

Concerning matter, we have been all wrong. What we have called matter is energy, whose vibration has been so lowered as to be perceptible to the senses. There is no matter.

~ Albert Einstein

Raising your vibration helps you feel happier, more at peace, connected, and will allow you to change your life, and the world, for the better.

Eastern cultures have known for centuries—and Quantum physics has shown more recently—that everything is made of energy, including us. Energy exists at different levels of vibration and frequency, producing a variety of substances from sound to light to physical objects. Many cultures believe that life force energy—known by many names including Qi, Ki, Prana, Mana, and Hado—exists within all things, both animate and inanimate.

In this booklet, I share some of my favorite tools for raising your energetic vibration. I've found a number of benefits from using these techniques including becoming more attuned to my spiritual sense and more clearly hearing the wisdom of my higher self. In turn, I've been more consistent in staying on my life path and less susceptible to being derailed by people and circumstances around me.

Raising your vibration helps you feel happier, more at peace, connected, and will allow you to change your life, and the world, for the better. It lets you access deeper levels of knowing, attract high vibrational people and situations, and enables you to more easily see opportunities as they present themselves. Raising your vibration also helps enhance your physical and emotional wellbeing in a balanced way.

When you place too much emphasis on operating primarily from the body, mind, or heart, you place yourself in a very low energy state. When you are able to operate from all three in a healthy and balanced way, you are better able to find consciousness, centeredness, presence—the states that exist at a higher vibrational state. This positively affects those around you.

So, I'm offering you some tools that have worked for me. Please feel free to take what works for you and leave the rest behind. Many of these are "practices"—meaning they must be done consistently over time before

you see results. Many of these suggestions are part of a larger, more comprehensive body of wisdom that one can spend a lifetime learning, so see what resonates and what you would enjoy spending time learning and practicing. If you stick with them, you will be pleasantly surprised by how they can change your life for the better.

The ultimate goal is to nurture your body, mind, and spirit in order to cultivate the ability to clearly hear and follow that still, small voice within you. When you do, you'll be better able to enjoy the journey that is life!



### 1: CLEAR THE CLUTTER

Like decluttering your home, decluttering your mind and energy field helps to make room for the things that you want to invite into your life, the things that bring you joy and satisfaction. This is an important first step on the journey toward living a higher vibrational life.

We need to release the emotional and mental detritus that prevents us from accurately seeing our ourselves. Only then can we see ourselves in our true state of beauty and perfection. And when we do, we can bring that beauty and perfection to all that we do.

Over the past 18 years, I have learned many methods of clearing mental and emotional "clutter" and I've found that, although new stuff crops up that needs to be cleared, once you have done the deep work, new stuff is much easier to get rid of.

Here are a few of the methods I find helpful. I use a combination of all of them, and some on a daily basis. See which ones resonate with you, as you are more likely to use them consistently.

**Decluttering:** Thinking about the concept of Hado, where everything - living beings and inanimate objects - have spirit. This perspective gives new meaning to our relationship with stuff that we've accumulated. If you are intuitive, you most likely have come in contact with objects that give you a distinct feeling, either positive or negative. I believe that—since everything is made of energy and can have energy imprinted on itthings can carry a resonance from past encounters with people or situations. Given this, it is easy to see how being surrounded by objects that carry a low vibration can negatively affect you.

By giving away objects that you don't use, and ones that don't give you a good feeling, you will eliminate emotionally burdensome energy in your life and will feel a sense of lightness. This is the basic premise of Marie Kondo's method for tidying up. Once you declutter, you'll

have room for more beneficial energy and experiences in your life.

Salt Baths: One of my favorite releasing methods is taking a salt bath. Salt baths cleanse your auric field, and also work to detoxify your body. I take a salt bath whenever I have been exposed to really heavy energy, like stressful interactions or visits to places where there is a lot of sadness, anger, confusion, or resentment.

To enjoy a salt bath, fill your tub with warm water and add 1 cup of kosher sea salt, Himalayan pink salt, or Epsom salt, and 1 cup of baking soda. Soak for about 20 minutes, and don't rinse off when you get out of the tub. You can also add a few drops of your favorite essential oils, light a candle, or even sprinkle a few flower petals for a complete spa experience. For more on the many benefits of salt baths, please see my blog article "The Benefits of Sea Salt Baths and Scrubs."

