

Raising Your Vibration

We each resonate at a different vibrational frequency. This frequency can fluctuate up or down at any time. But we are always resonating somewhere on the Emotional Scale. Some towards the top half and some of us towards the bottom half. You want to remember that Source Energy is at the top of the scale. And when you are here you are in alignment. You are resonating with your true nature and life feels really, really good.

On a conscious level, you want to stay in touch with the emotions that you are feeling. From there, you can always reach for an improved emotion or for a feeling that feels a little bit better. As you do this you are climbing up the Emotional Scale. You are becoming more aligned with who you are and with your desires. You want to be at the top half of the scale and residing in the better feeling emotions as much as you can. You want to feel your way to the top where you are aligned with Source Energy, and you are vibrationally attracting your desires to you.

The lower-level emotions are very dense and vibrate at a very slow speed. The higher-level emotions of Love, Joy, Peace, and Gratitude vibrate at a very high speed. Source and the spiritual realm also vibrate at a very high speed. The things that you desire are resonating at a higher vibration, at a higher speed. You want to raise your vibration so that you can match your vibration with it so that you can attract it to you. Your vibration always has to be a match with the things that you desire in order to receive them.

You can tell where you are on the vibrational scale by how you feel. When you are at the top of the scale you are allowing your full connection to Source Energy and you feel really, really good. The better you feel the more you are allowing your connection to who you are, to Source Energy. The worse you feel, the less you are allowing your connection.

When you raise your vibration back to the top of the scale, to the place of alignment, you are raising your vibration back to its natural loving positive true state.

Our goal is for you to be in control of where your emotions are residing at all times. That you maintain the place that you want to be. Which ultimately, is the place of alignment. Most of us allow outside people, events, and circumstances to control our feelings and emotions thus pushing us up and down the Emotional Scale. Our goal is for you to be in control of your own feelings and emotions. For you to decide how you want to feel. For you to use your feelings as an indicator and guide yourself back up the scale to alignment. When you learn to control your own feelings and emotions and not allow outside influences to dictate your experiences, you are able to more easily maintain your alignment.

I want to point out that someone who is at the bottom of the scale cannot just jump to the top. You have to climb the scale with a better feeling thought, followed by a better feeling thought, followed by a better feeling thought, etc. Although, this does not mean that this has to be a long, slow process. Anything can be as difficult or as easy as you want. So, basically, when you feel bad, you just need to keep reaching for better feeling thoughts until you feel better. This is pivoting from your current thought to one that gives you some relief and better feeling.

I want to add in that the spiritual realm vibrates at a very high, fast rate. When a medium connects with our loved ones, they have to raise their vibration up in order to connect and receive messages. Our loved ones, in turn, lower their vibration so that they are able to connect more easily.

When you raise your vibration, focus on what you want, and take purposeful action toward it, you can create the life that you want.

Everything is vibration and you are in control of your vibration frequency. You can make energy alignment your top priority moment by moment by moment.