves out but the key to getting that door open is movement. Movement is gratitude for your body.

Connections and consciousness go hand in hand.
There's no fear associated, just love, joy, and freedom.

This is how dreams come true - they live on the high
vibe!