Tapping: Tapping is a type of acupressure that you can perform on yourself to restore balance to your energetic system. You apply light pressure to various meridian points and this sends signals to areas of your brain that control stress. Emotional Freedom Technique (EFT), developed by Gary Craig, is the oldest tapping method and has been researched extensively. EFT has been found to reduce anxiety, depression, and levels of cortisol (the hormone regulating many aspects of the body's stress response mechanisms). Tapping has also been found to be extremely effective in treating PTSD.

EFT is a very simple technique. First, you identify an issue (physical or emotional) that is bothering you, and you rate it on a scale of 0 to 10 in terms of how much distress it causes. Then you establish a phrase that addresses the issue and also affirms that you accept yourself as you are, which you will repeat during the tapping process. For example, "Even though I have this [name the physical or emotional problem], I deeply and completely accept myself." Then tap the following meridian points on one side of your body, repeating your phrase three times for the side of the hand and seven times for all other spots:

- the side of one hand below the pinky joint
- · evebrow bone
- bone on the side of the eye
- bone under the eye
- the upper lip
- just under the nose
- front of chin
- the part of the collarbone closest to the throat
- under the arm
- the top of the head

Rate your intensity level again on a scale from 0 to 10. Compare your results with your initial intensity level. If you haven't reached 0, continue this process until you have reached that neutral point.

### 2: FORGIVE

Practicing forgiveness, both toward others and toward yourself, is an important part of releasing. Forgiveness does not mean that you forget what's happened—just that you let go of the painful emotions associated with experiences or events. Forgiveness is a natural extension of the practice of letting go.

According to medical intuitives
Carolyn Myss and Dr. Norman Shealy,
"Forgiveness is the most powerful
spiritual/alchemical act. It transforms
cell memory to rewrite the code
managing your biology. It removes toxic
memory that is producing illness."

Just saying you forgive yourself or someone else is not enough; you must really feel it. In some cases, you will be able to forgive right away; in others, it may take several rounds. Each time, you will feel a bit more of the weight being lifted. You can work on forgiveness of yourself and others by following these practices:

- Write a letter to each person who has wronged you, and whom you have not forgiven, telling them how you feel about the interaction(s). Then burn the letter, safely, releasing the situation.
- Consider ways in which you may have contributed to the situation between yourself and each of the individuals who have harmed you. If there is something you could have done differently, forgive yourself.
- Practice positive affirmations to remind yourself of your true nature: "I am whole, healthy, and capable," "I am loved," "I am Light."



### 3: MEDITATE

You can meditate in many ways, so
I recommend finding a method that
works well for you, something you
can practice regularly, even if it's only
for five minutes a day. If you already
have a meditation practice, I encourage
you to work your way up to at least
30 minutes twice a day. You will see
tangible benefits. But, again, taking any
amount of time out of your busy day
to sit quietly and take some slow deep
breaths to calm your mind will make a
big difference in your life.

If you are new to meditation, I recommend that you check out the work of some respected teachers such as Sharon Salzberg, Tara Brach, Pema Chodron, Jon Kabat-Zinn. and Richard Davidson, who has worked with the Dalai Lama for the past couple of decades, having been urged by His Holiness to pursue the effects of meditation on the brain There is also the practice of <u>Centering Prayer</u> (championed by Trappist monks William Meninger, M. Basil Pennington, and Thomas Keating in the 1970s), which is a type of meditation based in the ancient Christian traditions.

A very simple meditation method that you practice any time is the *Portable Mantra*. Simply repeat a mantra of your choice, from any tradition, throughout the day when you are not actively using your mind. You can do this out loud, or in your mind. This helps cultivate a stillness and non-reactivity to stressful situations by calming the "monkey mind" that jumps from the present situation to the past (which is beyond your control) and then to the future (which hasn't happened yet).

The repetition of a Portable Mantra can be used in the midst of stressful situations and helps calm the nervous system. When practiced regularly, it helps build emotional resilience and becomes a handy tool for when you find yourself in sudden stressful circumstances. Another nice thing about this method is that it has the same physiological effect of calming the nervous system as deep breathing, but can be used by people with respiratory issues. Plus, it can be done inconspicuously, so you can practice it anytime and anywhere you need it, no matter who's looking!

