

High Vibe

Questionnaire & energy-shifting activities!

Welcome!

Do you feel stuck in the muck?

Do you want to feel better?

Do you want to ease body tension?

Do you want to feel more joy in your life?

Do you want to heighten your intuition?

If you answered 'yes' to any of these questions then you would benefit from raising your vibration.

Take the High Vibe Test and see where you fall on the vibrational scale. Then practice the five activities daily and notice how your life and the energy in your body changes.

What do I mean by vibration?

Vibration is the energy in your body. It is a frequency, a wavelength, the slower the vibrational frequency the heavier the feeling, the faster and higher the vibrational frequency the lighter and more uplifting the feeling.

To begin with, everything is energy. And everything has a vibration.

We learn about this in science class.

We are made up of atoms. They are made from protons, neutrons and electrons that are constantly swirling around each other, so on this sub atomic level nothing is truly solid, not the chair we are sitting on, the floor we walk on... or our bodies.

When I am talking about energy I am not talking about a great big mysterious thing. I am talking about a very ordinary thing that we have lost our connection to.

We take for granted the energy around us every day: the electricity we use in our computers and phones, the energy we use to heat our homes, the energy we use to power our cars and the energy we use to pedal our bicycles!

All of this energy is around us and in us and when we start to have a personal relationship with it then we are able to determine when something is good or bad for us.

To give you a reference, anger, shame and fear are all lower vibrations. They make you feel stuck and unable to make changes; whereas, joy, compassion and love are high vibrations. When you feel these emotional states then you feel empowered to live life more fully, however that looks to you.

Conditioning...

We are conditioned to pay attention to the negative things. But why not condition yourself to look at the positive?

Our brain is like a puppy dog. It runs all over the place and poops wherever it wants. But you wouldn't let your puppy poop all over your house, so don't let your brain poop all over you. You have more control of your thoughts than you might think.

It starts with you!

Change yourself and the world changes around you.

When you vibrate your energy at a higher level, you feel more joyful, you manifest things more easily, and you heighten your intuition.

And you just feel better, and who doesn't want to feel better?

Remember, you are an amazingly powerful person. Why not take advantage of that, and use it for good in your life?

How High is Your Vibe?

Get your vibe in five

Here is a test to give yourself a sense of where you are in the world of vibrations. Be honest. You are the one to benefit from your self awareness.

These are yes/no questions: If the statement is not true then score 0, if it is sometimes true then score 1, and if it is always true then score 2

LIST A

	I complain a lot.
	I worry all the time.
	I hold a grudge.
	I am an anxious person.
	I am self-critical.
	I make decisions out of fear.
	I am judgmental.
	I am an angry person.
	I avoid expressing my emotions.
	I use drugs and alcohol regularly.
	I have a lot of regrets.
	I get mad when I am in traffic.
	I compare myself to everyone else.
	TOTAL

LIST B

	I am a happy person.
	I know what makes me happy.
	I pay attention to the present moment.
	I pay attention to my body.
	I eat food that supports my health.
	I am good at handling stress.
	I feel in love with life.
	I am grateful every day.
	I have a positive outlook on life.
	I trust that everything will work out.
	I have faith in the universe.
	I am disciplined.
	I laugh easily at life.
	TOTAL

How High is Your Vibe?

Results

LIST A

If you scored between 0-8, congrats! You are not influenced by low vibe behaviors!

If you scored between 9-17, then you would benefit from paying attention to your vibe.

If you scored between 18-26, then you hang out in a lower vibration and if you increase your vibe you will feel lighter and more joy.

LIST B

If you scored between 0-8, then you would benefit from raising your vibe.

If you scored between 9-17, good job, you are on your way to a high vibe life.

If you scored between 18-26, then high five! You have a high vibe life. Do a happy dance around the room!

Now what?

Whether you live in a high vibe or a low vibe, if you would like to increase your vibration then the most powerful thing you can do is pay attention to how much you complain and start to reframe your conversation to be more hopeful and positive. Just noticing your negative patterns is a big first step. We are so conditioned to not notice.

I heard recently that complaining is like bad breath, we notice when someone else has bad breath but we don't notice it coming from our own mouth. This is so true!!

So it is time to notice and it is time to make a change in your life.

Next Step:

On the following pages are five fun and easy activities to help raise your vibration. Practice them daily and practice them often. The more you actively engage with your energy, the more profound the results will be.



Salt and Pepper

Gently jump up and down.

Shake up the mixture of energy
that is within you.

Imagine heavy, dark pepper as negative energy
releasing from every crevice of your body.
Allow it to fall into the earth to be recycled.

Pepper represents the thoughts and feelings
that do not serve you. It is heavy energy that
has hosted the pain in your body, and the
problems in the day you just experienced.

Now the pepper is gone. Imagine lighter
salt coming down from above, filling you
with light, happy energy, which moves
into the space once filled by pepper.

Notice how you feel.



Belly Breathing Magic

Place your hands on the sides of
your rib cage.

Take three slow breaths, pushing
your ribs into your hands.

Follow the movement of your
breathe with your hands.

Notice the change in your body.

Rock the Mantra

How are you feeling right now?

Repeat the words "I rock" 20 times, with conviction.

I rock.

I rock.

I rock!

Notice the energetic change.

Beep...Buzz

Bring awareness to your day.

Every time you hear a beep or buzz from your phone or computer, take a conscious breathe.

Complain, Reframed

We all do it, whether verbally or in our heads ... we complain. Complaining is a sneaky little downer that creeps its way into your psyche... and, well, nothing good ever comes of it.

Spend the day noticing how much you complain both in your mind and to others.

Just notice.

When you feel a complaint creeping in... STOP. BREATHE. Then reframe.

Turn "This traffic is terrible" into "I am so glad I get the time to listen to my favorite music."

Turn "I hate the rain" into "I look forward to the moment when the rain stops."

Be honest with yourself about the situation while knowing there are nicer ways to talk to yourself and others.

Future opportunities!

Now that you are signed up on my mailing list you will receive my monthly newsletter filled with information and learning opportunities. You can also look at the many healing tools I offer from in-person healing to tarot readings to natal chart astrology readings. [Please take a look at my website and see what fits for you.](#) Stay tuned for up coming products and programs.

Bio

Becky Moore is an intuitive energy healer, channeling her mystic and innate connectedness to the spiritual world through her healing work. A natural-born educator, Becky is passionate about the body, health, and the spiritual world; she loves empowering people to connect to the infinite intelligence within. Becky has a private practice in Seattle, Washington, where she lives with her husband and two kids.

Thanks for playing!

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