

HOW TO
RAISE YOUR
VIBRATION



LUMIN

www.wearelum.in

www.wearelum.in



WELCOME

Thanks for downloading our e-book. We have created this to act as a helpful guide of practices you can incorporate into your daily schedule to help raise your vibration and illuminate your life.

We are excited to have you with us on this journey,

Love & Blessings

Lala



TABLE OF CONTENTS

01 - 04

INTRODUCTION

05

HOW TO START

06 - 07

10 TIPS TO RAISE YOUR VIBRATION

08

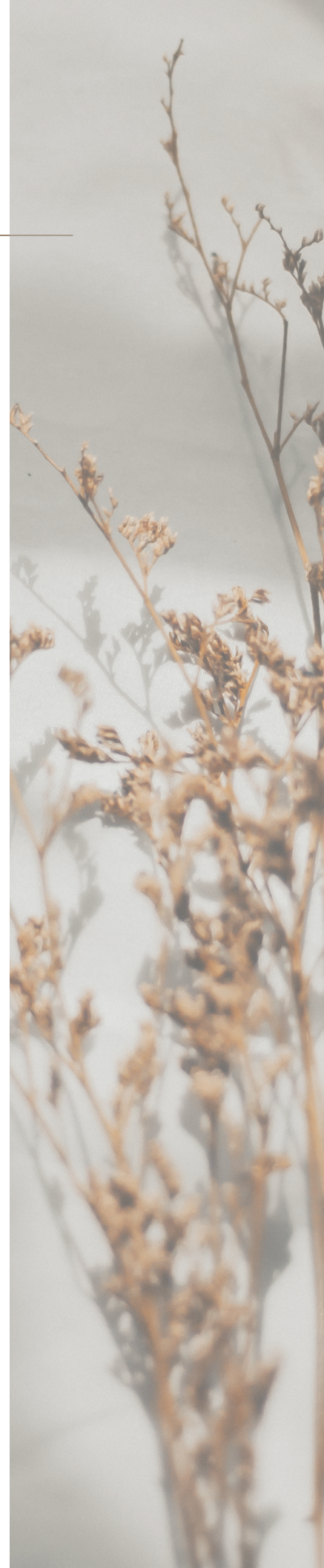
WORK SHEET

09

CONCLUSION

10

NEXT STEPS



INTRODUCTION

WHAT IS VIBRATION? WHY DO WE WANT TO RAISE IT?

Everything in the universe is made up of energy and everything vibrates at a different frequency, including us! Our vibration changes continuously but we have a lot of influence over how low or high our energy vibrates, from the food we eat, what we listen and watch to the people and environments around us.

Elevating Your Vibration Unlocks the Path to Radiant Living.

Are you ready to experience life at its fullest potential? Imagine a reality where positivity, abundance, and fulfilment flow effortlessly into your life. Welcome to the transformative journey of raising your vibration! Raising your vibration isn't just a spiritual concept; it's a powerful tool for creating the life you desire.



HOW DO I START?

To get started you want to start to become more conscious of your current energy in any given present moment. Notice how you feel in different situations and what type of energy you are giving off. Simply become aware of where your vibration is at that present moment. You can look at the scale of consciousness chart by David R Hawkins, to help identify the lower and higher vibrational states.

Then when you notice yourself feeling the lower vibrational emotions such as fear, shame, anger, realise you have a choice as to how you react. Decide to STOP and make a conscious decision to choose a better emotional response.

It takes practice but self awareness is key, remembering that anything which triggers us is actually an opportunity for looking inwards at what we may need to heal, but check out my posts for more on the subject of healing.

We need to remember are the only ones truly accountable for our emotions, reactions and feelings, we always have a CHOICE and once we realise that every reaction is a choice as to how we respond, its easier to make the change.



10 TIPS TO RAISE YOUR VIBRATION

1. PRACTICE GRATITUDE:

START AND END YOUR DAY WITH GRATITUDE. WRITE A LIST OF 5 THINGS YOU ARE GRATEFUL FOR. EXPRESSING GRATITUDE RAISES YOUR VIBRATION BY SHIFTING YOUR FOCUS TO WHAT YOU HAVE RATHER THAN WHAT YOU LACK

2. MEDITATION:

INCORPORATE DAILY MEDITATION INTO YOUR ROUTINE TO HELP QUIET THE MIND, CONNECT WITH YOUR INNER SELF, AND RAISE YOUR VIBRATIONAL FREQUENCY. START SMALL WITH 5 MINS A DAY, YOUTUBE HAS THOUSANDS OF GUIDED MEDITATIONS OR START WITH FOCUSING ON A CANDLE FLAME TO START WITH.

3. SURROUND YOURSELF WITH POSITIVITY

SURROUND YOURSELF WITH POSITIVE PEOPLE, ENVIRONMENTS, AND INFLUENCES. REMOVE OR AT THE VERY LEAST LIMIT TIME WITH PEOPLE OR ENVIRONMENTS WHICH DRAIN YOU & TURN OFF THE NEWS ITS PURELY FEAR BASED! NEGATIVE ENERGY CAN LOWER YOUR VIBRATION, SO MAKE A CONCIOUS CHOICE CHOOSE UPLIFTING COMPANY AND ENVIRONMENTS.

