



Awakening
YOUR VIBRATION

A 7 Day Guide to Connect to Your Higher Self

MICHELLE WILLIAMS

What is Awakening Vibrations?

Awakening Vibrations LLC is a wellness company dedicated to raising consciousness among the collective. In order to become more conscious you must already be at the level of wanting to change or be open minded. If you have either of those qualities, this book is for you!

The owner of Awakening Vibrations is Michelle Williams, a reiki master who has actively worked on her health and wellness for almost 10 years.

She uses herbs, crystals, vitamins, energy healing, and frequency therapy to heal herself, her clients, and her family.

Michelle has created programs and curriculums to guide people on their path of healing. Her age ranges have been from 5-65. She specializes in helping black women recover from heavy traumas such as molestation, absent parental figures, and physical abuse. Black women experience higher numbers of abuse among all ethnicities and typically don't find adequate help. It is time that we tie spirituality to the health of a person, including brown bodies.

YOU DESERVE TO HEAL

Many people are so afraid to heal that they ignore parts of themselves that is costing them opportunities, healthy relationships, and their sanity. According to Oxford Language, trauma is a deeply distressing or disturbing experience. Some people have a foundation built in trauma and others experience trauma periodically. No matter what the trauma is you have to learn how to release it.

Something like a car accident can cause severe anxiety in person while driving. Something else like molestation can cause disconnection from the body and emotions. Both of them impact the spiritual body. Both of them are forms of trauma.

In order for us to release trauma we must start in the area that we are aware trauma exists. Awareness is key to healing. Once you release the energy it must be replaced with what balances that area. Now tell yourself "I deserve to heal" and breathe.

The 7 areas of healing

We all have 3 main parts of us that makes up the whole being of who we are. We have our body, our mind, and our soul. Within the body you have multiple organs and bones. Within the mind you have trillions of cells and neurons. Within the soul you have 7 main centers where energy flows to our bodies and minds.

If these areas don't flow properly we will see a breakdown in our mental and physical health. According to many gurus and spiritual teachers, our spirits are the first line of defense for our health. Over the years I have found that taking care of myself spiritually has enhanced my quality of life and health.

These energy centers are responsible for 7 main qualities we need to be healthy: Safety/Security, Creativity, Strength/Willpower, Love, Truth/Authenticity, Intuition, and Connection to Universal Energy. When any of these areas are traumatized we begin to see individuals living low vibrationally.



Good vibes

So I know your thinking "what the heck is a vibration?" Vibration and frequency will be used a lot in this book to explain our energy. Dr Joe Dispenza, a quantum physicist describes vibration as an energy resonance all living things possess. He has been a leader in teaching us the power of thoughts and our minds to transform our realities.

Every living thing has a vibration and a frequency. Frequency is the level that you vibrate on. Grief, worry, control, or fear are examples of low frequencies. Joy, faith, truth, and healing are higher frequencies. No matter the frequency you are vibrating on, know that it is able to be manipulated by your mind and thought patterns.

Our frequency is depended upon the way we carry trauma in our energy. Everyone goes through a full range of emotions. According to Devi Brown, a reiki master, we are all fluctuating between joy and pain.

Its important that we have the tools needed to keep our vibes high.

Vibrations Cont.

Our frequencies are so important to our health. If we stay in the low frequency our lives are not fulfilled. You feel heavy, bogged down, and typically don't have a strong spiritual connection. When we live in the higher frequency our lives are full of bliss and we have a sense of purpose.

Many people struggle with purpose. Purpose can be complex depending on your foundational beliefs. Purpose to me is feeling a deep connection to being our authentic selves in this world. Once you find out who you are and begin to accept it, usually you will find your purpose.

Our purpose is usually blocked by our doubts, fears, and insecurities. That's why raising your frequency is essential. Many times we are lost because we are so far disconnected from the true self. The true self has the answers to everything you need to know about you. When the true self is revealed our authentic support systems are revealed. That's why when people do healing work they hear and experience life in a very spiritual way. They've unlocked their full true self.

Ways to raise your vibration

So many people are struggling right now. There are many reasons why but what I find to be the most common is people are out of alignment.

Alignment is when our energy is flowing with ease. People today live with a lot of resistance. Modern humans are disconnected from nature.

