

ELEVATE YOUR VIBRATIONS



VIBES? WHAT ARE THEY?

Our vibrations are a direct result of our thinking and feelings, and we can actively improve our own reality, and also others by consciously creating a great feeling. We are energy beings and vibrate at different frequencies. If you are feeling down, then that's where your vibes will be. However if you are feeling on top of the world, your vibes will reflect that to you and everyone around you. You are in the control seat.

IGNITE YOUR PASSION

What is it you are passionate about? Can you feel it in your bones. Close your eyes and think of your happy place, invoke the emotions that you feel when you are there. What can you smell? what can you hear? Can you feel your energy lifting and the delightful buzz of bliss rising in your body. It starts low down in your gut and works its way up through your body to the tip of your head. Light your own fire!



BE THE PERSON YOU LOVE

In order to live the life we love, we must BE the person we love. Even if it is only imagined to start of with. Once you decided to BE the person you love, all the style, life and dreams of that person will become real and that will be your life. Dont wait to Do something, or have something. BE that something first and the rest will follow.

EMPOWER OTHERS

As you lift your vibrations, they emanate and radiate out from your soul, and others are empowered to feel the energy and vibes. This is how we can change lives and the world, one person at a time. When the vibrations or energy lifts, people are empowered to give love and receive love.

Change lives,

Empower Others



SEE THAT SUPER SELF SOAR

Lifting your vibes then provides the jet fuel, to launch that rocket and lets you soar through life. Your super self is able to withstand any curved ball that is thrown at you, because you now have the tools to go to your happy place, don that super self cape and take off and soar.

ELEVATE THOSE VIBES

Elevate those vibes, Ignite your passion and find your happy place. Be the Person you love. Empower others with your high vibes and See your Super Self Soar.



WHAT ARE YOU WAITING FOR?

WORK WITH ME -
LETS DIVE INTO YOUR SUPER SELF AND WATCH YOU SOAR

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5 WAYS TO LIFT YOUR VIBES



MEDITATION

Daily meditations can really help you develop a calm and peace in your mind and clear the clutter to replace it with a feeling of serenity and love. Download the free guided meditations from my website and facebook page for ideas. Try Activating your energy.

GRATITUDE

While you are writing or speaking your gratitudes your mind and subconscious is not able to process negative worrying thoughts.. Make writing 10 gratitudes a daily practice and you will be lifting your vibrations to a higher level.



CLEAR THE CLUTTER

Take a good look at your physical world, body, home, people, and possessions, and ensure that you are grateful and happy with everything and everyone you are surrounded with. If not, just make a start to clear the clutter from your life, and make a start on your physical world.

DO SOMETHING EVERYDAY

Routine and consistency are the keys to lifting your vibrations, so make sure you are doing something everyday to improve your physical self, feed your soul with books and positive podcasts and feed your spirit with walks in nature and doing what you love.



ACTIVATE YOUR ENERGY CENTRES



You can lift your vibrations physically by activating your energy centres. Rhythmically tighten and relax your muscles starting with the lower energy centres in your abdomen and gradually moving up to your stomach and diaphragm, while consciously imagining a beautiful ball of energy moving up your spine until you reach your heart space. This is your centre energy space. Feel that ball of light and warmth filling your whole heartspace with love. Now you can activate your higher energy centres by imagining that beautiful glow coming from your heart upwards through your throat to behind your eyes and out through the top of your head. Bask in the glow of your higher energy and reflect it out to the world and beyond.

WHAT ARE YOU WAITING FOR?

WORK WITH ME - LETS CHANGE LIVES - STARTING WITH YOURS

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VIBRATIONS SCALE



**BEING
DECLARATION/POSTULATION
KNOWING
BELIEVING
ACTION**

**EXHILARATION
ENTHUSASM
CHEERFULNESS
STRONG INTEREST
MILD INTEREST
DISINTEREST
BOREDOM
ANTAGONISM
HOSTILITY
PAIN
ANGER
HATE
RESENTMENT
NO SYMPATHY
UNEXPRESSED RESENTMENT
OVERT HOSTILITY
ANXIETY
FEAR
DESPAIR
GRIEF
UNDESERVING
VICTIM**

APATHY

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YOURSELF WHERE YOU ARE

Sandi Stevenson



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VIBES & FLY**

with **Sandi Stevenson**



Mini Online Course

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