

10 Ways to Raise Your Vibration in Under 10 Minutes

By Erin Pavlina

As you go through your day there are many things that can drain your energy and lower your vibration. Maybe it's an unfair boss, a demanding partner, a needy child, an angry altercation, traffic, noise, bad news, roadblocks, or maybe you're just physically and energetically drained from life's challenges. When your vibration is low it's harder to make progress on your goals.

However, when your vibration is high you'll feel more stable, secure, creative, passionate, confident, powerful, connected, expressive, and intuitive. It's a great way to go through your day, and your life.

There are many ways to raise your vibration. I want to share 10 ways you can raise your vibration in less than 10 minutes. If you want to, you can spend more than 10 minutes on all of these methods, but it really only takes a few minutes to achieve noticeable results.

Once you get the hang of these methods, you'll find other ways to raise your vibration. Study these methods and incorporate some or all of them into your daily routine. Before you know it you'll find you have more energy and resources to deal with the challenges in your life.

Sing

Singing is one of the fastest and easiest ways to raise your vibration. It's really hard to feel sad or depressed when you're singing. Try it. Start out by humming a little tune. Then try singing a song with words. When you're ready, sing at the top of your lungs like you were in a Broadway musical. You may need to find a private place to do this if you're shy. It's also fun to make up new words to old songs. Get yourself jazzed up. Add gestures and pitch. Grab a mock microphone if you want. You could also go to a karaoke bar after work and slough off the day's energy with a song or two.

If you're feeling too sad or depressed to sing, try singing *Amazing Grace*. There's something very therapeutic in singing that song. Or find a ballad that calls to you and expresses some of your grief, pain, or suffering. It will begin to raise your vibration, which will help you meet whatever challenges you're facing.

I have a tendency to sing out loud, especially in the morning when I'm making the kids their breakfast and packing their lunches for school. My kids know that Mama is in a good mood when they can hear me singing. And they know they've stepped on my last nerve when the singing stops! My kids are so used to hearing me sing that now they join in. They've become quite creative in putting new words to their favorite songs. Try getting your kids singing before school and see what kind of day they have.

Move Your Body

When you move your body you invite Spirit in, and you move the energy, or chi, inside your body so it doesn't stagnate. This is important so you don't get blocked in some areas of your body or chakras. There are many ways to move your body, all of which will raise your vibration.

Try dancing. Turn on some tunes, and just move to the music. Sway, do something rhythmic, or try out your best hip hop moves. Go slow or fast, just start swinging and sashaying all over the room. Get a partner and go dancing after work.

If dancing's not your thing, try exercise. Walk outside or on a treadmill, ride a bicycle, climb some stairs, lift weights. Feel your muscles working in your body. This will ground you and get you reconnected with your body and the Earth. Remember that you are a spiritual being in a physical body, and you must take care of the body so it can safely house your spirit.

You can also try yoga, Qigong, or Tai Chi, all of which have a meditational component to them. Reconnect your mind, body, and spirit at the same time.

Moving your body will cleanse your lymph system and even release endorphins, which are pleasurable feelings in your body. Movement will energize you. When people are sad and depressed they often stop moving, preferring to veg out in front of the television or even stay in bed. If you're in a low vibrational state, move your body. Take a slow walk to get started if that's all you can muster.

Dancing's not something I particularly love, but I have come to enjoy exercise. I like to listen to music while I exercise, and I find I'll work out even harder if I'm listening to fast, upbeat music. I listen to slower, more relaxing music when I'm stretching. Even when I'm not listening to music, I find the act of exercise to be almost meditative. While my body is active, it frees my mind to communicate with my subconscious mind, my spirit guides or intuition.

Laugh

Humor will raise your vibration. There's a reason they say laughter is the best medicine. If you're slogging through your day and feeling crushed and pulverized by life, find something to laugh about. Find the humor in your situation. Imagine your life was a comedy and the audience is laughing at your predicament; learn to laugh at yourself and not take life too seriously.