Nature is the cure all medicine.

Nature exists and follows universal law without being told to. We have become too logical and need an explanation for permission to experience. With using logic so often we suppress our intuition which is our gift from nature.

Every animal and living creature has instincts. That's why the tree knows when its autumn, it needs to release its leaves. It is why elephants travel to higher ground when a bad storm is approaching. It is why bears hibernate for the winter because their inner knowing inner-stands there would not be enough food to sustain them. We all have this gift and because we don't use it we are out of alignment.



Raising your vibration cont.

Raising your vibrations involves connecting to nature. Get outside in the sun! Eat real foods! Listen to nature sounds! Ingest herbs often! Drink water! Doing all these in harmony will lead to restoration of the inner voice.

It sounds so simple but again we live so busy that we have not only disconnected from earth but we have disconnected from ourselves. The earth is an outward reflection of our inner human experience. Our planet is crying out for love and so is our souls. We mirror each other. The earth has cycles and thus does our bodies. We live exactly the same everyday all year, majority of our lives. Misalignment calls in sickness in all forms forcing us to sit still for healing.

Stillness is essential for raising and healing your energy. The spiritual body needs to replenish its energy or it will take from the mind or body. When its cold out honor the season of rest. Sleep more. When the spring comes, water yourself. Once summer arrives your energy has been managed properly so you'll be able to go stronger until its time to preserve your energy again. Honor your personal seasons and cycles.

Energy Healing

There are many different ways to heal a person but as a reiki master I will be explaining my experiences through an energetic perspective.

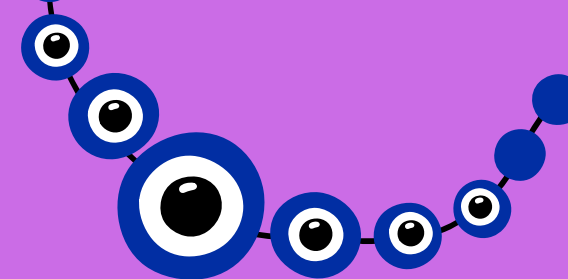
Again as I stated previously everything is vibrating at a particular frequency. With meditation and energy healing we can tap into higher frequencies.

Some call it other realms or dimensions but all of it revolves in the practice of removing energy holding you on a low frequency, then inviting in the energy of another frequency to feel better.

Reiki is the practice of using universal energy to remove and add specific energy to the recipient. Many practitioners channel love energy. All of us typically use light energy, the energy that connects and unites us all. This is our natural energy without trauma.

I have helped many people recover from their trauma by using energy healing. I start in their most dense areas and work on breaking that energy up which in turns helps them to become a more positive person. A positive person will attract positive experiences.

Energy Healing cont.



Positive experiences bring joy and happiness to a person. I want to emphasize that I do not believe in being positive all the time. I believe you should be in tune with your feelings and feel them deeply. When grief comes in, observe that emotion and figure out what it is that makes you feel that way. Then work on finding adequate help to move through that blockage. Awareness is always key.

Grief blocks your heart center. It's important to keep your heart center open because its associated with our attitude. By inviting love and gratitude into your daily existence, you will feel better and will have higher spirits.

There are many different emotions that can block your flow of energy. This list is some but not a limited list: Fear, pain, emotional disease, guilt, shame, abandonment, instability, depression, weakness, secrets, lies, doubt, and disconnection from a higher power.



In my practice I like to use a combination of meditation with sound therapy, energy healing, journaling, gratitude, and spiritual baths.

Meditation Madness

Nowadays you hear people talk about mindfulness and meditation more than ever before. That is such a good thing. With our busy lives and our never ending social media feeds, there is a strong need to find your peace more than ever before. Meditation has been associated with the eastern part of the world, widely practiced in Asia.

Meditation is finding a moment of intentional focus and either you release energy during meditation or bring energy in. Doing a little of both is ideal. The most important part of meditation is your breath. Making sure you are adequately taking deep breaths in and deep breaths out. The breath is how we move our energy up and down our energy body.

The breath is how we connect to ourselves. The breath is how we stay calm and centered. Take a moment to take a deep breath in stopping at 4 seconds. Hold it for 4 seconds. Release it for 4 seconds and repeat 3 times. That is what I call "slow it down meditation". If you can do that for 5-10 minutes with your eyes closed, your meditating!

