

HOW TO RAISE YOUR VIBRATION

IN 15 SIMPLE STEPS

BY ELIZABETH CROOKS





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www.elizabeth-crooks.com



Introduction

The building block of life is energy, and energy vibrates at different frequencies to form different states and shapes of matter. Vibrational frequencies can affect our physical, mental, and emotional bodies. Everything is a reflection of its energy and what band of frequency it inhabits.

Begin to notice energy and you will begin to know yourself on an energetic level.

Pay attention to your vibration as you interact with other people, other creatures, and objects in your reality. Energy that makes you feel happy has a different affect on the body than energy that makes you feel sad or angry or even nauseous. We create everything and everyone in our reality through energy. The human body is a conduit for universal source energy, and if you follow the energy you give out, you will find the energy that your universe sends back to you in turn.

So how do we raise our vibration? First of all, we often don't give ourselves enough credit for what we can accomplish as human beings. We are such powerful creatures that we can intentionally affect the energy, vibration and frequency in our realities.

Practice the 15 steps outlined in this eBook to raise your vibration in fun and easy ways.



1

Smile / Laugh

Anything that makes you happy raises your vibrational frequency. Doing something that makes you smile or laugh is a conscious way to raise your vibration. Figure out what works best for you.

I've found that smiling, even when I don't feel like smiling, improves the quality of day I am having. At first I had to force myself to turn the corners of my mouth upwards. Over time, it becomes easier and easier to just smile for no reason, and the more one smiles, the more smiles one gets in return.

Surround yourself with people and things that make you happy. You can research the science behind smiling and laughter as they both release the feel-good hormones. The happier you are, the higher your vibration will be.



2

Movement

According to physics, an object in motion tends to stay in motion while an object at rest tends to stay at rest. If energy isn't flowing, or becomes stagnant, then problems can arise.

A high-vibrating energetic body moves at a higher rate so keeping the cells of your body moving and clear of energetic blockages is essential. Simple movement is key but many opt to exercise their bodies more often to keep this energy flowing smoothly.

A quick jog or sprint will raise your vibration instantly and keep it high as your cells buzz into action and stay in motion.



3

Ask For It

Asking the universe is perhaps the easiest and most often overlooked way to raise your vibration in any and every moment.

You are a powerful creator of your reality.
You can declare anything and you can ask for anything you desire more of.

Words are energy and intention is everything in the realm of energy and vibration. Intend to raise your vibration and it does just that! Use this consciously by asking and declaring that you have a high vibration in addition to the other ways to raise your vibration on this list.



4

Environment

Become mindful of your surroundings. Stuck energy is vibrating at a lower frequency than energy that moves. Move the furniture around your house every so often. Get some new artwork to lighten the place up. Move your work area around, and remember to move your physical body to get the energy flowing.

Plants and lots of light raise the vibration of a room the quickest. Color changes assist as well; balance darker tones with fresh pops of color to brighten the room. Anything that makes you feel peaceful assists in raising your vibration. I place crystals and little bonsai plants around my apartment. I would also like to get a water fountain so I can enjoy the sights and sounds of water cascading over rocks in my own private sanctuary.



5

Sunlight / Light

If you don't have access to or the ability to change your environment, all one has to do to raise their vibration is simply go out in the sun every day. Light from the sun lightens our physical, mental, and emotional bodies.

Simply look up into the sky and admire the clouds during the day and the stars at night. Light is light. The very word is symbolic of rising upwards as light things tend to float and go higher than dense things.

Use the sun and stars to your advantage and declare that your vibration is rising every time your body is in view of these celestial bodies and with every sunbeam or starbeam on your skin that you notice.



6

Light Food

Cake is not a light food... sorry to burst your bubble. You can certainly eat cake and enjoy it too, but your body needs some “light” foods such as fruits and vegetables to function optimally.

Eating clean and healthy will lighten your body from the inside out. The very cells of your body will cleanse themselves of the gunk and old debris naturally with the addition of light and healthy foods.

Balance is the key with all things and food is no exception. Give your body clean food and water and you will naturally raise your vibration from the inside out.



7

Water / Bath

Water pulses with energy despite its appearance sometimes. Moving water means moving energy so have fun in a nice bath or go into the ocean if you're able to. Waterfalls, rivers, streams...any body of water can be a spiritual experience by simply being in their presence.

