
WAYS TO RAISE YOUR VIBRATION

Mental (Continued)

- K. Take control of your life
 - Plan future activity
 - Visualize the most successful results
- L. Associate with positive enlightened people and activities. Avoid negative people and situations when possible
- M. Be sincere and honest.
- N. Live a moderate and balanced life.

WAYS TO RAISE YOUR VIBRATION

Spiritual

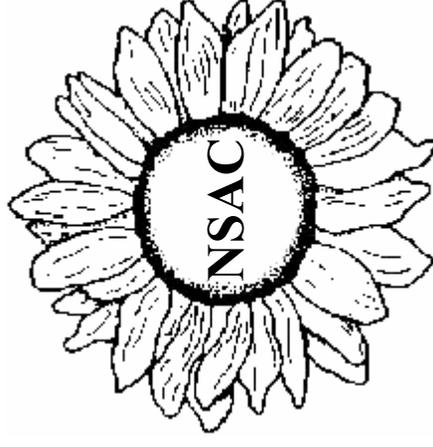
- A. Surround yourself with and send out white light
- B. Project white light & pink cloud around troublesome persons or situations
- C. Call in your spirit doctor/chief protector & chemist to clear your aura & surroundings
- D. Send crown chakra energy out and up toward spirit guides
- E. Tune into 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

Mediumship

Raising Your Vibration

How to prepare yourself to receive from Spirit...

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“As the sunflower turns its face toward to the light of the sun, so Spiritualism turns the face of humanity toward the light of Truth.”

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Blue

Raising Your Vibration

How to prepare yourself to receive from Spirit...

One of the important things students of mediumship have to 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 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. It should be understood that this should be practiced in the daily meditation and should be the main goal in the meditative process.

A person can work at 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 one more readily acquire the control needed to attain at will the high working vibration so necessary for changing one's vibration.

WAYS TO RAISE YOUR VIBRATION

Physical

- A. Deep breathing
 - Count the breaths
 - Breathe deeply
 - Imagine the beach or mountains
- B. Exercise
 - Brisk walking
 - Jogging
 - Aerobics
 - Dancing
 - Swimming
 - Bike riding
 - Cleaning house
- C. Contact with water
 - Shower or bathe
 - Swimming
 - Wash clothes, dishes, the floor
- D. Singing
- E. Wear bright and cheerful colors
- F. Stay in good health
 - Proper nutrition
 - Sufficient sleep.
 - Rest or relaxation. (long term)

WAYS TO RAISE YOUR VIBRATION

Mental

- A. Be positive at all times
 - Concentrate on the positive aspects of life.
 - Be thankful for what you have.
 - List them.
 - Read uplifting or inspirational material.
 - Read comical material.
 - Repeat affirmations.
 - Repeat Healing Prayer
- B. Listen to or play pleasant music
- C. Enjoy art or objects of beauty
- D. Enjoy nature
 - Walk through a garden or park
 - Smell flowers
 - listen to birds chirping
 - Go to beach or mountains
 - Absorb sunlight
 - Bask in moonlight
 - Live in natural surroundings (long term)
- E. Laugh
 - Smile at yourself in a mirror
 - See a comedy movie or play
 - Do something creative
- F. Play with children
- H. Loving: kissing; hugging
- I. Rest
- J. Go shopping for something you like