Frequencies and Sound Therapy

So remember how I mentioned that everything is vibrating at a specific frequency? Well now you get to learn which frequency is good for specific healing. It is important to know which frequency to use when working in a certain energetic area so that you get the full benefit of recovery.

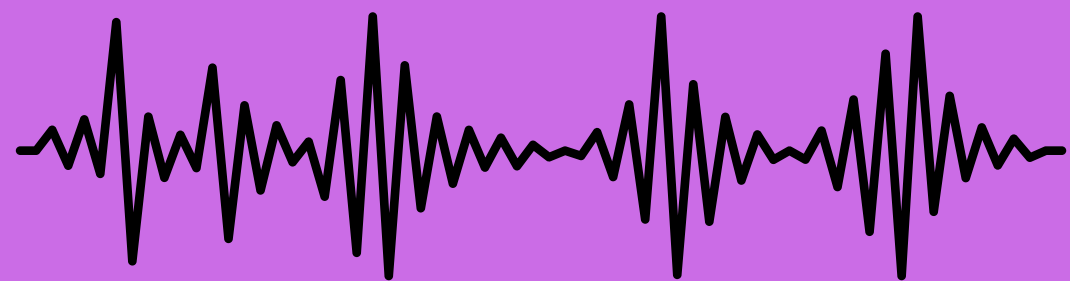
Again pain, fear, shame, and guilt are all examples of normal low energetic frequencies. We would first bring awareness to the trauma, then we would invite in the energy that needs to be in that energy center for it to be in harmony.

For example if you have shame because you lost your job and wasn't able to maintain your household bills in good health, we would want to invite in shamelessness.

Its almost always best to start with your oldest traumas first. Also its good to start in the lower energy centers or the heart so that you can keep a connection with your body. Many of us are not checking into our bodies enough, causing disconnection and feelings of lostness.

Sound therapy cont.

You can tune your energy by singing, humming, chanting, sound bowls, tuning forks, Solfeggio frequencies, etc. For the purpose of awakening your vibration we will focus on the Solfeggio frequencies. These are extremely healing and can work pretty fast for transformation in meditation.



Listed in lowest to highest order:

174 Hz - Removes Pain

285 Hz - Influences energy field

396 Hz - Dissolves fear and guilt

417 Hz - Activates Change & Removes Negativity

432 Hz - Miracle Tone of Nature

528 Hz - Repairs DNA and helps with
Transformation

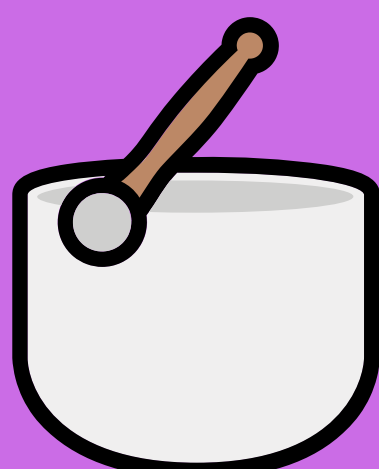
639 Hz - Heals the Heart Center

741 Hz - Cleanse and Eliminates Toxins

852 Hz - Awakens Intuition

963 Hz - Connect with Light and Spirit

The use of sound bowls with those frequencies are also helpful on your healing journey.



Herbs, Fasting & Juicing

Awakening Vibrations have a variety of herbal juice blends that we offer to our local Cincinnati population. We concentrate on healing the body so that the mind can follow. According to many gastroenterologist, they have found that the digestive track has the second most neurons within the whole body.

That means that our thoughts and mental health are directly connected to the functioning of our digestive system. The #1 cause of death in America is heart disease, highly preventable with a healthy diet. Healthy is going to vary depending on what type of doctors you talk to. For many natural healers like naturopaths, progressive minded doctors, and myself, eating a majority plant based diet will keep you at optimum function. Our diet plays a big role in our healing.

Diets reflect our discipline, our emotions, our self esteem, and our spiritual boundaries. A diet full of meat, dairy, or bread not only can be hard on your digestive system, but also hard on our spiritual bodies. It is important to have a clean temple in order to channel positive energy.