### 4: PRACTICE GRATITUDE

This practice is very simple. Just remember to express gratitude every day. I start my day by giving thanks for being alive for another day, and end my day by writing down at least 10 things that I am grateful for. Throughout the day I make sure to thank people and to give thanks for the things I receive.

A few years ago, I learned a nice Japanese custom called Itadakimasu that I practice before I eat. It is similar in sentiment to saying grace or "bon appétit," but it encompasses a lot more. It comes from a Buddhist respect for all living things and includes the plants, animals, farmers, hunters, store clerks, cooks—everything and everyone who contributed to the meal. It's a very simple practice—simply bring your hands together in prayer pose, bow your head slightly, say "Itadakimasu" (pronounced "eet-a-docky-moss", and think briefly about all those involved in getting the food to your plate!

In Ken Honda's book, Happy Money, he tells the story of a man in financial straits who asked Honda's mentor to give him money so that he could get out of debt. The mentor told him he would give him the money once he had said "Arigato" (thank you) 100,000 times.

By the time the man had completed this task, he was in excellent financial shape. He did not need the money any more. I believe this is because the man had made a portable mantra of gratitude, always keeping the idea of thanks in his mind when he was not working on other things.

Find things to be thankful for in situations that are less than ideal. This will help to shift your thinking from a place of lack and misfortune to one of possibility and abundance.

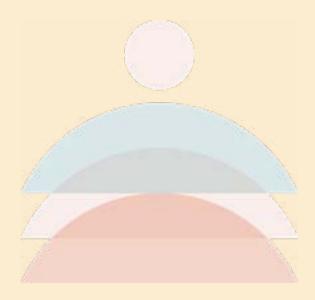
An easy way to start your own gratitude practice, here is a quick and easy vibration-raising exercise that asks you to focus your attention on something that brings you joy. Take five minutes to describe something you love completely—a person, a movie, an experience. You can say it out loud to yourself or write it down. When your five minutes are up, take a moment to notice how you feel. Imagine what it would be like if you could take five minutes each day to focus on the good things in your life. This will help reprogram your thoughts to pay attention to what is right in your life, versus what you would like to change.

"Be thankful for what you have and you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." ~Oprah

### 5: CHANT!

Chanting is an ancient technique used by cultures around the globe. By repeatedly singing words, sounds, or sections of sacred text, this meditative practice raises your vibration, allowing you to more easily connect to the Divine. Chanting is something that you can easily do on your own, and it is very powerful in groups.

No one particular type of chant is best; like the portable mantra, you can choose from any tradition that speaks to you. There are a variety of styles available on YouTube, so try them out! The main point is to put all your focus fully on the act of chanting itself. And it's very simple. Just sit comfortably and, with a straight back, begin to take several long, deep breaths. Then, with resonant tones, sing, focusing all of your attention on the chant. Chanting can both ground you and allow you to reach higher realms, and you will feel its lovely effects throughout your entire body. It's good stuff!



#### 6: MOVE YOUR BODY

In my experience, regular exercise is extremely effective in reducing stress, anxiety, and depression, and research backs this up. We literally hold emotional memory in various parts of our body, and movement helps to release it. In addition, exercise aids the release of endorphins and other neurochemicals that contribute to feelings of wellbeing.

Pick a type of exercise that you actually enjoy. This increases your likelihood of making it a part of your regular routine. Dancing is a great way to get exercise and lift your spirits, and you can do it anytime—just put on your favorite music and move your body in any way that feels good. Taking a daily walk provides you with exercise, as well as fresh air and sunshine (also very important for your health).

You will receive added benefits by choosing a form of exercise that incorporates mind-body-spirit techniques, such as yoga, qigong, and tai chi. Find styles and teachers that resonate with you. And, I came across a wonderful qigong teacher, Master Mingtong Gu, at a mindfulness conference in early 2020. He now offers a variety of online workshops and classes through his organizations, The Chi Center for Wisdom Healing Qigong.