A tiny tabletop water fountain is a nice addition to your environment and it helps with overall water access as well. Even just hearing water move in a fountain or stream is healing and cleansing to the soul. Water is a natural conductor of energy and electricity (the body is electrical) so use it to your advantage in raising your vibration using the power of this wonderful element.



8

Nature

Humans who go out in nature often raise their frequency at a faster rate than those who do not. You can raise your vibration by sitting on the couch all the time if you know what you are doing, but it's a lot easier to go outside once in a while.

Nature and humans fit perfectly together despite what we may have done to it in the name of progress and innovation. Hug a tree (or just place your hand on one if you don't want to embrace your weirdness), breathe in the pine cone air, appreciate the shades of green in different patches of grass and smell the roses, literally.

Nature itself is one of the essential tools in the toolbox of human energy and overall health.

The top portion of the image features two vibrant blue flowers with delicate, radiating veins. They are set against a dark, blurred background. Overlaid on the image are three bright yellow diagonal stripes that cut across the frame from the top left towards the bottom right.

9

Walking Barefoot

Connect with the earth, as the planet itself is a field of electrical and chemical signals. The soles of your feet have a thin membrane for a reason...we are meant to absorb energy through our feet as we walk. It's a natural and normal body function to absorb and interpret these signals from the planet and transform them into health benefits.

Converse with the earth by walking barefoot through the dirt and grass. Find a nice park and slip off those shoes if you don't have grass near your home. Doing this once in a while is better than not at all, but the more the better. Send the old, dense energy out of your body and ask the earth to transmute it for you as you get higher and lighter energies in return. This is the cycle of life.



10

Breathe

Breathing is life. Breathing can be harnessed to raise your vibration by becoming more mindful of this automatic process. Breathe in light energy and release the dense energy you wish to release through intention.

Three sharp exhales can expel pent-up, old energy for a quick fix (Please be mindful during breathing practices and what your body is capable of in the moment. There is no need to get short of breath or to hurt yourself. Breathe normally, just make it more conscious).

You can choose to breathe in fresh energy slowly and release the old energy slowly. Remember the movement of energy and raising your vibration with this natural process through the breath.

Focus on You

Do not compromise your happiness. It is your responsibility to come from love, honor, and beauty, and not as a result or byproduct of someone else's energy. Take a mental note of your current feelings.

What kind of thoughts are you having about yourself?

What kind of energy are you sending your body?

I have been a caretaker most my life and have often neglected my own needs. This saps your energy and keeps you vibrating at a low speed.

Recharge. Rejuvenate. When your energy is full and in flow you can naturally give and receive more. Take care of yourself first. Honor your needs and pull away if need be to raise your vibration for your own benefit.



12

Love and Gratitude

Everything is energy. Love is energy that vibrates at a high frequency. The energy of gratitude is also a high-vibrating frequency.

Self-Love and Gratitude practices are recommended by many spiritual teachers as a daily habit to promote overall mental and physical health. And remember that energy needs to move in order to stay in motion. Give love to receive love. Energy is a cycle. Express gratitude and have more things to be grateful for come to you in return.

Keep your vibration high using love and gratitude as daily practices and keep that cycle of energy flowing smoothly.



13

Play / Pretend

Imagination! It is a powerful tool every human has. It can be used to destroy or create and we have a choice in the matter. You can use your imagination and visualize yourself at a high vibration.

What would make you happy? Laugh in your daydreams. Run through the forest in your daydreams.

Creative visualization experts say the brain can't distinguish between imagination and reality when it comes to creating your ideal life.

Excite your imagination and pretend to live at a high vibration in pure joy and bliss. Use words and pictures to assist your imagination for better results.



14

Meditate

Meditation is beneficial in many ways. Quiet the mind, open to receiving the gifts of the universe, and be still in your highest vibration in the moment. Notice your vibration in this state of quiet reflection and relaxation and make a mental note to ask for more in your waking/active state.

When you get in touch with your Self, you will be able to feel if you need to get more sun or go for a walk in nature, or go watch a funny movie to laugh your pants off (be mindful of your pants if you're at a movie theatre with other people).

Energy is always in motion, even in meditation, so try and feel this energy while being still.