Herbs, juicing, and fasting cont.

One of the quickest ways to rebuild healthy gut bacteria is with juicing. One of the quickest ways to remove old waste in the body is with juicing. One of the quickest ways to ground your body is with juicing. I suffered from really bad stomach pain for 5 years before I learned about healing with food/herbs. I went to the doctors numerous times and never received a solution besides laxatives. Yes constipation was my best friend and that was a major part of why I would have mood swings and depression so often.

I decided in 2014 to rid my diet of the few common gut destroyers. Those things are sugar, gluten, pop, juice, red meat, pork, and processed foods. It may sound like a lot but I still ate chicken, fish, plenty of vegetables, fruit, rice, and teas. Because I didn't drink pop or juice, I was forced to drink a lot of water. Once I did this for 3 months my body restored to homeostasis and I was no longer in stomach pain. My doctors never mentioned changing my diet. That one focus improved my life quality.

The Prescription for Nutritional Healing was one of the first books I bought for healing my body naturally. Although medicines can be effective,

Herbs, Juicing and Fasting Cont.

we deserve to know all the ways healing can take place. I like herbs because there are usually no side effects. Herbs are also very affordable and can save you trips to the doctors. If you know what's wrong, herbs can save you money.

Culturally we've always used herbs as an alternative measure but I believe we are going to see a shift where modern medicine becomes the alternative. People are tired of being sick and having to take so much medicine only for a problem to never get better. Herbs have helped reverse many peoples diseases.

Fasting is abstaining from a particular substance with an intended goal in mind. Intention is very important on life's journey. Our bodies, minds, and spirits experience so much energy. Whether you are on social media or around the public, your bodies are always processing energy. Its important that we give our bodies times to detox what we've experience and even abstain from it so that we can recuperate. According to The Prescription for Nutritional Healing, you should never water fast, as it releases toxins too quickly.

Juice fasting is more ideal as it gives you vitamins, enzymes, and minerals.

Herbs, Juicing and Fasting Cont.

A three day juice fast removes toxins and cleanses the blood. A five day fast can start rebuilding the immune system. A ten day fast may help fight off diseases and prevent illness.

I've done all of the above. A three day fast is ideal for beginners. Fasting can be really shocking to a person that eats more than 3 times a day. If you don't follow that eating schedule, five or ten would be wonderful. I recommend *Juicing, Fasting, And Detoxing for Life* by Cherie Calbom as a reference to juice recipes and structure. I will not be telling you how to do a juice fast. When you are given the 7 day guide to awakening your vibration, fasting will be included on the seventh day.

A combination of using herbs, juicing daily, and fasting for a certain period of time a year can restore your energy. I get much more intuitive insight when I fast. Juicing gives my mind energy. Herbs connect me to my body. Fasting removes old energy from my spirit.



Now starting your 7 Day

**PRESS
START**

Challenge



Awakening Vibrations created this book to help you start the process of healing your spirit through a certain set of procedures. I am not a doctor and do not recommend doing any herbs or juices without proper medical advice. If you take any medications or have any health issues check in with your provider before taking any herbs, supplements, and intaking certain foods.

On this 7 day challenge you will focus on the main 7 areas of healing and will also reflect daily to see what areas may need to be focused on in more depth. You will need to allot time everyday to finish all assignments and complete your meditations. Make sure you give yourself time daily to be still and pour into yourself for the best results. I do not promise or guarantee any changes within your life. My purpose is to teach you how to have more awareness of your energy and empower you to make adequate changes to improve the quality of your life.

Materials

If you made it this far tell yourself " I am so proud of you" for making the commitment to become a better individual. The hardest part can be the commitment. You are going to dive deep into parts of yourself that you may have buried. If it ever gets too difficult for you, seek help from a therapist, spiritual coach, or your support system.

You will need the following items:

A journal

A pen

A white candle

Access to YouTube or Apple Music

3 servings of Suja's Sweet Beets Juice, 3 servings of Suja's Uber Greens Juice, & 1 serving of Suja's Digestion Juice Shot (To make these from scratch I will provide them on the last page of the book)

Incense of your liking (Frankincense or Dragons Blood is ideal)

Dandelion Root Tea and Peppermint tea (Traditional Medicinals is my preferred store brand)

Day 1

The focus for day 1 will be safety, security, and connection to self. We will be working with the color red. If you would like you could wear red to amplify this energy. You would first want to take an hour at least out of your day to complete all the assignments.

