

RAISE YOUR

vibration



a note from the author...



Hey there, I'm Kelsey! I'm known for my work as a yoga teacher, spiritual healing practitioner, essential oil educator and Reiki Master Teacher. I love serving the world by teaching others and empowering them to be their best, whole self.

When I'm not teaching or healing, you can usually find me playing with my two amazing kiddos, moving my body, or helping my husband with his restaurant biz.

I created this book so that you may learn how to be heal yourself and become an effective conduit of pure light. One of the first steps in our journey to enlightenment and embodiment is to raise our vibration. This book will give you the tools and knowledge to increase the energy within your field. Enjoy!

*With Love,
Kelsey* 

CLICK TO LEARN MORE

ABOUT KELSEY
INFLUENCES AND TRAINING
PRIVATE SESSIONS

Each of us holds a frequency
or a certain amount of light
in our physical
and energetic bodies.

The Universe and everything
in it is made of this vibratory
essence. Energy is therefore,
the foundation or blueprint
for life.

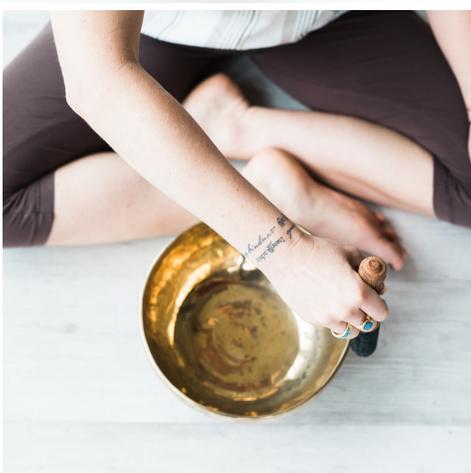
Our energy field determines
our state of well-being and
health. Therefore, it is
imperative that we keep it
vibrating as high as possible.



WHY DO WE NEED TO RAISE OUR FREQUENCY?

A consistent low vibration can manifest as unfavorable conditions in the physical body, mental and emotional instability, and stunted spiritual growth. Our energy affects our entire being - body, mind and Spirit.

By consciously participating in activities that elevate our vibratory essence, we can create a strong foundation and an energetic blueprint for optimal health and wellbeing.



benefits...

- Healthy immune function
- Supports body's antioxidant defenses
- Energizes and uplifts the emotions
- Protects against unwanted energies
- Minimizes disease, illness and pain
- Increases energy and vitality
- Improves sleep patterns
- Calmer, more joyful state of being
- Reduces tension and anxious feelings
- Surrender of ego and mind
- Embodiment of unconditional love
- Embraces gratitude and forgiveness
- Healthy expression of emotions
- Initiates ascension and embodiment
- Connects you to your Higher Self
- Increases communion with Higher Realms
- Manifests more of your life's purpose
- Deepens spiritual connection to Source



Energy effects all layers of our being. Somedays, the best way to raise your vibration is by addressing the physical body with healthy choices such as movement, nutrition and hydration.

Other days, you might find your mental or emotional levels need some extra love and attention. Additionally, there will be days when more etheric practices are called for.

Healing is best achieved when we attend to all layers of our being - body, mind and Spirit.

A simple way to measure your current vibrational frequency is by using your emotions and thought patterns as your guides.

When you're feeling lower emotions, such as fear, shame, jealousy or anger, then your vibration will be much lower.

As your thoughts and emotions move up the scale, your vibration will automatically rise. The idea is to train your consciousness to be in higher vibrational states for longer periods of time, until joy and love becomes your natural state of being.



the emotional scale...

Know that it's perfectly normal to feel and experience lower vibrational emotions. It's all a part of our human experience here on Earth!

However, the goal is to become a master at sensing when your vibration has fallen, feeling the emotions, expressing them, and then releasing them from your field as quickly as possible. The more we learn how to master our own frequency, the easier it is to move through difficult emotions with greater ease and grace.



“

*Our vibration is
powerfully influenced
by our thoughts and
emotions.*

”



signs your frequency is rising...

SUBTLE CHANGES

You will notice that your interests, relationships and even foods that you used to enjoy are shifting to reflect a higher vibration.

NEW OPPORTUNITIES

As you work through emotional and energetic blockages, new doors will begin to open for you.

PURGING AND LETTING GO

You may feel inspired to clean, declutter and organize your home and your life. You may also find relationships that are no longer in your highest alignment will slowly fade away.

HEIGHTENED SENSITIVITIES

At first, emotions and energy levels will feel like they're all over the map. This is normal for a while, until your energy balances. You may also become more sensitive to chemicals and toxins.

INCREASES IN INTUITION

Your intuitive abilities will deepen as you begin to see, feel or sense energy in new ways. You'll become more connected to your Higher Self.

CHANGES IN BEHAVIOR

As your frequency fluctuates, you could notice changes in sleep and eating patterns.

IMPROVED MINDSET

People and situations that used to trigger you will become easier to manage. You'll find that your outlook on life is completely transforming.





HOW TO USE *your cards*

Print your cards out and cut them into rectangles. I recommend printing them on a heavy, cardstock paper or laminating them so that they last longer. You may even wish to have them professionally printed.

Once you've assembled your cards, shuffle them to infuse each card with your own personal energy. While shuffling, ask your Spirit Guides and Higher Self to use these cards to show you what you most need in each moment to help raise your vibration. Set the intention that whatever is in your Divine highest alignment be shown to you.

Pull one to three cards per day (or more if you need it!) You can pull cards during the same time each day, for example, first thing in the morning, or you can use the cards whenever your energy needs a boost or you're feeling stuck. Follow your intuition.



The suggestions on the following pages are some of my favorite and most effective ways for raising my own personal vibration. If some of the cards don't resonate with you, simply eliminate them from your deck. However, I do recommend trying everything at least once. You may discover a hidden gem or something new.

You'll find blank card templates at the end for you to add and create your own techniques for raising your vibration. Personalize this deck and make it as unique as you are!

"IF YOU WANT TO FIND THE SECRETS OF
THE UNIVERSE, THINK IN TERMS OF
ENERGY, FREQUENCY AND VIBRATION."

NIKOLA TESLA



Pay special attention to cards that repeat themselves, as they are communicating to you a common pattern or theme in your life that may need to be addressed.

You may also find that when drawing multiple cards, they will often communicate in tandem with each other. For example, if you draw the Sunlight, Nature and Grounding cards they're communicating a clear need for you to spend more time outdoors!