

Day 2: The Law Of Vibration

Quote today	“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.” Nikola Tesla
Recap of the Law	Everything in the universe, including you, is pure energy vibrating at different frequencies. You are energy vibrating at a specific vibratory rate. Your vibration will attract like vibrations to you. (Day 10: Law of Attraction) Learn to manage your vibration, and you will see what you bring into your life.
Today I am grateful for....	Write at least three things that you are grateful for on this magnificent day. Connect to the feeling of gratitude.
Meditate (at least 15 min.)	Feel free to meditate on this law or choose a meditation of your choice.
Exercise	Choose an exercise that you feel heightens your vibration.
Hydrate	Drink ½ ounce of pure water per pound of body weight (or 30 ml per kg). 2 glasses upon rising, 2 glasses between breakfast and lunch, 2 glasses between lunch and dinner and 2 after dinner.
Your Life Insight	Tune into your imagination and creativity today. What can you create or manifest? Start a creative project that excites you or listen to some inspiring music, anything that will lift your vibration.
Your Mindful Practice	Take a moment, breathe and just be in the present. Become aware of all the movement around you. Notice your body, nature and all around you. Then take that noticing to an internal level. See if you can notice the vibration of your thoughts. If you notice your vibration is not where you want it to be, choose to change it to the vibration that will attract what you are looking for.

Day 2: The Law Of VibrationOf Vibration, Continued

Your Success Strategy First thing in the morning take a moment to visualize your day ahead of you, creating the kind of day you desire mentally and focusing on the successes you will have. Last thing at night, you can use affirmations that will increase your vibration to magnify your success and prepare your subconscious to assimilate and integrate only what you desire while you sleep.

Your reading meditation This is your reading meditation time—time you have devoted to expanding your thoughts and understanding more about these laws.

Take a nice deep breath in through your nose and let it out through your mouth. You are going to let all the tension leave your body and as you exhale repeat in your mind the word, relax.

You are in the right place at the right time. Your body and mind are in a highly creative vibration right now. Your mind and your heart are ready to receive, completely wide open. Ready to receive whatever it is that you need to know right now. You now have the best possible guidance to allow you to experience the teachings of this Law, and to gather all the important information in any way that it appears.

Everything in the universe is pure energy, vibrating at different frequencies, including you. There is nothing that rests, even for a second. Everything is in a constant state of motion as it vibrates and travels through time and space. No matter what it is, it is energy and energy is in constant motion. You are energy—your body, your dense vibration which appears physically, is actually just trillions of swiftly moving subatomic particles orbiting each other at a specific vibratory rate. This rate is known as its frequency.

Each thing, every sound, and all of our thoughts, emotions and words have their own unique frequency. Everything that vibrates does so at a certain rate. The higher the frequency, the more potent the force will be. Creative thought is considered the highest form of vibration. Therefore creativity is considered a powerful force in the universe being at this highest frequency.

Imagine the vibrations of your chosen positive thoughts casting out into space, changing things around you as they go. Connect with the power of potentiality as you direct manifestations through the power of creative thought. Anything is possible with a shift in consciousness.

Now, to finish your reading, take three deep cleansing breaths, knowing that with each breath you integrate the information you have received. Trust that this is so, and it will be.