Start your day everyday with a cup of dandelion root tea. The tea will be providing the energy of release. After drinking the tea go outside and sit in the grass or on the earth. If you don't have grass, hug a tree. If you don't have a tree, imagine tree roots flowing from the bottom of your feet and release them into the ground. Make a connection with yourself and the earth. Do a deep breath in holding for 5 seconds then release for 5 seconds while touching different areas of your body. Start with your head and move down to the bottom of your feet. Once you get to the bottom of your feet put them directly on the grass and release your energy down into the earth.

Now say" I release any pain in my body. I release any feelings of insecurity. I release any unhealthy fears. I am grounded."

Day 1 Cont

After saying those 3 affirmations either sit there still and rest in nature or choose to get up and walk around the yard. Any worries or stress you have release them to earth. Thank the earth for taking your energy.

Do some journaling outdoors. Your prompt is: I release what is no longer serving me. With a clear mind write out what is coming to mind and let it go.

Drink the red juice this day and for additional energetic support eat red foods like beets, tomatoes, red apples, nuts, and root veggies. While you are sleeping that night play 174 Hz from YouTube. My preferred meditation channel is Meditative Mind.

Day 2

Today lets focus on your pleasure center. Many people struggle with guilt and shame so we will be focusing on how to eliminate that energy with the water element. Start your day with dandelion root tea. Wearing the color orange would amplify the intentions of a healthy pleasure center. Grab your journal and think about all the ways you hold guilt and shame.

Day 2 Cont.

I want you to touch different areas of your body and think about what energy you hold there.

Particularly focusing on your womb or reproductive area, write out what shame or trauma you store there. What do you feel bad about? What happened as a child that makes you feel like you can't receive pleasure? What ways do you over indulge in pleasure? Write them all out.

Then at the end stretch your body.

Lift your arms up to the sky while standing. Reach down to your toes. Spread your legs and reach down to the right side, then to the left, then finish to the middle. Say the affirmations "I receive love, pleasure, and acceptance of myself. I release any guilt or shame from my spirit" 3 times.

At the end of the exercise drink the green juice. Additional energy support in this area can come from eating orange foods like oranges, carrots, pumpkin, and drinking lots of water.

Before you go to sleep tonight take a bath or shower with the intention of washing away any energy of shame or guilt. Thank the water for cleansing you and listen to 285 Hz on Youtube while you sleep.

Day 3

Today's focus is on personal empowerment. We want to prioritize putting ourselves first and managing our energy in a healthy manner. Many times we neglect ourselves for other people's needs and end up not accomplishing our own goals because we are run down. The color of the day is yellow.

Start your day off with the juice shot and drink the dandelion root tea. Once settled in for your meditation put your hand on your stomach and ask "what am I giving my power away to?" Start to write all of the things down that you may be draining your energy. Then now I want you to write down all of the goals and ambitions you have. How can you prioritize yourself more? Just write it down.

Then I want you to look over the list of all the things you give your power to. Say "I release what is draining me of my power and invite in energy that fills my cup." Write down the ways you can take better care of yourself and make it a priority everyday to do one thing off of that list. Burn the paper that is taking your power from you. Fire is transformative. Let it transform your

Day 3 Cont.

energy into something more powerful for you. Listen to Les Brown on Youtube and let his words fill your cup. Know that you are powerful and deserve everything you want. You are worthy. Go tackle those goals! Enjoy a pineapple, ginger, or other yellow foods. Spicy foods are good too. Listen to 432 Hz while sleeping.

Day 4

My favorite thing to do is to spread love and live in gratitude. No matter what you are going through there is always something to be grateful for. It is scientifically proven that your attitude affects your health. Happier people tend to live longer. So we want to work on our happiness as much as possible. By being grateful we can instantly raise our vibration. When our vibration is raised we can navigate through life with a different lens. If we are grateful we aren't bogged down by negativity.

Today's color is pink or green. You can wear it or imagine it in your heart center. Drink peppermint tea and drink the green juice today. Going into meditation today you are going to put your hands over your heart. Our breath is connected to our heart. Let's take some quality deep breaths today.