# 7: CLEAN UP YOUR DIET AND ENVIRONMENT

In order to function at our best physically, mentally, and spiritually, it's important to eliminate as many toxic substances from our diet and environment as possible. Many chemicals that are common in consumer products and food act as mimic hormones and neurotoxins and can affect our brains, muscles, nerves, and weight. Because chemicals are pervasive in our environment, it's impossible to eliminate all toxins, but we can do a lot to minimize our exposure.

Diet: Drink filtered tap or spring water, and avoid bottled water if you can. Tests conducted on several bottled water brands have shown high levels of arsenic and heavy metals, much more than any tap water. But tap water can also be full of chemicals, so using a strong filter helps.

It is important to eliminate artificial sweeteners from your diet, too. They condition you to crave sweet things. You're better off just reducing your sugar intake. While there are several natural alternatives today, like stevia and monkfruit, many are made from chemicals that are associated with high risks for Type 2 diabetes and metabolic syndrome and contain neurotoxins which greatly affect your brain, and these should be avoided altogether. If I want something sweet, I use a bit of coconut sugar, honey, or maple syrup.

Since undertaking yoga teacher training, I have eliminated coffee and alcohol from my diet because I find that my meditation and journeying experiences are much clearer and more effective when I don't ingest things that affect my nervous system.

I also recommend eating organic foods as much as possible to keep the toxic-chemical load to a minimum. If it is not in your budget to eat mainly organic foods, at least look for certified non-GMO foods. The Environmental Working Group has created lists of the least

pesticide-laden produce so that you can use your grocery dollars wisely. There is evidence that glyphosates — which are a main ingredient of the pesticides used on GMO crops — have an array of deleterious health effects. Because toxins accumulate in animal flesh from their diets and exposure to environmental toxins, it is best to cut back on or eliminate meat from your diet. If you eat meat, choose grass-fed, free-range when possible. That's what the Dalai Lama does.

Household Products: Many major personal care brands contain hormone-mimicking and carcinogenic chemicals that build up in our cells over time, leading to a variety of conditions including fibromyalgia,

rheumatoid arthritis, obesity, cancer, infertility, Alzheimer's, and more. This is true for the products we use to clean our homes and tend our gardens, too. Because these chemicals affect every system in our bodies, they lower our vibration preventing us from functioning optimally, and thus hamper our ability to reach the mind-body-spirit heights that we are capable of.

If you want to find out more about environmental toxins, the Environmental Working Group has lots of resources for learning how to avoid chemicals in your food, water, household products, and more.





Personal grounding helps to make sure you don't become overwhelmed by the energy in and around you. It's also important to get grounded before you explore the world of energy healing, higher-realm meditation, etc. One teacher of mine likened it to a tree—you need to have deep solid roots in order to reach vibrational heights so that a strong wind doesn't blow you over.

It is especially important for people who are intuitive, highly sensitive, or healers to stay grounded. If you don't ground yourself well before working with the higher realms, you can suffer negative side effects such as jitteriness and lightheadedness. Being grounded also provides a comfortable and easy means to return to your body refreshed and balanced with a clear memory of your experiences and the ability to integrate all that you've received from the journey.

When you're grounded, you naturally feel more peaceful. And being rooted in our physical reality is important. Without that, we can lose perspective and become easily manipulated, losing touch with our truth. People can also lose touch with their bodies because of a desire to escape the physical reality,

which can often be painful. Grounding has known positive physiological effects. For example, research shows that grounding to the electron-enriched Earth results in better sleep and less pain. And being grounded infuses your body with negatively charged ions, which increases immune responses, wound healing, and prevention and treatment of chronic inflammatory and autoimmune diseases.

Physical grounding, or earthing, simply means connecting to the earth to support the functions of your organ systems down to the cellular level. And it's as simple as walking barefoot on the ground—dirt, grass, sand, or unsealed concrete. Try to take time each day spending at least five minutes making contact with the ground. If you can't handle being barefoot, wear shoes with soles made of a natural material, like leather, which will allow the flow of electrons. Rubber and synthetic soles block the transmission.

Another enjoyable way to get grounded is through camping. Sleeping in a tent, so close to the earth, allows us to connect directly with the earth's electromagnetic energies.