Steve told me that when he was in county jail for a few days staring down the barrel of a possible prison sentence, his cell mate received just the toe portion of a sock to wear. They both looked at this tiny piece of sock and started busting up with laughter. It was so absurd. While both of them had every reason to be depressed over their incarceration, they each found the humor in their situation. Even in jail they were able to raise their vibration.

If you can't find the humor in your own situation, find humor somewhere else. Rent a funny movie, watch your favorite comedian on a YouTube video, or read a book of jokes. Strong laughter also releases endorphins in your body. You rarely see depressed people laughing. Perhaps if they did, it would help alleviate

some of that depression. When you're able to laugh, especially if you're in a depressing life situation, it moves you to a place energetically where you can begin to take actions that will get you out of your low vibration state.

When was the last time you had a real belly laugh? I recall a period of 24 hours where I had three really strong belly laughs, the kind that actually make your stomach hurt and you can't breathe for a minute. It's such a release and a wonderful feeling. Then when you recall that funny moment, doesn't it often make you laugh again?

Meditate

Meditation is a great way to reconnect with your mind and spirit. Sit or lie in a comfortable position. If you want, you can turn on some soft, relaxing music, flip on a water fountain, light some candles or burn some incense to create a space for your meditation. To begin meditating, concentrate on your breathing. Notice your body breathing in and out. Take some deep cleansing breaths. As you sit quietly, you'll notice thoughts come into your mind. Let them come and then let them go. Acknowledge the thought and then let it pass. Keep breathing.

You can sit in this stillness and just be in the present moment, or you can do a guided meditation that uses your imagination to take you away from your ego and into communication with your higher self, intuition, spirit guides, or angels. Here is a simple guided meditation for you to try.

Imagine you are walking in a beautiful meadow. Smell the sweetness of the green grass under your bare feet. Imagine you are dressed in flowing robes or garments. Walk or even skip merrily through this meadow. Stop at a tree and touch the bark. Feel the life energy of the tree. Thank it for its shade and protection. As you continue walking, imagine you come upon a beautiful, sparkling lake at the base of a mountain. There is a waterfall there. Hear the rush of the water splashing into the lake. Go to the edge of the lake and dip your toes in. Feel the warm water on your skin. If you desire, walk into the lake and

stand underneath the waterfall, and let the water cleanse your energy, sloughing off any negative energy. Imagine there is a white light coming down through the water, filling your spirit with Source energy, restoring you to peace. Look around your landscape and see if there are any animals nearby, or people who want to speak with you. Have a conversation and see what they want you to know. When you are through, come slowly back to your present awareness.

You can do any sort of guided meditation you want. Visit a beach or garden. Walk around the ruins of an ancient land. Stand upon a mountain top. Fly through the sky and clouds. Let your mind take you to a higher vibration and a state of peace. Always continue your deep, but comfortable, breathing while you meditate.

Make a 10 minute meditation a routine part of your day. Some people like to meditate in the morning right when they wake up. It can set the mood for the entire day. Some people prefer to meditate right before they go to sleep so they can release any negative energy they've accumulated throughout the day. When you meditate before bed, you may fall asleep while meditating. That's okay. You can meditate at your desk at work, on your lunch break, or anytime during the day. Just don't meditate while you're driving as you could easily get into an accident.

Cleanse Your Energy

There is an energetic body inside of you that is filled with light. As you go through your day, your energetic body is impacted by your experiences and other people's energy. Sometimes you'll have experiences that energize you, and sometimes you'll have experiences that drain your energy. You can restore this energy easily by becoming aware of it and taking the necessary steps to replenish and rebalance yourself. Here are some ways to quickly cleanse your energy.

Take ten deep breaths. Deep breathing removes tension in your body and oxygenates your blood. It's also good to breathe if you feel a negative emotion coming upon you like anger, fear, or depression. When you breathe in say this mantra, "I breathe in the love and light of the Universe. I allow only love and light to fill me." And when you breathe out say, "I release negativity and expel its residue from my body. I will carry only love."

