Raising Your Vibration

As the sunflower turns its face
To the light of the sun,
So Spiritualism turns the face
Of humanity to the
Light of truth.

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Raising Your Vibration

One of the important things that students of mediumship must learn, is how to raise their vibration. Everyone in this physical life experience, at one time or another, also has a need to change their rate of vibration. There are times when we feel low, or upset feelings appear. This is a normal part of living, but one must not allow this to continue. By changing your feelings/ vibrations to a more positive rate, you are in control of the situation instead of the situation controlling you.

So how do we teach people to raise their vibration? Sometimes, in class meditation, the leader may gently guide students through an exercise which encourages a raising of personal vibrations. An example of this would be to try to reach up higher and higher to touch a sparkling star with projected personal energy, or to imagine oneself walking upon clouds floating high in the sky, or to climb a ladder, rung by rung, until a star or a cloud is reached. This exercise should be practiced in daily meditation and should be the main goal in the meditative process.

A person can work on raising, or changing, their vibration at home, anytime during the day or night. The following is a list of ways to raise your vibration. These ideas will help individuals exert better control over their daily mental and spiritual environment and help them more readily acquire the control needed to attain at will a high vibration.

Ways to Raise Your Vibration

I. Physical
- A. Deep Breathing: Count breaths; Go to the beach or mountains and breathe deeply
- B. Exercise: Brisk walking; Jogging; Aerobics; Dancing; Swimming; Bike riding; Cleaning house
- C. Contact with water: Shower or bathe; swimming; wash dishes
- D. Singing
- E. Wear bright and cheerful colors
- F. Stay in good health: Proper nutrition; Sufficient sleep; Long-term rest or relaxation

II. Mental
- A. Be positive: Concentrate on the positive aspects of life; Be thankful for what you have; Read uplifting or inspirational material; Read comical material; Repeat affirmations; Repeat Healing Prayer
- B. Listen to or play pleasant music
- C. Enjoy art or objectives of beauty
- D. Enjoy nature; Walk through a garden or smell flowers; Listen to birds chirping; Absorb Sunlight; Bask in moonlight; Live in natural surroundings
- E. Laugh: Smile at yourself in the mirror; See a comical movie or play
- F. Do something creative
- G. Play with children
- H. Loving, kissing, hugging
- I. Rest
- J. Go shopping for something you like
- K. Take control of your life and plan future actively visualizing the most successful results
- L. Associate with positive, enlightened people and activities.
- M. Avoid negative people and situations when possible
- N. Be sincere and honest
- O. Live a moderate and balanced life

III. Spiritual
- A. Surround yourself with and send out white light.
- B. Project white light or a pink cloud around troublesome persons or situations.
- C. Call in your spirit doctor/chief protector and chemist to clear your aura and surroundings.
- D. Send crown chakra energy out and up toward spirit guides.
- E. Tune into guides on mental/thought level.
- F. Tune into higher spiritual levels and visualize life there.
- G. Pray to God/Infinite Intelligence
- H. Service to others. Help someone; cheer up someone.
- I. Give or send healing or loving thoughts to others.
- J. Receive healing.