## 9: LISTEN TO YOUR HEART AND YUR GUT

In Western society, we tend to value intellect over intuition, giving more weight to the things that we "know" rather than "feel." This can lead to imbalanced decision-making, favoring what is logical over what our gut or heart tells us to do. These one-sided decisions can often lead us off the spiritual path, guiding us to do what we are "supposed" to do, and thus narrowing our view of what is possible. Throughout my life, when I listened to my mind and ignored my intuition, that was when I tended to stray away from my path and end up in situations that did not support my spiritual growth.

While our pre-Age of Reason ancestors no doubt knew this intuitively, there is now scientific evidence to support this ancient wisdom. Research has shown that the heart contains brain-like neurons, providing vast amounts of intelligence. And there is a continuing dialogue between the heart and brain. To learn more, I highly recommend

you check out <u>The HeartMath</u>
<u>Institute</u> where you can find lots of research on this topic. The site also includes information on the science of interconnectivity between humans and other humans, animals, trees, and the earth's magnetic field.

Our interconnected intelligence occurs an even more micro level—90 percent of your DNA belongs to the microorganisms living in your gut! If your gut flora has been damaged by poor diet, poor quality of sleep, alcohol consumption, lack of exercise, or antibiotics, this negatively affects its intelligence. In addition, your gut also contains a vast network of brain-like neurons. One way to keep your gut smart is to be mindful about the healthy habits outlined in section 9.

Another way to keep your gut-brain healthy and well-tuned is to add probiotics ("good" bacteria and yeasts) to your diet. Probiotics support the

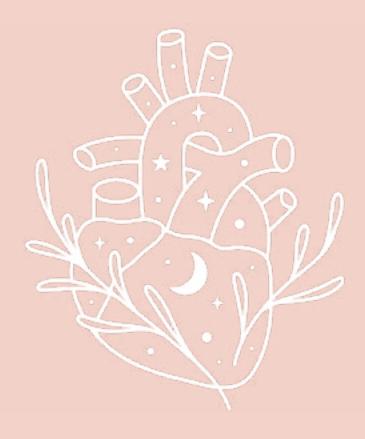
balance of beneficial bacteria in your body, especially your gut, thereby supporting your immune function, aiding digestion, and preventing nonbeneficial bacteria from taking over your system and making you sick.

It'd best to consult with a naturopath or functional medicine doctor for the best types of probiotic supplements for you. You can also improve gut health by adding delicious fermented foods like yogurt (live-culture, no added sugar), kombucha, sauerkraut, kimchi, miso, and natto (another form of fermented soybeans) to your diet.

When we have a healthy gut-mind and heart-brain, we are more in tune with

our intuition. Because the mind filters information through layers of thoughts, beliefs, and stories, it doesn't always give you the most accurate information, so it is important to make decisions that come from your heart and gut, as well as your mind.

As you move more and more into living from Spirit, it is important to continue checking in with your brain, heart and gut, while paying special attention to your non-verbal intelligence. In these challenging times, with so much information (and disinformation) available, it is crucial to be discerning in what you choose to believe.



### 10: CONNECT WITH OTHERS

Having a support network is important in difficult times as well as good times. As social creatures, we benefit greatly from having others around to provide emotional support, to lend a hand when we need it, to provide feedback on our ideas, and to act as cheerleaders when we are pursuing a goal.

When you're on a journey to live your best life, it's helpful to find others who can support you in the effort. As you find yourself moving more and more into a spirit-led life, you may find that some people in your life drop away because your pursuits don't resonate with where they are in their lives. But you will also find that some people in

your support network are on a similar path, and it is wonderful to be able to share what you are learning and experiencing with each other.

Seek out groups of like-minded people and ask those friends who are on a similar path to recommend groups. Just be sure that there is room for differences of opinions, and that the groups are not led by a dominant personality who purports to have all the answers. Nobody has all the answers. And, as I have already mentioned, it is important to use your discernment to make sure that the groups align with your values.