Soak in a hot bath. Water is very cleansing and purifying both physically and energetically. Take a bath or, if you don't have time, take a hot shower. While you're bathing say, "I release all the negative energy in my body. I fill myself with white light and love from Source. I am ready to face life's challenges with strength, power, and courage." Imagine the water is white light, covering you and bathing you in love, light, and protection.

Say a prayer. Intend for your energy to be cleansed. Say, "I am surrounded by the white light of love. I ask to be a clear vessel for Source energy, spreading love and blessings wherever I go. Let my presence on this Earth be a positive contribution to the whole of humanity."

Balance your chakras. Your chakras are the points of light in your body that connect your energetic body to your physical body. Each chakra area represents an area of your life. Do a meditation to spin and clear your chakras, imagining each area becoming clear and spinning strongly. Sometimes other people's energy sticks to us, and balancing and clearing your chakras can slough off their energy. For more information on chakras, visit this page:

<http://www.erinpavlina.com/blog/2006/11/chakras/>

Count Your Blessings

Gratitude is one of the highest vibrational states you can achieve. Being grateful can raise your vibration in seconds. No matter what's going on in your life, you can find something for which to be grateful. Even when something terrible has

happened to you, find the blessing in the situation. You'll need to be at your highest level of vibration in order to deal with the challenge you're about to face.

Every morning before you start your day or every evening before you go to sleep write down a minimum of ten things you are grateful for. They can be profound or simple. Here are some examples:

1. I am grateful for the love of my family and knowing I can count on their love no matter what.
2. I am grateful that I am living my life on purpose and in service to humanity.
3. I am grateful for my health and vitality.
4. I am grateful to the people who challenged me today because it gave me the opportunity to grow.
5. I am grateful to have the warmest, coziest bathrobe in the world.
6. I am grateful that my children are healthy and feel loved.
7. I am grateful that I have choices in my life and am not afraid to make difficult decisions.
8. I am grateful that I earn enough money to buy organic produce.
9. I am grateful for the opportunity to make a difference in the lives of my clients.
10. I am grateful for the peace and quiet that was bestowed upon me by my children after dinner tonight.

You can word it any way you want. You can just jot down some keywords or you can say, "I feel blessed that..." However you want to do it is up to you. You don't even have to write it down, you can make your list in your mind, but it's neat to write them down in a journal and go back and read them periodically. Before you know it you'll have a book full of blessings.

You could also write a "thank you" list. "I thank Bob for being my conduit guide and helping me do readings." "Thank you to the grocery store clerk who reminded me I had coupons when I had forgotten." And so on. Get in touch with what you are grateful or thankful for. When you acknowledge these blessings,

you are putting wonderful, positive energy back into the world and inviting more blessings to you.

Take note of your blessings throughout the day, especially if your peace and serenity are interrupted. When you start to feel angry, sad, guilty, ashamed, or fearful, start counting your blessings. You may see that the situation isn't as bad as you thought it was. There is always a silver lining to be found if you look for it.

Journal

Writing down your thoughts helps you process them. Get a book or notebook with blank pages, or use a journal software program, and write down your thoughts and feelings. Expressing yourself, even just on paper, can be very therapeutic. It also provides a nice record of where you've been and how far you've come. Instead of just jotting down the minutiae of the day, go deep and share your real feelings. Journaling is a safe place to store your thoughts. Keep your journal private so you feel free to express your truest feelings. You can use your journal to record your daily blessings.

Years ago I used to journal in a book. I still have all of those books. Today I use journaling software which is great because I can search by keywords and find old entries quickly instead of having to thumb through an entire book to find what I'm looking for. I find my journal to be a record of my own personal growth. I love going back and reading old entries to see what sort of progress I've made in attaining my goals and desires. Journaling on the computer saves space too. Now I don't have to store or keep track of all my old books.