Day 4 Cont.

Breathe in through your nose and hold it for 5 seconds. Exhale out of your nose counting to 5 seconds until all the breath is out the body. Do that for 5 seconds. What is your heart telling you?

What is your heart holding on to? Who do you need to forgive? What bitterness is in your heart? What really brings you joy? Are you in alignment with what brings you joy? Ask yourself these questions when you are in meditation if nothing comes out. Write it all out.

After you write out what your heart is saying to you, I want you to also add 20 things you are grateful for. Notice the difference in your mood and the awareness of your heart. The heart is healed by forgiveness and gratitude. Forgive yourself, others, and invite in gratitude to stay in high energy.

Listen to 528 Hz while sleeping tonight. It is also a good practice to have roses on hand or close by when working on your heart. Show yourself love and show others love. Give out compliments to yourself and others. Be in your heart, even when it wants to close off. Eat leafy greens, green apples, or other green foods today.

Day 5

Congratulations! You have made it more than halfway through on your 7 day challenge. We are now entering into the more spiritual side of ourselves. The heart brings our spiritual and physical bodies together. Day 5 is focused on being authentically us and expressing ourself in healthy ways. Our voice is how we connect with others. A low functioning throat center shows up in us saying yes when we mean no. Your thoughts will say one thing and your mouth will say something different. We want to bring the thoughts and words into alignment so we feel truthful to ourselves.

Start your day off with peppermint tea and drink some red juice. The color is blue and you will need your journal for today's meditation. Take some deep quality breaths. Breathe in nose and out of the mouth for 5 cycles. Listen to your thoughts. How can you express yourself in a healthy manner? How can you be more authentic? Are a lot of your thoughts negative or positive? What do you really think about yourself? After sitting still and meditating for 10 minutes write out how you feel about yourself and currently where you are in life.

Day 5 Cont.

We are going to purify your thoughts by rewriting how you feel about yourself. If you don't have a problem with this area still journal your feelings. Look over them and say them aloud. What is right about the list? What is wrong about the list? For the things that are wrong write the truth over them. For instance a negative thought I would have is "I am not good enough." I would now ask why do I feel like I am not good enough? Then once I get my answer I write over that statement saying "I am good enough because I have studied, invested in my craft, and practiced it myself." That is just an example how our minds can be a negative influence on us. Many times our mind is protecting us from pain and hurt. But pain is a part of life. What we must focus on is being authentically us.

Listen to 741 Hz while sleeping or throughout your day. Listen to uplifting music and encouraging content.

If some of the thoughts you hold in are holding you captive because of trauma I suggest therapy. Cognitive therapy is ideal for communication.

Day 6

The 6th day is about inner wisdom. What is our inner voice saying to us? Everyday so far you have meditated with the intention to release.

Today you will meditate with the intention to receive guidance. The color for the day is indigo. Drink peppermint tea and drink your green juice.

Your inner voice is your intuition. Animals have instincts, people have intuition. Its our guidance systems job to keep us safe and protected. We are going to figure out how your inner voice speaks to you. There are 5 main ways the inner voice speaks to us. They are through sound, dreams or visions, feelings, synchronicities, and spiritual entities. You can discover which gift you have by meditation.

First light your white candle. Second get your incense and use the light from the candle to light it. Blow out the incense and let the smoke fill the air. After 2 minutes or so of the incense going say 20 things that you are grateful for. Make sure to give thanks to your intuition and your higher self.

Then close your eyes. Hold your hands on your knees with your legs crossed. Take a deep breath in the nose

Day 6 Cont

and out through the mouth. Have very deep quality breaths. Then say to yourself "lollipop."

Pay attention to your energy. Did you see lollipop in your head? Did you feel the sweetness of a lollipop? Did you see someone with a lollipop? Did you hear the words lollipop?

Do it again with another word. Say to yourself "fresh cut grass." Do the same questions again from the previous paragraph. How did the fresh cut grass reveal its self to you.

When I do the exercise I hear fresh cut grass and hear someone mowing the lawn. For lollipop I heard the joy and happiness that a child has when they eat candy. The words were said to me so my spiritual gift would be through sound. Knowing what spiritual gift you possess helps you to develop it through your practice so that your inner guidance speaks to you in the language you can receive. Use any word you want to develop your gift. We all have one and through exercise we can become powerful communicators with ourselves.

