

A CHANNELED MESSAGE

HOW TO RAISE YOUR VIBRATION

The Angelic Guides

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Today we would like to focus upon the topic of deliberately changing your vibration. Certainly we are not denying that your reality is incredibly captivating. The duality that you exist within offers you a constant barrage of varying experiences in which to focus upon. What we would like to focus your attention upon is how you can raise your vibration so you become in alignment with your greatest desires.

We are certainly not denying that when good things happen, it is easy to feel good and adversely, when bad things happen it is more difficult to remain positive. However the more deliberate you become in consciously choosing the thoughts that you allow to expand within your mind, the more you become a vibrational match to similar experiences.

We have noticed that many humans often feel trapped by their circumstances. The physical experiences that you have at any given time are a direct reflection of the most dominant vibration you are holding at any given time. Many of you have a wide range in which you vibrate on any given day; ranging from very high to particularly low and everything in between.

What we want to briefly address is just how powerful you truly are in altering your state of vibration. The circumstances that happen around you are always going to contain a positive and negative aspect, as you are living within duality. However, there are triggers for all of you. Some thoughts trigger more positive, blissful feelings, while other triggers remind you of challenges or struggles that seem to be unsolvable.

The key to changing the most dominant vibration in your life, is to change your habitual thoughts. For all of you, there are areas of your life that have always worked well, they have been easy for you to manifest, while other areas have always felt challenging. Quite simply put, your habitual thoughts around the areas of your life that seem to always work out well for you are in alignment with the ease around that topic. You likely spend little time worrying over those areas of your life, and just expect them to work well. They always have, so why wouldn't they continue?

However the areas of your life that have felt like a constant struggle is no doubt different for all of you. But, one thing is likely the same in those areas of difficulty, there is more worry and concern around those topics. There is more awareness on the absence of what you desire and the presence of challenges. Remember what you focus upon will always expand, regardless of why you are focused upon it. Think of every thought as if it were an instruction to the Universe to “bring me more of this”.

Now, in regards to shifting your focus upon the areas of life that are working well, finding things that you can appreciate, or finding something to focus upon that gives you a sense of inner peace are well worth your time to identify. You see, it doesn't matter why you feel good, all that matters is that you do. You do not need to be focused upon your dreams in order to become a vibrational match to them. Learning how to redirect your focus take a bit of practice at first. However once you begin to incorporate this practice into your daily life, it begins to form a new habit.

You are essentially training your mind to become a disciplined muscle of deliberate intent rather than allowing your thoughts to be on what we like to call “auto pilot”.

As you become more focused upon the thoughts that feel blissful, peaceful and joyful to you, you alter your vibration. You can feel the instantaneous shift in your emotional state which indicates where you are vibrating. Nothing has the change physically for you to begin to redirect your attention, but we can assure you that once you do, your physical reality has no choice but to reflect the altered vibrational state you have chosen.

The Universe is always reflecting back to you what you hold inside. You are a constant beacon of vibration, summoning more experiences, people and circumstances that hold a similar frequency. You are truly the creator of the reality you experience. Your dreams are held in the high vibrations of love, joy, optimism, excitement and peace. Become a match to those vibrations using any excuse you can find in your reality and you become a match to your dreams.

We hope that we have in some way served you.

In love and light, we are your
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