

# *Raise Your Vibration*

*--getting back in your body*

This Body Vibration Chart practical helps you experience your body as the Holy Grail of your Inner Sacred Wisdom. Learning how to feel your body's vibrations gives you the power to improve the quality of your life instantly. You are able to connect with how you feel physically which guides you to awaken to how you are feeling emotionally--and thus how you are behaving and relating to others. If you are not feeling strong and confident you can shift your body's vibration positively...immediately. As your body feels good it influences how you feel emotionally. Standing in good posture and taking deep, full breaths for example helps you feel balanced and centered. Gradually and fairly quickly your mood lifts. As a result your thoughts become more positive. Smile and the positive shift is even more dramatic. Your overall vibe is more open, relaxed, happy and kind...you become radiant.

There are only two emotions in life---love and fear. All other emotions are some variation of one or the other. Love is basically trust in the Universe and in the goodness of life, while fear is basically doubt. This practical helps you feel the difference in your body. Once you become conscious of what love and fear feel like within your body you become more aware of when you are feeling them in the course of your life. With this knowledge you have the power to change your body's vibration from tense to relaxed and as a result your inner knowing will flow more freely through you--you will regain perspective and feel more trusting because this yummy sensation in your body reminds you that you are not alone.

a loving, intimate, romantic relationship with our body is the most important in our life. Without it we live life just from our mind disconnected from our heart and soul, from our true wisdom--as a result we make choices about our life that may not serve us well.

LIFE IS GOOD WITH GOOD POSTURE



## The Sensations and Vibes of BAD and *GOOD POSTURE*...of FEAR and LOVE

There are essentially two emotions that we experience as humans from which all other emotions resonate: FEAR and LOVE

Our body is the manifestation of vibrations. Our thoughts and emotions are vibrations. Thoughts and emotions are vibrations that move back and forth between our mind and our body all the time...creating physical sensations. Fear and Love are emotions, and thus sensations, that are held essentially in the heart-center. Fear is created only in our mind. Vibrations from fearful thoughts generate negative emotions that are absorbed and held in our heart-center. These sensations radiate out causing tension in the body. Put simply, when we are afraid our chest feels tight and we tend to round our shoulders and stoop in response to trying to protect ourselves. We stand in Bad Posture. Love however is not generated in the mind but rather innately from our heart and is reflected back to us by our mind through loving thoughts. When we are feeling loving or loved, our heart/chest feels warm and open and we usually stand up a bit taller in response. Love radiates out and relaxes our whole body. We stand taller in Good Posture. In both cases our body is responding instinctively to our thoughts and emotions. What is hugely powerful about this is to realize that just as our body responds to our thoughts and emotions, so do our thoughts and emotions innately respond to our body. Knowing this opens up a whole world of possibility in helping ourselves change our lives...instantly. Our body has an innate consciousness and it is the manifested consciousness of the Divine...That From Which we were created. This consciousness is a vibration that is very similar to the vibration of Love and so when we feel the Love-Vibe in our heart we are very close to accessing our sacred inner self...Divine Consciousness. Breathing slowly and deeply we feel the Love-Vibe expand and merge into a vibration that feels full and even flowing smoothly through our body that is soothing and yummy and that brings with it a deep contented knowing. We feel "yummy" all over because we feel connected to something sacred. We are connected to our sovereign nature. Having this "yummy" experience as a reference, when we feel fear we can return to this sensation of the sacred consciousness of our body if we pause and shift our bad posture into good posture...we start to immediately feel better. As a result of standing taller, opening our chest, and smiling gently, we feel our chest begin to release some of the tension. As we open our heart we feel the innate physical vibrations that resonate with compassion, kindness and love. As we stand taller and breathe deeply we feel balanced and relax more opening our solar plexus, our center of our human will, and begin to feel confident. In good posture we are aligned with our inner true self...physical, mental, emotional and spiritual selves are aligned and communicating..this is our sacred inner self helping us live well. In bad posture we are misaligned and usually only live life from our mind...which often is running fearful, insecure thoughts generating physical tension if we let it. As we shift and stand in Good Posture, the sensations and emotions of Good Posture begin to infuse our mental consciousness we awaken to our inner wisdom and begin to think more positively...our compassion tempers our criticism, our generosity informs our intellect, our love dissolves our fear. As we think more positively we become creative and thus choose to do things that are positive...we choose to take a walk rather than sit around and eat, do a quick breathing release exercise rather than take a drink, stop and take a breath before we say something inappropriate, give someone a smile rather than a blank stare...quite simply we engage life more. We feel better. Our vibe is good and attractive. Others are drawn to us and our connections are more authentic.

The focus of this exercise is to help us become more aware and thus skilled at being able to identify and most especially "feel" how different Fear and Love feel in our body. Feeling the difference empowers us to use one of the techniques we are learning in this program to immediately change the vibration in our body...and thus change the emotions and thoughts in our mind...and thus change our behaviors. Learning these techniques not only helps us to relax our body so we feel better and begin to think more positively, but more importantly these techniques help us tap into our Inner Wisdom so we think more creatively...we remember we are divine and thus have the power to create the quality of our lives in accordance with our hearts' true desire, aligned with our Soul's purpose.

We are energetically contagious...someone around us is happy we begin to feel happy. We literally affect others by our vibe. When we are fearful we are contracted and feel empty and our vibe is tense and irritated. As a result others feel this...we energetically pull on their energy trying to fill ourselves up, to try to make ourselves feel better. Just the opposite happens when we feel loving. We give off good-feeling vibrations and others around us get filled up and feel good. Others feel our vibrations and respond accordingly...run away from or toward us depending upon if they feel fear or love, respectfully.