Make sure you blow your candle out when you are done meditating. Listen to 852 while sleeping.

Day 7

Day 7 is about connecting to something bigger than us. Today is about focusing on our High Power/God connection. From the clients I've had and my observations of people, I've found many suffer from disconnection with spirit. God is presented to us in many forms but the energy of the higher presence should flow through us, never outside of us. Its like a mother having a child. We will always be the mother of our children, even after the umbilical cord is cut. That is how our energy to The Divine should be. We are separate but connected.

Today I will show you how to maintain your connection with your creator. If you want to make this experience more powerful I would only eat fruits and veggies, and drink lots of water, or just drink fresh juice all day.

First as always drink your peppermint tea and make sure you drink the final red juice. Second light the white candle again and burn your incense. I want you to get your compass out (our phones have one or download one from your app store) and find the cardinal directions of N, E, S, and W. Bow with gratitude to every direction starting with north. Also give thanks from above and below. Declare your space is blessed.

Day 7 Cont.

Give thanks to your ancestors, parents, teachers, and loved ones. Then speak how you are feeling at the moment. Pour out how you've made mistakes, your problems, and even your fears.

Then ask for what you want. Ask for support, guidance, clarity, and even courage. Whatever you need at the moment ask for it. Do not beg.

Say it in this format: "Today Higher Power (or whatever you call the creator), I am in the energy of receiving support, help, clarity, or guidance on my current circumstances." Put yourself in a receiving state so that what you seek will flow to you.

If you beg, the prayer comes from a lack energy and the universe will respond as such keeping you in a lack frequency. Always pray from a gratitude stance so that your desires will come from a higher frequency.

After your requests thank The Higher Power for assisting you with your desires through resources, money, support, and love. End with a detachment phrase such as "this is no longer my load to carry or my stress to burden. I know all my needs will be met and given to me." I like to say

asé but you can say whatever you want to end your prayer. Blow out the candle and listen to 936 Hz while sleeping tonight.

In conclusion

I am a spirituality teacher and holistic lifestyle coach with the mission to help heal black women from the inside out. I am a black woman that has survived molestation, homelessness, depression, and extreme physical pain. I have a deaf mother who raised my family on her own. I know first hand what it is like to feel lost. In 2014 I started taking my health seriously and saw dramatic results in my body. In 2016 I had my first home-birth which transformed my mind. In 2018 I received energy healing that healed my spiritual trauma. The balance of the mind, body, and soul is extremely important to a persons well-being. I have helped others recover from their traumas since 2019. My whole life I have always been a vessel of wisdom and intuition. I hope you see my experiences as encouragement and energy to never give up in life. As Les Brown would say "You have comeback power" and there is nothing that spirit didn't give you to survive. You just have to ask for what you need and release what you don't need. Make room and see your spirit grow.

Congrats!

You've awakened your vibration! You should feel like you have a model for a basic spiritual routine.

You can remove or add to it. Over the course of the last few years I've adjusted my routine to what I feel called to. If you didn't notice the basic principles of spirituality is to balance all the forces of nature which all exists within you.

Release, receive, and stay connected to the energy of love as much as possible. Listen to your inner voice and be gentle with you. Have fun and take care of your body.

Thank you for supporting my mission of
Awakening Vibrations LLC.



AWAKENING
VIBRATIONS



RISE TO THE TRUE YOU



Additional Resources

Red Juice (ABC Juice)- One apple, 3 large carrots, 3 beets, a thumb of ginger, and a slice of lemon.

This will make one serving of juice.

Green Juice- 2 stalks of celery, 1 green apple, a handful of fresh cilantro, 1 salad cucumber, slice of lime. This will make one serving.

Detox shot- 2 thumbs of ginger, a pinch of cayenne pepper, 1/3 cup of pineapple juice. This will make one shot.

Yoga, qigong, tai chi, and dance are all forms of energy management exercise. All of these methods are good for keeping the flow of energy in your body. Add these to your routine as a way to be more fluid. Start off with the gentle techniques and work your way up if feel called to.

You do not have to master these energy techniques in order for them to work.

