

11 WAYS TO RAISE YOUR ENERGY VIBRATION

A guide for the unicorn in need of positive energy into her life.



written by Freedom Rivera

freedomrivera.com

11 Ways To Raise Your Energy Vibration

Thank you!



Dear Unicorn,

Thank you! for downloading this eBook. I'm Freedom (it's really my name), spiritual mentor, psychotherapist and a big fan of the universe.

I teach free spirits how to simplify their lives, and practice self love so they can create a life they love. Through my online tools, I offer spiritual support to assist you on your self growth journey.

Does your life seem like a bad repetitive cycle? Do you desire more "aha" moments, more laughter, more stability, more clarity, more focus, more manifestation, more support, more kindness & more love?

Let's have a talk.

Simplify, simplify, simplify. This is what a Buddhist sister once told me during a retreat. Since then simplicity is my game. Try this: Less multitasking, less clutterness, less tv, less unmindful eating, less unnecessary distraction.

In addition, add this: 11 ways to raise your energy vibration. This is a lifestyle that will offer you all the things you desire above. Plus, one epic love story. The one with yourself. Be kind today. Start now.

11 Ways To Raise Your Energy Vibration

Although I breathe and talk about inspiration to my audience, let me share with you that my life story wasn't always full of inspiration. To the contrary, I had a challenging childhood.

I'm a survivor of child sexual abuse, and despite such experience in my life among other challenges, I made sure that it never stopped me from reaching my dreams.

One of the things that was instilled into me since I was a child was the power of inspiration. **Inspiration got me through the hard times.**

My daily regimen is to take a dose or two of inspiration. You are probably asking yourself, **how can I be inspired when I have a bad day or nothing in my life is working out?**

What if I tell you that tomorrow all the food markets will be closed for the entire day due to a snow storm. You will most likely purchase some food items to prepare yourself for tomorrow. **You can also prepare yourself for life's weather.** Have ready items of inspirations for those challenging days in the cabinet of your mind. When you live an inspired life you add more courage, hope, faith and joy into your life.

Create a list of things that have helped you come out of your darkest times. Write it on the back of this page and write it now. **Be joyful of the things that bring a little sparkle in your life.** Happiness, like sadness, is temporary but being in a state of joy is something you can master.



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So how can you use inspiration in your daily life? Here is a list of things that you can do to create a positive energy vibration:

1. CREATE A SACRED ALTAR

Your home is your temple. If you don't have one yet, create a sacred space or altar. This sacred space/altar can represent anything that reminds you to always be grounded despite life's weather.

Whenever you need a time to meditate or pray, your sacred space is waiting for you to create your spiritual dialogue.

In my home, I have the Buddha along with the Virgin of Guadalupe, Ganesh and a mindful quote that says "smile."



Add incense, oils, candles, but most importantly have figures that symbolize your higher power.

2. MEDITATE

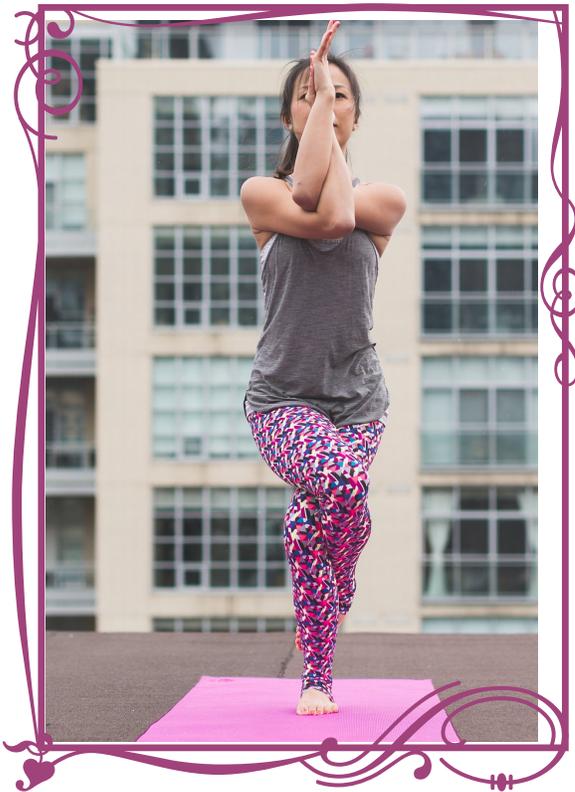
Meditation can help you reach to an energy vibration of 200-1000 (tip: you want to vibrate from an energy level of 200 and above). For more information on the levels of energy vibration read the book, Power Vs. Force by Dr. Hawkins or google his famous energy chart. If you are new to meditation, taking a meditation workshop is a great way to start.

