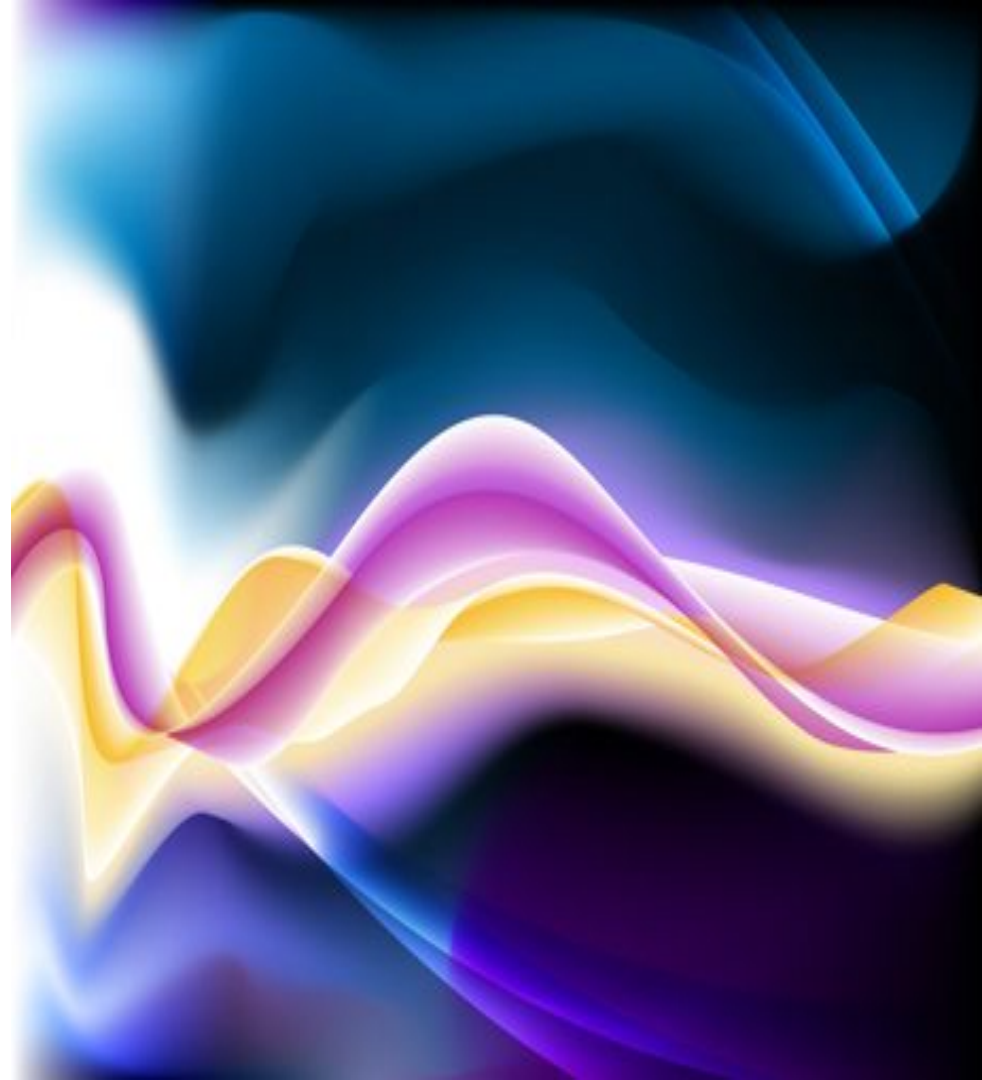


Raising Your Vibration & the Vibration of Others

ISCA Conference 2018



What is vibration?

Physics Definition: Vibration is a mechanical phenomenon whereby oscillations occur about an equilibrium point.

Informal Definition: a person's emotional state, the atmosphere of a place, or the associations of an object, as communicated to and felt by others.



DEFINITION OF FREQUENCY

frequency

The number of waves that pass by each second, and is measured in Hertz (Hz)

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Example - The average heart rate frequency is 60–100 beats/min
frequency = Rate of Vibration

When we reach a high frequency in our personal energy, we attract more positive emotions and experiences. Love, for instance, is a very high-frequency emotion. When we emit a low frequency, we drop into an ego-based mindset that can attract negativity, stress, anxiety, and depression into our experience.



Energy must be felt and observed, completely and totally integrated into our awareness.

Energy
Is Contagious!
Whose Vibes
Are You Catching?

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MORE THAN 5 SENSES ?

