

# **Raising Your Vibration**

## **How to be Energetic, Happy, and Motivated by Applying Concepts of Quantum Physics**

**By Anne Neal-Dugdale**

The key principles of quantum physics, that I've been able to understand as a lay person are: everything vibrates, there are no solid units of matter, and everything comes into material form as a result of conscious awareness and observation.

One concept is that your physical and emotional vibrational states dictate the reality you find yourself in.

Your personal power is comprised of three primary components: energy, mood, and motivation. All three components contain vibrational states or frequencies.

The following is a list of ways to raise your vibration by the choices you make in everyday life.

### **FOOD**

Most of us know that eating more fruits and veggies and less processed sugar, fat, and carbs, maybe even less meat, is good for us. Chart of Food Vibrations – Notice the frequencies of various types of food.

### **WATER / WORDS**

Our bodies are made up of about 60% water according to [www.usgs.gov](http://www.usgs.gov) with our brains and heart containing 73% water. When we look at the work of the late Dr. Emoto, we can see the powerful vibrations words have. Choosing our words carefully is critical to having a high vibration, especially the words we use in our self-talk. Chart of Water Crystals

### **MUSIC**

Solfeggio Music Frequencies Example: 528 hz music helps repair DNA. When I first learned about solfeggio music I was intrigued to find that it started with the Gregorian Monks and the way they tuned their voices to the various frequencies. Chart of Solfeggio Frequencies

### **COLOR / LIGHT**

The idea here is that you might consider using color and light to raise your vibration. There's a fair amount of information available on color therapy, also called chromopathy, chromo therapy, or color healing. Chart of Visible Light Vibrations

## **Raising Your Vibration – Continued**

### **CRYSTALS**

Crystals are becoming very popular in natural healing circles. The purported benefits of using crystals for healing and raising our personal vibrations are many. List of High Frequency Crystals

### **MOVEMENT and RELAXATION**

Adding physical activity is a great way to raise both the vibrational frequency of your body and your emotional vibration. Dancing, walking outside, painting, fishing, woodworking, yoga, and many other physical actions can not only raise our physical vibration but it can also put us in a better mood.

Relaxation is about doing things that bring you inner peace, tranquility, and optimism. It's about connecting your mind and body in such a way that you feel revitalized and energetic. Restorative yoga is a great way to raise your vibration through movement and relaxation.

### **ENERGETIC CHAKRA SYSTEM**

This system was developed in India between 1500 and 500 BC in the ancient texts called the Vedas. Meditating with a tall and straight spine, and learning how to open and close your chakras help raise your personal vibration. Chart of Chakras

### **ESSENTIAL OILS**

Using essential oils is a pleasant and healing way to raise your vibration. Chart of Essential Oils

### **PRAYER**

Prayer is invaluable. When you connect with the Divine, however you perceive the Divine, you raise your vibration instantly.

### **OTHER WAYS TO RAISE YOUR VIBRATION**

- Breath work – taking a deep breath, yoga breathing (see attachment)
- Clearing old emotional patterns
- Communicating with Angels
- Meditating
- Playing with children, puppies, and kittens
- Positive self-talk, self-image
- Singing, humming
- Smiling, laughing
- Spending time at the shore
- Walking in nature
- Visualizing pleasant images