

Good Vibrations & Daily Rituals

HIGH ENERGY VIBRATION

Discussed *Power vs. Force* by David Hawkins. A way to measure energy on a scale of 1-1000. Less than 200 is negative, disempowering (i.e. guilt, shame, anger, fear, apathy, etc). 200+ is empowering (courage, willingness, acceptance, reason, love, joy, peace). Cultivating the higher energy states makes it easier to take inspired action. See attached Map of Consciousness from his book.

Why focus on creating a HIGH energy vibration?

- * Laws of attraction -- easier to manifest what you desire.
- * More connection to our "inner voice"
- * Greater sense of inner peace

12 Energy Enhancers -- to Raise Your Energy Vibration

1. Appreciation - Write down 25 appreciations...
2. Movement - quickest way to change an emotional state
3. Language - our words affect our being
4. Laughter
5. Random Acts of Kindness
6. Being Present
7. Willingness
8. Accepting What Is (without resistance)
9. Magic Moments
10. Humility (letting go for ego)
11. Hydration
12. Taking Responsibility ("Responding to Spirit")

DAILY RITUALS - (refer to Lesson #2 in Power of Inner Choice)

We have Daily Rituals to consciously cultivate a **HIGH ENERGY VIBRATION**. Nurture self, Sustain Energy - when we live in higher energy vibration we tend to ATTRACT what we want more QUICKLY and we feel a sense of INNER PEACE in the process. Easier to take inspired action.

One GREAT Daily Ritual to cultivate a high energy state is the practice of writing down **25 Appreciations** each day. Keep a journal.

POTENTIAL Daily Rituals? (taken from several groups)

- * Time in nature - walking in the forest
- * Alone time - 5-6am
- * Veggie Smoothies
- * Get outside for Vitamin D
- * Pet dog -- and give treat
- * Treadmill
- * Affirmations - "in the arms of Divine Inspiration"
- * Meditation
- * Healthy breakfast
- * Slowing down
- * Noticing/being present
- * Getting sleep
- * Bath together at night with wife (I love this one!!)
- * Daily showering with spouse
- * Daily exercise
- * Yoga
- * Running
- * 20 minutes of quiet time by myself
- * Read a couple passages
- * Do a few yoga postures
- * Eliminate something - no caffeine, no tv, no sugar
- * Music
- * Gratitude Journal
- * Random Acts of Kindness
- * Water ritual - cleansing to prepare or end the day
- * 7 minutes of focus on vision for 21 days.
- * Read Vision every morning
- * Setting intention for day before opening eyes -- imagining the whole day
- * Gratitude Journal - 1 thing grateful for each day
- * Acknowledging the "little miracles" or coincidences like parking Karma that add to our day
- * Watching birds every morning
- * 10 minutes of crossword puzzle
- * Saying "All is well."
- * Write anything obsessing over on piece of paper and put in index box to release
- * Review Index Cards with all of goals written and read on walk to work
- * Writing on mirror
- * Vitamins
- * Reading something inspiring
- * 25 Appreciations
- * Light a candle first thing in the morning
- * Journal
- * Pull an angel card or Rune symbol
- * Track Expenses
- * Connecting with an Emotional Muscle (2 minutes a day)
- * Look into the eyes of husband and tell him what you genuinely appreciate about him -- or something you love about him.
- * Loving self unconditionally.
- * Drinking six glasses of water

Why have Daily Rituals? What is the importance of Daily Rituals? (GROUP DISCUSSION)

- * Ground us -- prepare for the day
- * "Habits become our destiny"
- * Open our minds to new thoughts
- * Enjoy the "compounding effect" of the habits
- * connects us to what's important in our lives
- * connects us to ourselves
- * ROAR - Results of All Rituals
- * creates stability/structure
- * by having a solid foundation gives us greater permission to take risks
- * Writing them makes it more real.
- * Keep vibrational energy higher -- and more easily attract
- * Habits create who you are.
- * Habits helps shifts happen.
- * Good anchoring
- * Consciously choosing rituals to support
- * Daily Consistant Action to support our visions and create HABITS over time
- * Raise your comfort level with an activity -- allow it to become AUTOMATIC
- * Loving yourself - feeding your soul
- * Mental conditioning
- * Hold self accountable
- * Keep on track and focused
- * **Discipline muscle** - consistent action to calm the ego
- * Nurture self, Sustain Energy - HIGH VIBRATION - when we live in higher energy vibration we tend to ATTRACT what we want more QUICKLY and we feel a sense of INNER PEACE in the process.

What will keep your Daily Rituals alive throughout the year?? (GROUP DISCUSSION)

- * Enjoying the benefits of the rituals
- * KNOWING the benefits of the rituals
- * Being gentle with self when off track
- * CHECKLIST - tracking on spreadsheet
- * Asking for support!
- * Discipline
- * Connecting to the good feelings they generate
- * variety
- * keeping them fresh
- * revising them each month
- * sharing with others
- * knowing it's key to strengthening personal foundation
- * being committed to Monthly Mastery calls
- * posting on INSPIRATION board - 1 key one at a time
- * Gold Stars or Stickers!!! :-)))

What ONE Daily Ritual are you particularly committed to focusing on over the next 30 days? (SHARES)

- * Connect to yearlong vision
- * Green drink
- * Daily laughter/laughter yoga
- * Checkmarks for the passage of time
- * Yoga

HOMEPLAY:

1. Write down 25 Appreciations -- and post in the forum
2. Identify 5-10 Daily Rituals or Daily Practices to support your success and inner peace -- and post in the forum.