Journaling your thoughts helps to raise your vibration because instead of storing negative thoughts or feelings inside your body, you can get them out. The act of writing begins the processing of your feelings. I've had many journaling sessions where I simply started with a problem and kept writing until I had a workable solution. Instead of your thoughts swimming around your mind in random fashion, journaling helps you sort through them more logically, which helps you

find solutions faster. When you've got solutions instead of problems, you've got a higher vibration.

You could use your journal in many different ways. You could sit down each morning and use your journal to make a to-do list for the day, making sure all the important things get done. You could use the journal at night to describe what growth you experienced during the day. You could use the journal to do personal growth exercises, or to keep track of your goals. You could use the journal to write letters to people you're too scared to talk to in real life, practicing for the day when you won't be afraid. You could write letters to people you're angry with which will help you express yourself even if you can't do it in person (you may find you're not so angry after you write the letter in your journal).

The sky's the limit with your journal. Keep it close and keep it private. Let it store your energy in a safe place, free from judgment and prying eyes.

Assist Others

Help others. It's a simple but extremely effective way to raise your vibration. When you assist others, they usually feel grateful. Remember that gratitude is a very high vibration, and when you help someone else achieve a state of gratitude it projects that same energy onto you, sometimes even doubling it. For example, have you ever given money to a homeless person on the street and felt an amazing tingly energy inside your own body when they've thanked you? That feeling is almost overwhelming; it's like sitting in a glass of champagne and feeling the bubbles tickle up and down your spine. I'm not suggesting you help others just to get this high, I'm saying that when you help others out of the kindness of your heart, you benefit as well.

It's easy to assist others, it doesn't have to be elaborate. Phone elderly relatives and check in on them. If you have time, ask them if you can run an errand for them. Let a harried mother go ahead of you at the grocery checkout. Buy a coffee for the person behind you in line at Starbucks. Hand a complete stranger

a \$5 gift card to a restaurant. Leave a bigger than usual tip for a food server who seems tired; you might just turn their day around. Compliment a complete stranger on their hair, clothing, car, or behavior. Clean out your closet and donate your clothing to a shelter. Make a batch of cookies or banana bread and drop it off at your local fire station. Practice random acts of kindness everywhere you go. See if you can get up to 10 acts of assistance each day! By the end of the day you'll be on the receiving end of a great deal of gratitude, and you'll practically be floating.

Recently I remembered I was carrying around a \$5 gift card for Cold Stone that I won in a raffle and couldn't use (I don't eat dairy ice cream). One day, Steve and the kids and I were taking a walk through the Excalibur casino and I saw we were coming upon a Cold Stone. I whipped out my gift card and walked up to a couple that was standing in line. I said, "Would you like a \$5 gift card to Cold Stone? I won't be using this and I'd hate for it to go to waste." They both broke into a smile and the guy said, "Sure, that would be awesome. That's really kind of you. Thank you!" It's a small thing, but think about how you would feel if someone did something like that for you some time. There are countless ways to help others.

It's easy to help others when you are in a good place emotionally, but it's even more important to help others when you are feeling sad or depressed. Helping someone else when you're the one who could use some help will actually help you out of your sad or depressed state. Try it and see. It's very hard to make good decisions when you're in a low vibrational state. So before you try to fix your life or make important decisions that will have a lasting impact on you, raise your vibration first. Be the blessing in someone else's life, even if just for a moment.

Forgive

Did you know that when you hold a grudge or hold on to your anger, you are putting a huge energetic tax on your system? Think of it like picking up a heavy weight and having to carry it around with you all the time. When you forgive, you

put that weight down. That makes you energetically lighter and raises your vibration. But forgiving is sometimes easier said than done, right? You must find forgiveness in your heart and let go of that heavy weight. Let's discuss how to do that.

First, realize that holding on to your anger or sense of injustice is only hurting you, not the person who offended you. So if you're holding on to that pain to punish them in some way, understand that you are the one being hurt. They may be completely unaware of your anger in some cases.