MYTHS
BUSTED



Understanding our senses and awareness is key to realizing that we have the power to make radical, quantum-level shifts in our lives. Such as moods, behaviors, decisions, etc.

- **Take a look around - what do you see, hear, feel, smell, etc....?**
- **How do you decorate your home?**
- **What foods do you eat?**
- **Who do you associate with?**
- **Imagine attending a large party. Who do you find yourself gravitating to? Who are you staying away from?**

Beyond physical attractions, such as admiring a bright article of clothing, a pretty face, or welcoming body language, you will be drawn to certain people due to the feeling you get from them. This is the magnetic appeal we feel when someone vibrates at a similar resonance as us. After the party, we might remark, “I loved her vibe!”

OR

How often do you utter the words “I need” or “I can’t” or “I don’t?” Do you longingly sigh “I never” or “I wish”? Everything we think and voice turns out to be a self-fulfilling prophecy. If we exclaim that we “never get a break”, then we never will get a leg up, and when we say that we “can’t make ends meet” then we will find it even more difficult to bring abundance into our lives.

- 38.) Accept yourself for who you are
- 39.) Watch a sunrise or sunset- look at something beautiful and appreciate it
- 40.) Practice kindness- giving to someone less fortunate/Make space for someone/See the good in things and in others
- 41.) Dance
- 42.) Sing/Chant or create music
- 43.) Play often
- 44.) Draw, paint, sculpt or create art of some kind
- 45.) Connect and talk with supportive people
- 46.) Get body work- Reflexology, Massage, Acupuncture, etc.
- 47.) Get energy healing- Reiki, Healing Touch, Vibrational Sound Therapy, Acupuncture/pressure, Reflexology, etc.
- 48.) Practice Mindfulness & Gratitude (Gratitude Journal) Telling someone you appreciate them
- 49.) Spend time with children who are 'in the moment'
- 50.) Practice self-care daily
- 51.) Let go of things you cannot control (which is everything, but YOU!)
- 52.) Use crystals and stones to cleanse your energy (The Crystal Bible is a helpful resource)
- 53.) Practice mindful cooking, baking and eating
- 54.) Say positive affirmations and mantras
- 55.) Watch uplifting programs, shows and movies
- 56.) Have an awareness of your own energy field so that you do not tap into other people's energies
- 57.) Use salt lamps in heavily used spaces in your home to lighten the energy
- 58.) Hold hands with someone you love
- 59.) Drink herbal teas
- 60.) Share your life story- it's yours and ALL of it is important
- 61.) Trust and believe in yourself
- 62.) Pause and breathe before you react
- 63.) Stretch

Beware of Vibration & Energy Blockers

- Muddle
- Victim Mentality
- Stuck
- What went wrong
- Pain/Hurt
- Power
- Past/Future
- Things that no longer serve you



“ If we do not know
what is blocking
us, how can we
work on releasing
it? ”

Dina Kleiman

DinaKleiman.com

Part 1

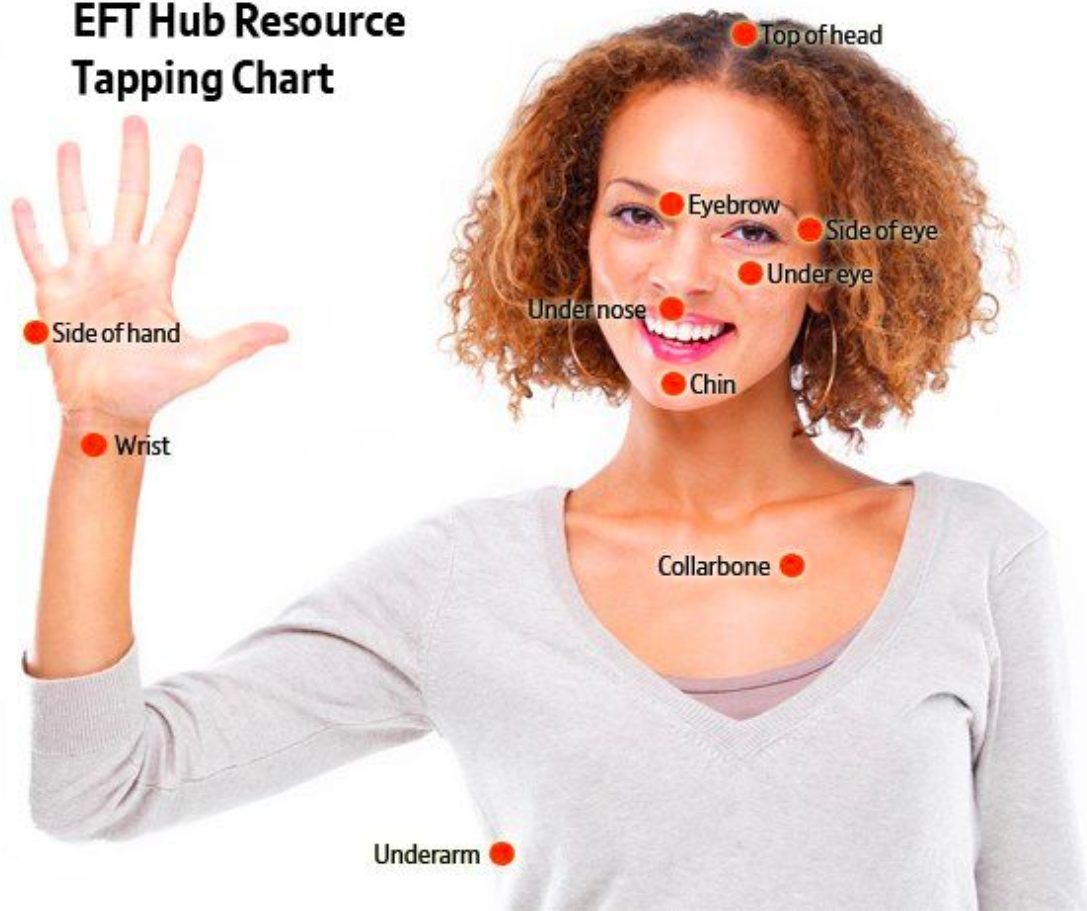
List 10 things that you feel are holding you back or keeping you from _____?

