

High Vibration Practices

If you are reading this, you probably already know the importance of having and maintaining a high vibration. Here are 8 processes to help you raise your vibration.

#1 Ground in Love

Many healers ground their energy regularly, so it is easy to adjust the process to ground in love. As you imagine your grounding cord going from your base chakra deep into the core of the earth, feel the love that is there for you. Imagine the grounding cord has a plug on it, and the core of the earth has an outlet especially for you, labeled with your name. Plug your cord in there, feel the love and let it come up the cord into your body and energy systems. Grounding is important for raising your vibration. Likewise for embodying unconditional love. Together this is a potent practice for high vibration.

#2 Daily Download

Once you are grounded in unconditional love, ask your Higher Self for a download to help you raise your vibration. No need to specify what is included or how it is done. Just allow whatever happens to happen. Your Higher Self sees the larger picture of your life and knows what would benefit you in a way your limited individual self cannot. Whatever you receive will be perfect for you.

#3 Remove Judgment

Harboring judgment of yourself, of situations, and of other people, is harboring a low vibration. Clean out that harbor and free up space for higher vibrational living.

Questions to ask yourself:

What is the judgment costing you?

Given the cost, how important is it for you to hold onto the judgment?

What can you gain by releasing the judgment?

Do you want it enough to embrace the gain (which helps release the judgment)?

Imagine there is a threshold and just beyond is your gain. Are you ready to walk through the threshold into your gain? If the answer is yes, then go through the threshold.

If not, look for the judgment about being unwilling, and ask yourself the questions about it. You may find you are then ready, or you may be in acceptance about not being ready. Going through the threshold may not always be the best option. In finding acceptance, you may discover even greater insights that take you in a direction you might not have gone if you had walked through the threshold.

#4 Let Go of the Concepts of High Vibration and Low Vibration

This may seem to go against the goal of having a high vibration but it makes sense when you think about it. Energy is just energy. In its pure, divine form, it is all the same. What makes it “high” or “low” is the meanings and values we place on it.

By labeling things as high or good, low or bad, we create the dynamic of seeking pleasure (good/high) and avoiding pain (bad/low). This can often keep us from being open to allow and address that which we most need to explore for our well being and growth.

By the way, letting go of labeling good/bad, high vibration/low vibration does not mean putting yourself in danger by walking into a busy street, staying in a violent relationship or anything else that can cause you harm or unhappiness. You can let go of labeling while still having discernment and healthy boundaries. Some people, beliefs, and situations are a fit for you and some are not. You might find it helpful to try using “yes” or “no” instead of good/bad, high vibration/low vibration.

Also, there is nothing “wrong” with having pleasure. I believe it is important to experience pleasure. However, when it is a way to hide it becomes a form of limitation.

#5 Experience Gratitude in Each of Your Chakras

Gratitude is a high vibration experience that will help you create more of what you desire, which will help you raise your vibration even more. Experiencing gratitude in your chakras helps you embody it and bring it into every area of your life.

Think of something for which you are grateful. Notice what it feels like and where in your body you experience it. Allow the experience of gratitude to build, and as it does, be sure to smile in gratitude.

Next, take the beautiful feeling of gratitude and sense it in your root chakra. Allow it to build. As it builds, imagine a red smiley face in your root chakra. Notice how it feels to have your root chakra smiling in gratitude. Repeat this process for each of your major chakras, adding in the correct color smiley face.

After all your chakras are filled with gratitude and are smiling, notice how it feels to have them all smiling together. Notice the smile on your face too. Bask in the radiance of your gratitude.

#6 Let go of trying to change others: Have you been trying to convince someone to change their point of view? Do you feel the need to reply every time you see a facebook post that differs from your opinion on a topic of importance to you? What are you trying to defend? How is it lowering your vibration? Can you let it go in order to free yourself?

#7 Blame: Sure, that relationship with the narcissist was painful! And that person who was toxic is no longer in your life because you have better boundaries. But have you let go of blaming them? All relationships with others also require your participation. You have contributed to whatever the problem was or else it would not have existed. Blame is a waste of your time and energy and will drag your vibration down. Staying in your lane will prevent you from giving your power away and from draining yourself by blaming others. Even if they treated you horribly you can choose not to keep lowering your vibration by depleting yourself.

#8 Keep Learning

With so many wonderful approaches to healing, awakening and spirituality available, especially online, endless opportunities are available for you to keep learning and continue raising your vibration. If you have not already, I invite you to check out the following:

Kundalini Reiki clears away blockages to the flow of subtle energy in your body and subtle energy system. It is a gentle and (often quicker than many other approaches) way to remove obstacles and raise your vibration: <https://www.goldenlotusawakening.com/kundalini-reiki>

Becoming Delightfully Unstuck is a program of 21 recordings in mp3 format. Through a combination of guided meditation process and subtle energy healing transmission, you are supported in becoming free of what was holding you back: <https://www.goldenlotusawakening.com/becoming-delightfully-unstuck>

Infinite Blessings,
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