Second, put the hurt in the past where it happened. If someone hands you a cactus how long are you going to hold on to it while it's piercing your skin? Drop it, let it go, nurse your wounds, and heal. If you choose to continue carrying the cactus, that's your own choice and you have no one to blame for the pain except yourself. Recognize that you are not being hurt right now so why feel the pain right now? It's phantom pain. Let it go.

Third, learn the lesson and move on to the next. When someone harms you, angers you, or treats you unfairly, learn from the situation, take responsibility for your portion of it, and move on. "Next time I will make sure I watch my stocks more carefully instead of relying on someone else to keep watch for me." "Next time I'm with a guy who hits me I'll know to walk away from the relationship right away instead of trying to fix him for 3 years." Don't be hard on yourself, just acknowledge what you did wrong in the situation, and adjust how you act in the future.

Fourth, send love to your enemy. Empathize. "Aww, that person felt they had to totally screw me in order to get their needs met. I feel sorry for them and I hope they can find love in the future." Maybe the person who wronged you feels bad but won't admit it. Maybe they didn't intentionally try to hurt you but can't admit they made a mistake. Maybe they are in a low vibrational state and lashed out in anger. Maybe they are hurting so bad that their act of injustice was actually a cry for help. Try to see the situation from their point of view.

Everyone makes mistakes. Forgive yourself and others. We're all here to learn, we will all reap what we sow, we will all eventually come to understand and probably regret the pain we've caused others. There is no need for you to carry that weight around. As Nelson Mandela said, "Hating someone is drinking poison and expecting the other person to die from it." Make no room in your energy for hate and anger. Put only love in there.

Love

Love is the highest vibration there is, so when you can feel love inside of you, you will be at a high vibration. There are several ways to feel the power of Love.

Cast love at others. Close your eyes and imagine the person to whom you'd like to send love. Imagine a tendril of energy moving from your heart to theirs. It could be rose-colored, green, white, gold ... whatever feels right for you. Imagine that tendril wrapping itself gently around their heart. Feel the love coursing between the two of you. You may even find that person connects with you later that day to tell you they are thinking about you.

Express love towards others. Do all the people you love in your life know that you love them? When was the last time you told the people you love that you love them? It doesn't have to just be verbal. You could give them a hug, squeeze their hands, send them a small gift or card, write them a note, send them an email, or you could do something more elaborate. But don't hold those thoughts inside; share and express them so that others are aware of your love for them. Love shared is love doubled.

Remember your connection with Source. You are never alone. Source energy (or God or Goddess or whatever name you have for Divine Love) is always around you and always accessible. Close your eyes and open your heart to receiving that divine love. Imagine a beam of white light coming from the universe and going directly into the top of your head, your crown chakra. Let it fill

you. Bask in it, bathe in it. It's infinite and will never run out. Source love is never stingy. You never have to earn it. It is always there and giving. Let it wash away your fear, guilt, shame, anger, or depression. Remember that you are always connected with Source. Use that energy to strengthen you when you're feeling bad.

Love yourself. Have you ever met someone who is so kind and giving to others but not to themselves? Are you one of those people? Take time out of your day to give yourself some love. Get a massage, give yourself a hug, smile at yourself in the mirror and say, "Gosh, I sure do love you, Self. Thank you for being here." Send love to your body, to all of its cells. Make a list of things you love to do and do them for yourself as often as possible. Don't wait for others to fill you with love. Nourish yourself so you can nourish others. You have to take time out to restore your own energy so you'll have the capacity to share your love with others.

Go For It!

There you have it! 10 ways to raise your vibration in under 10 minutes. Try them all or choose the ones that appeal to you the most. Before long you'll be flying!

Share these methods with your friends and coworkers. Create a high vibration environment in your home and workplace. It begins with you. Think of what you can accomplish just by starting with your own energy.

Remember that you are loved. Always.