"When in doubt, meditate."

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3. OPEN UP THROUGH YOGA

Yoga is another great way to prepare the body to "allow" awareness, release tension, and help you return to your body and **get you out of the mind**. The dialogue of body and soul. Having a hard day? Try restorative yoga.



4. PRACTICE A MORNING RITUAL

Revolutionize your mornings by practicing a morning ritual. It helps you set up the right vibes for the day. It can include appreciation, mindful eating, etc.

Download my checklist "**12 Morning Rituals.**" You can find it at freedomrivera.com/library

5. POST POSITIVE AFFIRMATIONS/QUOTES/MANTRAS EVERYWHERE YOU CAN SEE IT

These types of inspirational tools are like the accessories you want to wear on a daily basis. It can remind you: "you are loved", "everything is transitory", "the universe has my back", etc. Post affirmations on your desktop, in every room of your home (yes including the bathroom), your work space, cell phone, car, etc. **It helps you reach the energy level of courage = 200.** For inspirational quotes join me at Facebook/Instagram @ coachmefreedom

"Your smile is an act of kindness."

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6. CREATE A VISION BOARD

Vision boards are a great tool to help you practice the law of attraction, build intention and feel positive about your life. A VB gives you the opportunity to place all the things that you want to manifest on a board. It reminds you to be determined and focused.

Tip: Hay House has a great VB app (free!) for iPhones.



"Your story is your power."

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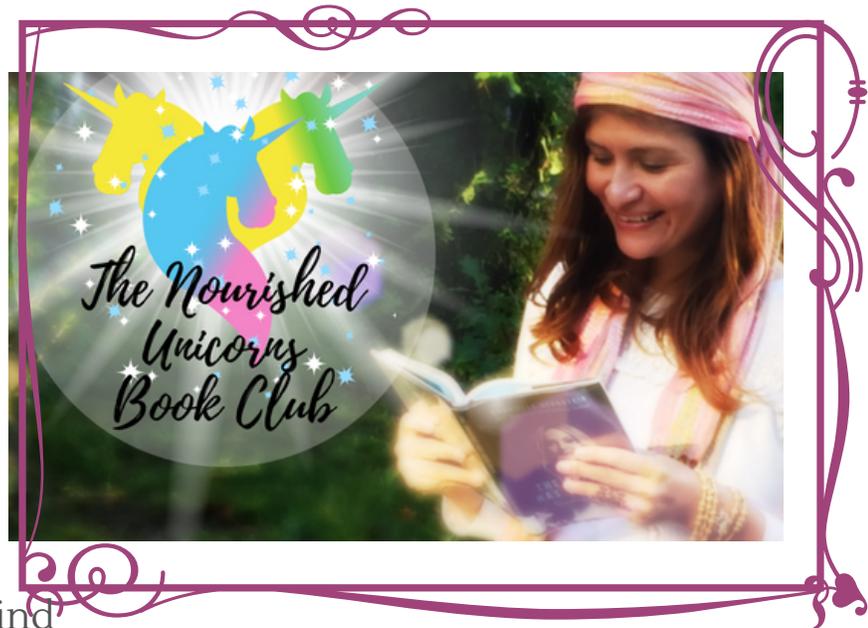
7. WATCH & READ THINGS THAT INSPIRE YOU

Nourish your mind and soul. Here is a list of spiritual movies that can help you raise your energy vibration for sure:

- The Shift by Dr. Wayne Dyer
- The Secret
- What The Bleep Do We Know
- You Can Heal Your Life
- 7 Years In Tibet (true story)
- The Peaceful Warrior based on the book by Dan Millman (true story)
- Conversations with God (true story)
- I am not your Guru

Here is a list of spiritual and self growth books that I use with my reading club, "The Nourished Unicorns Book Club" in Facebook. Come join the fun!

- The Alchemist
- The Power
- The Monk Who Sold His Ferrari
- The Science of Money
- Wishes Fulfilled
- Conversations with God
- Write it Down, Make It Happen
- How To Love
- The Universe Has Your Back
- No Mud, No Lotus
- The Four Agreements
- The Code For An Extraordinary Mind



"How can you be kind to yourself today?"

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8. HAVE FUN, USE YOUR CREATIVITY

When our body and mind are having fun, we are in a state of allowing rather than resisting. Seek consistently opportunities to learn something new and fun. I have taken tango classes, painting, wall climbing, aero-yoga etc. Every time I dance, I leave the dance floor highly inspired and get to meet wonderful people.

