

HOW TO

RAISE YOUR VIBRATION



FREQUENCY
ALCHEMY

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WELCOME

Thank you for downloading our e-book

10 Tips to Raise Your Vibration.

This guide has been lovingly created to support you with simple daily practices designed to elevate your frequency, nurture your wellbeing, and bring greater harmony to your mind, body, and energy.

Small shifts create powerful transformation, and we're honoured to walk alongside you on this journey of expansion, healing, and higher consciousness.

In resonance,

A handwritten signature in a cursive script, reading "Lulu".

Lulu & Frequency Alchemy Team



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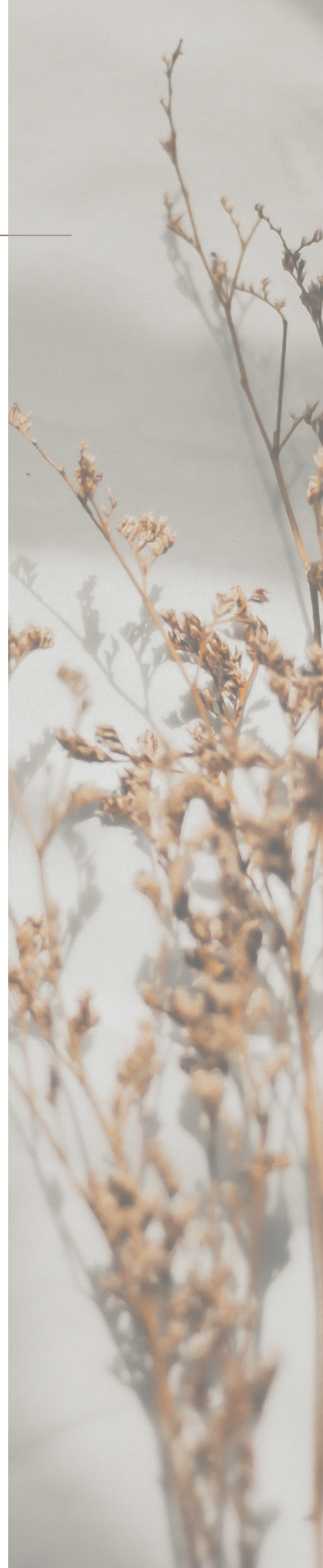
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INTRODUCTION

WHAT IS VIBRATION?

Everything in the universe is made up of energy, and everything vibrates at its own unique frequency, including us.

Our vibration is constantly changing, yet we have far more influence over it than we may realise.

The food we eat, the music we listen to, the content we consume, the people we surround ourselves with, and the environments we spend time in all impact our energetic state.

When we begin to consciously nurture our energy, profound transformation can occur.

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, clarity, and fulfilment flow more effortlessly into your life. Raising your vibration is not simply a spiritual concept, it is deeply connected to science, energy, and the powerful relationship between your inner and outer world.

By learning how to work with your own energy, internally, you can begin creating a life that feels more aligned, harmonious, and vibrant from the inside out.

This guide is here to support you with simple yet powerful practices to help elevate your frequency and illuminate your life.

HOW DO I START?

The first step is becoming more conscious of your energy in each present moment.

Begin noticing how you feel in different situations, around different people, and within different environments. Pay attention to the thoughts, emotions, and energy you are giving off. Simply bringing awareness to your current vibrational state is a powerful place to begin.

You may find it helpful to explore the Scale of Consciousness developed by David R. Hawkins, which identifies lower and higher emotional frequency states and can help you recognise where your energy may be operating.

When you notice yourself experiencing lower vibrational emotions such as fear, shame, anger, or resentment, remember that you have a choice in how you respond.

