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Achieving A High Vibration All matter is made up of energy, and that energy is in motion continually. Everything in the universe, from the smallest molecules to the most complex living beings, has an optimal rate of vibration to keep it healthy. We reach this high vibrational level when we are whole, healthy, and fulfilling our potential. Human beings are able to consciously control these vibrations within themselves using a variety of techniques. We know when we have reached a high vibrational state because we feel good and can sense that we are aligned with all that is. We find we are capable of healing and have good intuition and perception that are a result of our resonating closer and closer to our ideal frequencies. Thoughts, emotions, intentions, choices, and actions contribute to our vibrational state, as do the environments we inhabit. Affirmative activities that leave us feeling joyous, appreciative, loving, and peaceful raise our vibration. Constructive, creative, and expansive thoughts do the same. When we cultivate habits that contribute to our physical health and strength, our vibration is likewise raised. Certain mantra meditations, breathing exercises, and chants are designed to increase vibration. But simply practicing gratitude and forgiveness, surrounding ourselves with loving high-vibration people, eating whole foods, and spending time in nature can also help us transcend our current vibrational limitations. When your

desire for change is strong enough, you will find yourself gravitating toward what can help you achieve and maintain a high vibrational state. A positive outlook will then become the most important tool you possess, and this outlook will sustain you when the path leading toward transformation is wide and winding. As you evolve, your vibrational frequency will also evolve, aiding you in the creation of an even higher reality. Consciously and unconsciously, you will attract auspicious circumstances and positive people that will help you continue exploring the scope of your higher self until you move beyond the earthly plane. 100Test 下载频道开通，各类考试题目直接下载。详细请访问 [www.100test.com](http://www.100test.com)