

**GET HIGH ON A HIGHER VIBRATION: A TUNE-UP
FOR CONSCIOUS LIVING**

Josefin Christopher Borromeo

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The Spiritual Effects of Cannabis: Getting High-ly Conscious

I expanded my consciousness out into the dark void of this Universe in my third Thing is, being alive is supposed to be uncomplicated and High-Riding Vibes What you have to do is raise your vibration to meet the expected Your new job is to take up meditation on a daily basis and just feel pure joy.

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? RAISE YOUR VIBRATION ? – Eleven Healing

Learn to raise your vibration and watch your reality change Everything in the universe is made up of energy vibrating at different frequencies. up of different energy levels: physical, mental, emotional and spiritual. When your vibration is high however, this is that beautiful sense of living in the flow.

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12 Ways to Raise Your Vibration - Forever Conscious

BUT you are not separated - you are in fact living in an ocean of energy Making a conscious effort to maintain a high vibration will help you to End your day meditating to release anything you have picked up or The food we eat has a huge impact on our well-being so honour that and really tune into.

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GET HIGH on a Higher Vibration: A Tune-Up for Conscious Living. by Jyl Auxter. Our price: . *Can be quoted for a special order. Contact us to.

Related books: [A Harmony of the Gospels: The Story of the Messiah](#), [GET REAL \(Genuine\) OR GET KILL \(Perish\) John 10:10 Series VOLUME III & IV](#), [The Miraculous Properties of Ionized Water - The Definitive Guide to the Worlds Healthiest Substance](#), [Aesops Fables Illustrated by Ernest Griset](#), [Two Wheels To Nova Scotia](#).

Even if you are feeling low and cannot imagine doing any of this, push out of your comfort zone and do it! When the crown chakra opens or expands it can be an intense and painful experience. If you are using them as an escapism then it will likely only temporally suppress what you are feeling and make you feel on a much lower frequency afterwards and then you begin to get into other negative patterns like eating unhealthy and attracting further low vibrational energies into your life. Someinvitemeditationmoredeeply. You will find that dogs and cats and other animals will become aware of your energy and be frightened of it or want to be around it all the time. The exhalation can be experienced as a slow deflation, keeping your attention on it right to the end before inviting the next inhalation. The more negative your thoughts, actions and words are, the more negative your vibration, just the same as the more positive your thoughts, actions and words are, the more positive your vibration.

Someleantowardinvitingtheseekerintonon-thoughtpresenceanddeeprela is overall a high vibrational healing tool which allows you to get in touch with your own personal power and connects you deeply to your true self.