

EASY WAYS TO RAISE YOUR VIBRATION

Light Forces have also communicated that it is very good for people to minimize their exposure to mainstream and alternative media and spend more time in nature, meet each other in small inspiring groups, listen to the music or do whatever it takes to keep the vibration high.

EASY WAYS TO RAISE YOUR VIBRATION

1. Repeat positive affirmations to yourself daily.
2. Start to appreciate the present moment more.
3. Eat high vibrational foods, like fruits and herbs.
4. Hydrate and flush out toxins with distilled water.
5. Meditate everyday and devote yourself to a daily practice.
6. Movement increases vibration; dance, stretch, flow, hike!
7. Listen to healing frequencies (528 Hz, 432 Hz, etc)
8. Devote time to hobbies that make you genuinely happy.
9. Spend time in nature and express gratitude to the Earth.
10. Consume less, give more!

Truthseeker

Raising Vibrations

<https://www.facebook.com/raisingvibrations>