# Learning to FEEL your Feelings, Learning to FEEL your Vibrations

The Technique: sit in a chair and before you take any breathes simply begin to notice what you feel in your body, sense the vibration in your body and describe it...where is it (body/head, sholders, belly), what does it feel like (light/heavy, tingly, choppy, dense and stuck), what color is it (black/gray, orange, yellow, blue), how hot or cool is it and how does it feel overall (good or bad)

**FEAR:** the overall sensation is tightness, weightless, contraction in our chest/heart, stiffness in body, buzz/headache, heat

Emotion	Body/Head Sensation	Vibration/Temp	Color	Feel Good or Bad
insecurity				
jealousy				
hatred/rage				
revenge				
angrer				
discouragement				
blame				
worry				
doubt				
<b>sadness</b>				
disappointment				
overwhelm				
frustration				
pessimism				
boredom				
THE KEYS	where in your body, in your head, forehead, neck, shoulder, chest, solar plexus, belly, hips, low back, upper back	dense, tight, heavy, light, choppy, electric, hard, hot, cold, easy, flowing smooth, soft, full, empty, light, tingly, swooshy, still, fast, sluggish	red, orange, yellow, green, blue, violet, purple, white, black, gray	

**LOVE:** overall sensation is relaxed, open, warm, weighted, flexible

Emotion	Body/Head Sensation	Vibration/Temp	Color	Feel Good or Bad
Contentment				
hopefulness				
optimism				
postive expectation				
belief				
confidence				
enthusiasm				
happiness				
passion				
joy				
appreciation				
kindness/generosity				
love				
FREEDOM				
THE KEYS	where in your body, in your head, forehead, neck, shoulder, chest, solar plexus, belly, hips, low back, upper back	dense, tight, heavy, light, choppy, electric, hard, hot, cold, easy, flowing smooth, soft, full, empty, light, tingly, swooshy, still, fast, sluggish	red, orange, yellow, green, blue, violet, purple, white, black, gray	



# *THE **YUMMY** VIBRATION*

YUMMY: the vibration of the Sacred flowing freely through our body feels yummy. Take a moment to describe how that feels.

To experience this vibration in your body, sit tall, feet flat on the floor, your hips heavy in the chair, lengthen your spine and open your chest, tuck your chin in and lengthen your neck, soften your face, smile gently and take 10 deep, slow, smooth breathes. On the first few breaths release tension from your body down your legs and feet into the Earth. As you inhale draw up good, healing energy from the Earth. On the next several breaths, as you inhale imagine golden rays down from the Universe flowing into your body and as you exhale let them go deeper into your body. Imagine the energy coming up from the Earth and flowing down from the Universe merging in your solar plexus, just below your heart-center. Sit quietly and simply feel. Start at your feet and bring your attention up through your body and notice your overall sensation. It will feel soft, soothing, relaxing...yummy.

If you don't feel this simply imagine you do...imagination is the source of manifesting reality. If what you feel doesn't feel quite "yummy" yet, then describe how you imagine "yummy" to feel in your body. After you have written your description then sit tall and breathe deeply and see if you can feel it in your body.

Where in your body do you feel it, what texture does it have, what temperature does it have, what color does it have, how does it feel overall? Does it resemble the sensation of Love...how so?

## *The Vibrations of Bad and Good Posture*

Our Body talks to our Mind. Our Mind talks to our Body. Thinking negatively causes us to feel tension and stress and we stand in Bad Posture. When we are in Bad Posture we are disconnected from our inner sacred wisdom and thus our body cannot help interrupt negative thinking. The KEY in times like these is to change your posture and stand tall in Good Posture...and feel.

To experience the Power of Good Posture take a moment to experience and become fully aware of the dramatic difference in your experience between Bad Posture and Good Posture. Stand in Bad Posture for 1-2 minutes and describe your experience. Then stand in Good Posture and do the same

### **BAD POSTURE**

BAD POSTURE: Stand in Bad Posture: Round your shoulders, drop your chin, slouch in your belly, lean in your hips to one side, frown, fold your arms over your chest. Then describe below what you feel...what sensations do you feel in your body? What emotions do you feel? Where are these emotions coming from? Notice what your mood is and become aware of what you are thinking.

What are you feeling physically? Be specific. Where do you feel the greatest sensations?

What are you feeling emotionally and where is that feeling coming from in your body?

What is your mood?

What are you thinking about?

What is your overall feeling?

**GOOD POSTURE**

GOOD POSTURE: Stand in bad posture; ground your feet, legs and hips into Mother Earth, lift up Life Force energy through your legs, hips and up your spine and out the top of your head, lengthen your spine and neck lifting your belly and tucking your chin, open your chest and lift your sternum, reach the crown of your head to Heaven and smile gently. Take several slow, smooth breaths and feel vibrations flow up from the Earth and down from Heaven and merge in your solar plexus. And feel. Then describe below what you feel...what sensations do you feel in your body? What emotions do you feel? Where are these emotions coming from? Notice what your mood is and become aware of what you are thinking.

What are you feeling physically?

What are you feeling emotionally and where is that feeling coming from in your body?

What is your mood?

What are you thinking about?

COMMITMENT: What are you committed to do from now on?

It is one thing to experience this remarkable difference between bad and good posture, experiencing how it remarkably and instantly changes the quality of your life and yet another thing to make a commitment to learn how to have Good Posture always and thus have the "yummy" vibrations of the divine flowing through us always...this is a commitment to live a more sacred way of life...a commitment to change your life...you have to want it deeply or you will continue to let the stresses of life way you done into bad posture, bad attitude, bad thoughts, bad behaviors...unhappy life. it is up to you. What are going to commit to?