## 11: PAY ATTENTION TO THE SYNCHRONICITIES

I have long been fascinated by the concept of synchronicity, a term coined by psychologist Carl Jung to describe an event that appears to be a coincidence, but holds significance for the person observing it because it coincides with their inner state (thoughts or dreams). A classic example is when you think of someone you haven't thought about in a long time and they call you. Or you have dream about an unusual animal, and it appears in your real life in some form. Synchronicities can take many shapes and forms, and when you begin to be alert to them, they can help guide you more smoothly along your life path. Jung believed that synchronicities reflect deep psychological processes so can provide you with important insights just as your dreams do.

Now that I am paying attention, I find synchronicities, large and small, happening almost daily. When you learn to pay attention to them, you begin to find that they can serve as guides to what you should do next in your life.

One of my favorite examples is a friend for whom the appearance of fuzzy pink

slippers serves as an indicator that she is on the right path. Ana had told me the story of how they came into her life years ago during a meditation. At first, she thought it must have been some random thing that she was remembering or making up, but over time, as they showed up again and again at times when she was making important decisions about her spiritual direction, she realized they are one of her personal messengers.

A year or so after hearing her story, I was on a retreat that held morning meditations. On the second day, I noticed that one of participants had worn fuzzy pink slippers two days in a row. I took this as a sign that I needed to contact Ana, so I left her a message. She got back to me right away to let me know that the timing of my message was perfect. She and her husband had been trying to make an important decision. When the pink fuzzy slippers showed up, they knew exactly what they had to do. Messengers can literally take any form. Just keep your eyes, mind, and heart open.

### 12: VISUALIZE A BETTER WORLD

When you meditate or throughout your day, take time to visualize the world you would like to see. Imagine all the details—the sights, sounds, feelings, and scents. As I mentioned earlier, it's important to focus your energy on the things that you want for yourself and others. The Q'ero shamans call this "Dreaming the World Into Being." Of course, this doesn't mean that we should spiritually bypass the problems in our world; it's important to take whatever actions we can to work toward a just, safe, and peaceful world for all beings. However, in doing so, we should focus on what we would like to create, setting that as our goal, visualizing it as we would like it, and taking steps to move toward that ideal, rather than focusing our energy on fighting the things we don't want.

Visualizing a better world and meditating on it is not just a theoretical exercise. Many wisdom traditions talk about our reciprocal relationship with the greater universe, one in which we are co-creators in the ongoing evolution and development of the Cosmos.

We do this by offering our prayers, meditations, and visions of the things we would like to see created in this world.

Just think of how this works for you at the individual level—when you very clearly visualize something you would like to have in your life, and hold a visceral feeling of what it would be like to have it, it is more likely to happen. That's because you are instructing your subconscious mind to draw it toward you and you will be more open to opportunities when then present

### CONCLUSION

I hope that you found this booklet helpful on your journey to a happier, healthier life. As I mentioned, these are practices and need consistent implementation to be effective. If you would like to learn more about how to integrate these techniques into your daily life, I offer an immersive intuitive coaching program, Birthing Your Stellar Self, for individuals and small groups. This program helps you achieve clarity about how best to share

your unique gifts with the world, using a combination of tools and techniques including mindfulness practices, goal-setting, stress management techniques, radical listening, mirroring, positive psychology methods, guided meditations, embodiment practices, and energy work. For more information on my coaching offerings, please visit my website. Or schedule a free 30-minute Discovery Call to explore how we might be able to work together.





### ABOUT MARY



Mary H. A. Kearns is an internationally sought-after healer, intuitive coach, author, retreat leader, who has studied a wide array of holistic methods with world-renowned experts. Her mission is to help people discover and nourish their Inner Light.

Mary is the founder of Your Stellar Self, a mind-body-spirit wellness practice. Since 2003, she has offered workshops and talks on a wide range of mind-body-spirit topics including many of those covered in this booklet. She also teaches yoga, and offers energy healing,

and past-life journeying. Mary holds a PhD in Developmental Psychology from Fordham University and is a Registered Yoga Teacher, Certified Life Coach, and Usui Reiki Master. She has also studied herbalism, shamanism (Celtic and Peruvian), Christian Mysticism, Past Life Regression, Pranashakti Healing, medical intuition, and much more.

Mary is the mother of two adult daughters and resides inside the Beltway with her husband and little dog with a huge personality. You can learn more about her at <a href="https://www.yourstellarself.com">https://www.yourstellarself.com</a>.