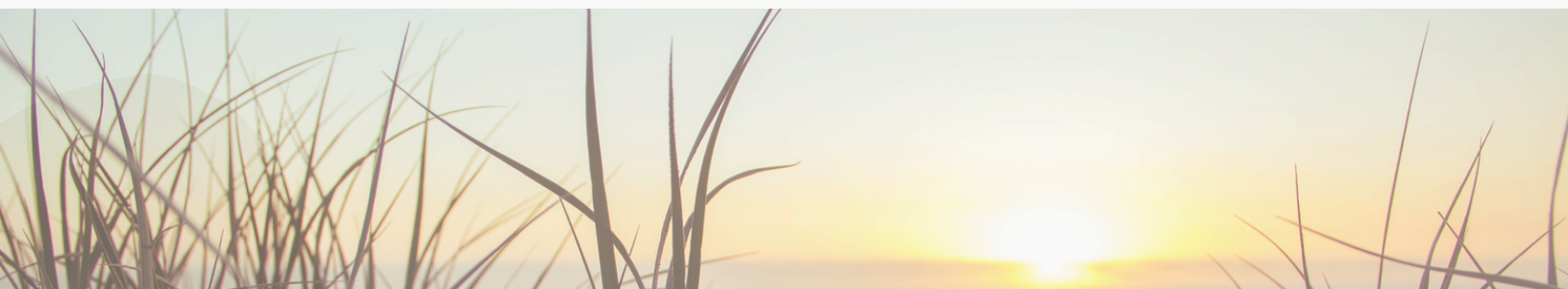
Pause. Breathe. Become aware. Acknowledge that feeling.

Then rather than reacting automatically, make a conscious decision to choose a more supportive and empowering response.

This takes practice, patience, and self-awareness, but awareness is the key to transformation. Often, the things that trigger us can also become opportunities for healing, growth, and deeper self-understanding.

It's important to remember that we are ultimately responsible for our own emotions, reactions, and energy. While we cannot always control what happens around us, we can choose how we respond to it.

The moment we realise that every reaction is a choice, we begin to reclaim our power and that is where real transformation begins.



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 VISUALISATION 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

Use the space below to reflect on your journey and become more aware of how your energy is shifting.

- How you are feeling emotionally, mentally, and physically
- Any insights, synchronicities, or changes you notice
- Which practices resonate with you most
- How you are finding the new additions to your daily routine

We recommend introducing just 1–2 practices at a time and focusing on fully integrating them into your daily life before adding more.

Small, consistent changes often create the most powerful transformation.

Remember: It takes approximately 21 days to form a new habit, so be patient and compassionate with yourself throughout the process.

There is no perfection here, only progress and awareness.

Your Notes



CONCLUSION

Raising your vibration is a continual journey, and your energy will naturally fluctuate from day to day. The important thing is knowing that you have a toolkit of practices to support and guide you whenever you feel out of balance or disconnected.

You can return to these practices whenever you need them, but over time, the intention is not simply to do them, it is to embody them. Through consistency and awareness, these small shifts can gradually become a natural way of living.

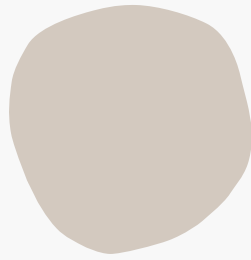
You may find it easier to begin with just 1–2 practices and focus on integrating them fully into your daily life before introducing more. Lasting transformation is often created through simple habits practiced consistently over time.

Most importantly, remember that this journey is never linear. There will be challenges, shifts, and moments of both expansion and difficulty and that is all part of the process.

Be patient with yourself. Stay consistent. Celebrate your progress. And above all, enjoy the journey and have fun along the way.

In Resonance

Lulu



NEED MORE INSIGHT OR SUPPORT?

THE FREQUENCY ALCHEMY METHOD

If you've enjoyed this guide and would like to explore your energy on a deeper level, take our [Frequency Alignment Quiz](#) to discover your current energetic state and which practices may best support your wellbeing and vibration.

Whether you're seeking more balance, clarity, energy, peace, or emotional alignment, the quiz is designed to help guide you toward the next steps on your journey.

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We also offer a range of frequency-based products, Bioresonance Therapy & other treatments plus immersive experiences to support your wellbeing, healing, and energetic alignment which you can find in our Store at www.frequencyalchemy.co

In Resonance,

Lulu & Frequency Alchemy Team





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