- Physically
- Emotionally
- Mentally
- Spiritually
- Environmentally
- Situation
- Relationship

Part 2

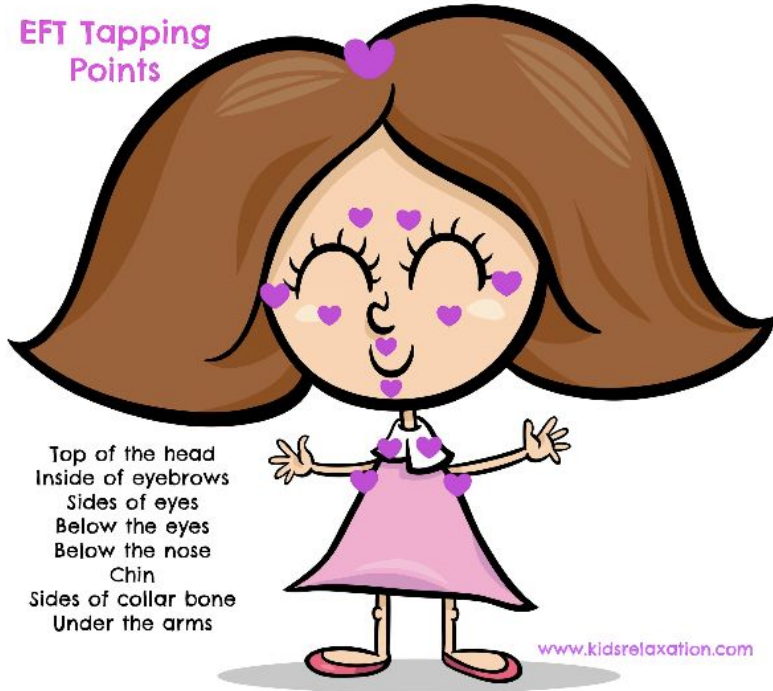
List 2-3 solutions for each above item that you CAN and WILL do to remove it off the list.

EFT Hub Resource Tapping Chart



EFT Chart

EFT Tapping Points



Top of the head
Inside of eyebrows
Sides of eyes
Below the eyes
Below the nose
Chin
Sides of collar bone
Under the arms

www.kidsrelaxation.com

Close your eyes. Take 3 deep breaths. Using your two middle fingers, tap gently starting at the eyebrows. Work your way down to your hands. Finish at the top of your head. Take 3 more deep breaths.

EFT Chart

EFT Tap Points



Karate Chop
Top of Head
Inner Eyebrows
Sides of Eyes
Below Eyes
Below Nose
Chin
Collar Bone
Under Arms

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Close your eyes. Take 3 deep breaths. Using your two middle fingers, tap gently starting at the eyebrows. Work your way down to your hands. Finish at the top of your head. Take 3 more deep breaths.

**HAVE YOU
HEARD THE
SOUND OF
CALM?**



Val Stickler

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