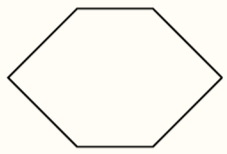
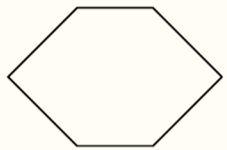




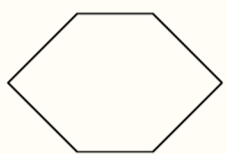
RAISE YOUR VIBRATION



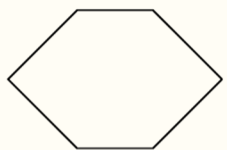
Breathwork Exercises: Practice deep breathing techniques to calm the nervous system and promote relaxation.



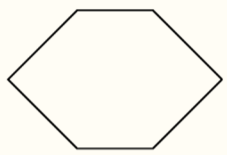
Yoga or Tai Chi: Engage in gentle movement practices that combine breath and movement to release tension and increase energy flow.



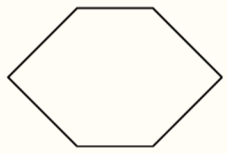
Affirmations: Repeat positive affirmations daily to reprogram negative thought patterns and cultivate self-love.



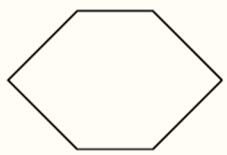
Mindful Walking: Take mindful walks outdoors, focusing on the sensations of each step and the beauty of your surroundings.



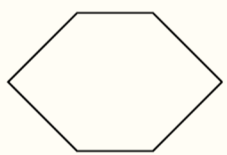
Journaling: Write about your thoughts, feelings, and experiences to gain insight, process emotions, and track your progress.



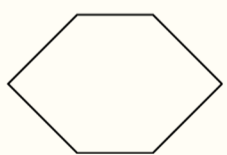
Reading Inspirational Books: Explore literature that inspires and uplifts, providing comfort and perspective during challenging times.



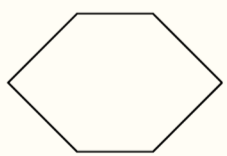
Taking a Bath or Shower: Indulge in self-care by taking a relaxing bath with Epsom salts or enjoying a refreshing shower to cleanse and rejuvenate.



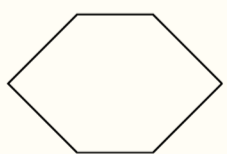
Cooking or Baking: Prepare nutritious and delicious meals or treats, infusing your cooking with love and creativity.



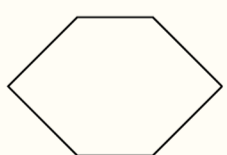
Spending Time with Pets: Interact with animals to experience unconditional love and reduce stress levels.



Practicing Gratitude: Keep a gratitude journal to reflect on the things you're thankful for, shifting your focus to positivity and abundance.



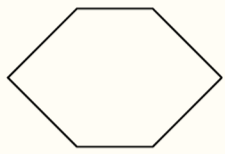
Laughter Therapy: Watch a comedy show or listen to a funny podcast, experiencing the healing power of laughter and joy.



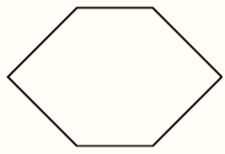
Energy Healing: Explore healing modalities such as Reiki, acupuncture, or crystal therapy to balance your energy & promote holistic wellbeing.



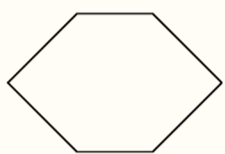
RAISE YOUR VIBRATION



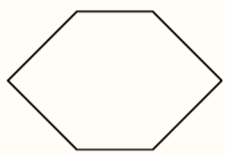
Aromatherapy: Use essential oils known for their calming or uplifting properties, such as lavender for relaxation or citrus for energy.



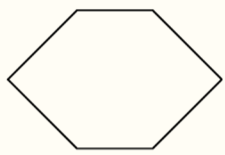
Listening to Music: Create playlists of soothing or uplifting music to elevate your mood and inspire healing.



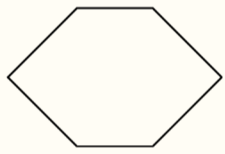
Dance Therapy: Dance freely to your favorite songs, allowing movement to release emotions and uplift your spirit.



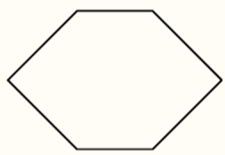
Sunbathing or Stargazing: Spend time soaking up the sun's rays during the day or marvel at the beauty of the night sky, connecting with the universe.



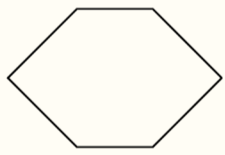
Forest Bathing: Immerse yourself in nature by taking leisurely walks in the forest, engaging your senses and experiencing the healing benefits of nature



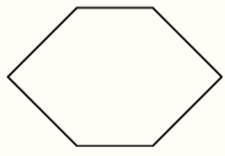
Setting Intentions: Set positive intentions for your day, week, or month, guiding your focus & energy towards what you desire to manifest in your life.



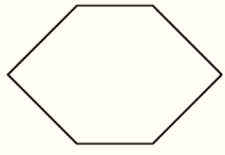
Sound Healing: Experience the healing vibrations of sound through singing bowls, tuning forks, or chanting, promoting relaxation & energetic balance.



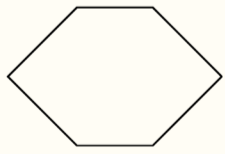
Qi Gong: Explore movement and breathing exercises of Qi Gong to balance your body's energy, promote relaxation & enhance vitality.



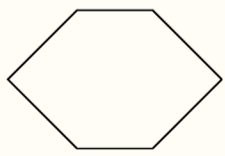
Physical Exercise: Physical activity such as jogging, gym or dancing releases endorphins & boosts energy levels, leading to a higher vibrational frequency.



Meditation: A meditation practice can quiet the mind, reduce stress, and increase awareness, leading to a higher vibrational state of being.



Acts of Kindness: Helping others & random acts of kindness can generate feelings of joy & connection, elevating your vibration & spreading positivity



Earthing: Barefoot on the grass, a simple yet profound practice to connect with the Earth's energy, promoting a sense of calm, balance, & renewal.