Raise your fun volume in your life. Here are some ideas for you to do:



- Take dance classes.
- Have a monthly/weekly karaoke time with friends
- Learn to do surfing
- Go hiking
- Swimming
- Learn to play an instrument
- Host board game parties
- Take a hoola hoop class
- Go travelling!

9. USE AROMATHERAPY AT HOME

Use the sense of smell to invigorate your mind and mood. Why just settle for the nice aromas at the spa? Having an oil diffuser, it's a great way to wake up your olfactory sense and remind you to relax, focus, heal, and more. Different oils have different purposes. I enjoy using eucalyptus for baths and peppermint body wash to relieve any tension in my body.

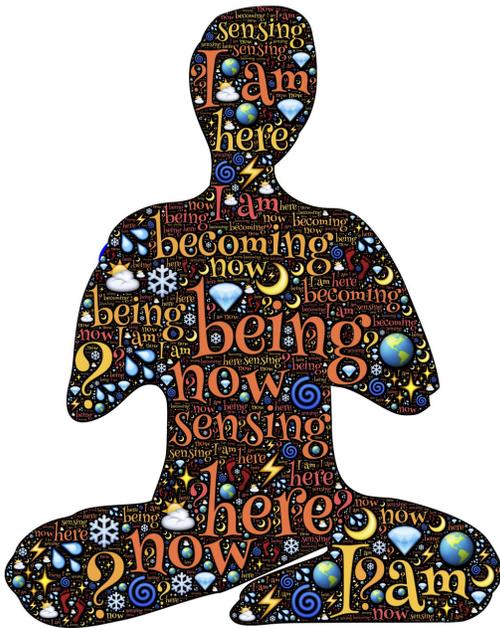
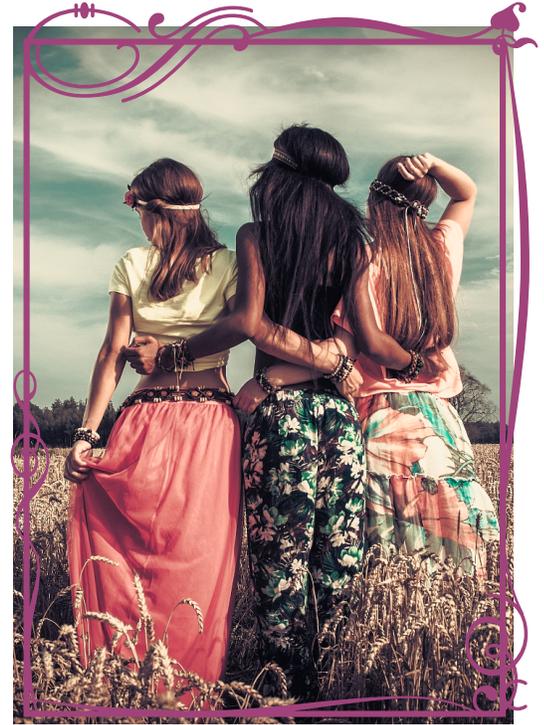
"Be the dancing queen of your life story"

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10. SURROUND YOURSELF WITH PEOPLE THAT ARE KNOWN FOR UPLIFTING OTHERS

If you want peace in your life, think of someone or people in your network who carry themselves with gentleness, joy and peace. There is so much to learn from them.

Go to meetups to meet people that share your same interest of self growth or learn a new skill together.



11. Take a time out. Go to a retreat.

When you are depleted of energy, or need a break from your daily routine, it's time to take a time out. A great way to invest in your wellbeing is to go to a spiritual retreat to put things into perspective. Taking a break provides you with the 3 R's (renew, reinvent, recharge). For mindfulness living retreats founded by zen master Thich Nhat Hanh, visit: <http://thichnhathanhfoundation.org/monastic-practice-centers/>

Just as you put great effort making your delicious meals, practice the great effort to nourishing your soul, body and mind.

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POSITIVE MIND

POSITIVE VIBES

POSITIVE LIFE



About the author

Freedom Rivera is a spiritual teacher and psychotherapist. She helps spiritual people simplify their lives through practical spiritual tools so they can create a life they love.

Freedom offers an array of tools to help you face life daily. From how to practice self-love, mindfulness living, improving your mindset, and everything in between.

Despite a traumatic childhood, her core belief is that everyone is capable of making their dreams into reality through self-compassion.

Freedom holds a masters degree in counseling for mental health and wellness from New York University. She also has a background as a yoga instructor and practices mindfulness living.

When she's not working, you can find her spending time at the beach, watching the tv show Jane The Virgin or making papaya smoothies.

Gain life changing tools at: freedomrivera.com.