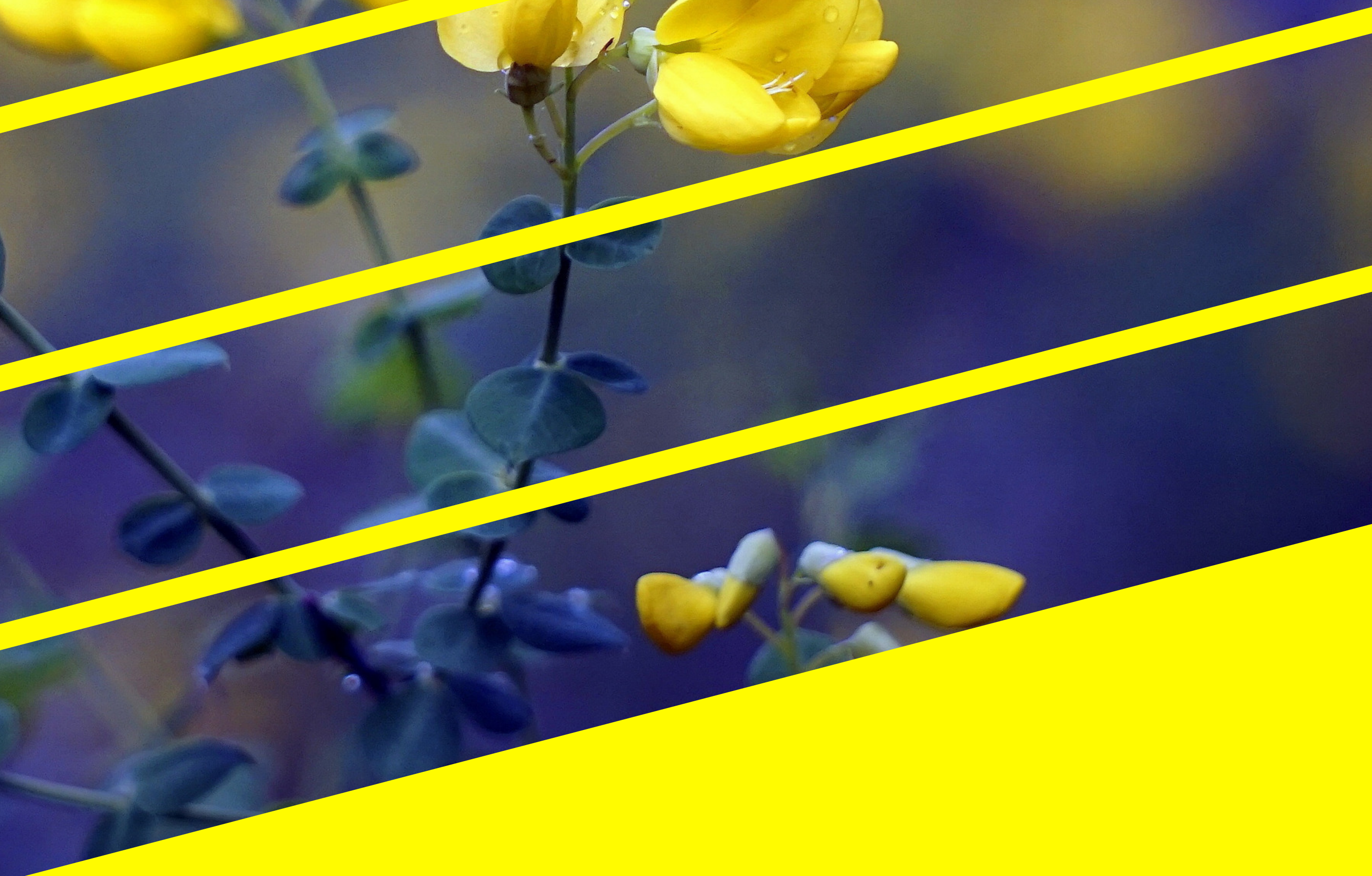


15 Sleep

Perhaps the easiest way to raise your vibration is to sleep! We integrate all the energies of the day while we sleep. Sleep is a rest of the body while the soul gets to play (otherwise known as dreaming).

You can even try lucid dreaming to create (imagination) experiences that raise your vibration consciously in your dreams. But don't worry if you're not an experienced lucid dreamer. Make a conscious intention before falling asleep to raise your vibration while you rest and remember you can ask the universe for what you want.

When you wake up ask for a high-vibrating day filled with lots of love and laughter, and then grab those opportunities the universe brings you in order to experience them.



Thank You!

Always remember that you have full control over the energy you surround yourself with and what energy you allow to become your very existence from within. Do things that make you happy and you will always be raising your vibration and coming from absolute Love and Light in every moment. Energy is fun to play with, so play and keep on playing!

Elizabeth Crooks

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