4. ENERGY CLEARING:

GET INTO THE HABIT OF CLEARING YOUR OWN ENERGY FIELD AND HOME DAILY THROUGH SPIRITUAL HYGEIENE PRACTICES SUCH AS SMUDGING, FREQUENCY SPRAYS, SALT BATHS, OR VISUALIZATION TECHNIQUES TO RELEASE STAGNANT OR NEGATIVE ENERGY AND RAISE YOUR VIBRATION.

5. MINDFUL EATING:

CONSUME MORE HIGH-VIBRATIONAL FOODS SUCH AS FRESH FRUITS, VEGETABLES, AND PLANT-BASED FOODS. AVOID PROCESSED AND LOW-VIBRATIONAL FOODS AND ALCOHOL THAT CAN WEIGH YOU DOWN ENERGETICALLY.

10 TIPS TO RAISE YOUR VIBRATION

6. CONNECT WITH NATURE:

SPEND TIME IN NATURE TO RECHARGE AND REALIGN WITH THE NATURAL RHYTHMS OF THE EARTH. VISIT THE BEACH OR THE WOODS & WALK BAREFOOT WHERE YOU CAN, MAYBE EVEN HUG A TREE AND FEEL ITS ENERGY AS NATURE HAS A HIGH VIBRATIONAL FREQUENCY THAT CAN ELEVATE YOUR OWN.

7. PRACTICE FORGIVENESS:

RELEASE RESENTMENT AND GRUDGES THROUGH THE PRACTICE OF FORGIVENESS. HOLDING ONTO NEGATIVE EMOTIONS LOWERS YOUR VIBRATION AND HARMS NO ONE BUT YOURSELF, WHILE FORGIVENESS FREES YOU TO EXPERIENCE HIGHER STATES OF CONSCIOUSNESS.

8. CREATIVE EXPRESSION:

FIND TIME FOR CREATIVE ACTIVITIES THAT BRING YOU JOY, WHETHER IT'S PAINTING, WRITING, DANCING, OR SINGING. CREATIVE EXPRESSION RAISES YOUR VIBRATION BY ALLOWING YOU TO TAP INTO YOUR INNER ESSENCE.

9. SELF-CARE:

PRIORITISE SELF-CARE PRACTICES THAT NOURISH YOUR MIND, BODY, AND SPIRIT. THIS COULD INCLUDE EXERCISE, MASSAGE, JOURNALING, TAKING A NAP OR SPENDING TIME IN QUIET REFLECTION. REMEMBER YOU CANT POUR FROM AN EMPTY CUP & SELF CARE IS ESSENTIAL TO BE THE BEST VERSION OF YOU, TAKE THE TIME FOR YOU AND DONT FEEL GUILTY!

10. PRACTICE SURRENDER:

SURRENDER CONTROL AND TRUST IN THE DIVINE TIMING OF THE UNIVERSE. WHEN THINGS DONT GO YOUR WAY TRY REFRAMING THE THOUGHT THAT LIFE DOESNT HAPPEN TO YOU, IT HAPPENS FOR YOU AND EVERYTHING ON YOUR PATH IS LEADING TO THE BEST OUTCOME. LET GO OF THE NEED TO CONSTANTLY BE IN CONTROL AND SURRENDER TO THE FLOW OF LIFE.

WORKSHEET

Below is a space where you can make notes, noticing how you are feeling, any insights and how you are finding the new additions to your daily routine. We would suggest taking 1-2 at a time and focus on integrating those into daily life, before adding more, it takes 21 days to form a habit!

Your Notes



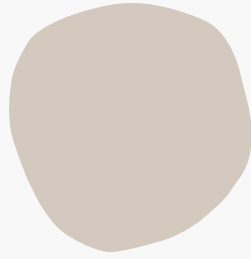
CONCLUSION

Raising your vibration is a continual process and you will find it fluctuates daily. Its about knowing you have a toolkit to help you through when your vibration isn't so high. You can dip in and out in times of need but really its about practicing and embodying these elements until they become, a way of life. You may find it helpful or easier to start with 1-2 tips and practice these until they become habits and fully integrate into your life, then you can move on to the next.

Please remember the journey is never linear, there will be challenges and ups and downs, but the most important thing is to stay consistent and most of all enjoy the process and have fun.

I wish you luck on your journey!

Lula x



NEED MORE INSIGHT & SUPPORT?

LUMIN RETREATS & WORKSHOPS

If you have read this e-book and feel you would like more support with your journey we offer various spiritual and wellness retreats throughout the year and also a variety of workshops to deep dive into specific areas, please see below for our website and contact.





Questions?

HELLO@WEARELUM.IN

WWW.WEARELUM.IN

@WEARELUMIN