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THE VIBE GUIDE

15 Simple Ways to Raise Your
Frequency & Attract What You Desire



Let's Talk Vibrations!

Raising your vibration is the foundation for creating the life you want. When your energy is high, you're aligned with Source Energy – whether you call that God, the Universe, or your Higher Power – and manifestation becomes so much easier.

I know because I've lived it. Years ago, I was at rock bottom – struggling with addiction, feeling lost, and disconnected from myself. Slowly, I began using these vibration-raising practices. One by one, they helped me shift my energy, rebuild my confidence, and start attracting opportunities, relationships, and experiences that matched the life I wanted.

These are the same practices I still use today. In this guide, you'll find 15 ways to raise your vibration you can start using right away. Some will feel simple, others might stretch you – but all are designed to help you feel lighter, clearer, and more in tune with what you want to create.



Invite Your Angels In

Your angels are pure love – one of the highest vibrations there is. When you invite them in, you instantly open yourself to their love, guidance, and protection, and your vibration naturally rises to match theirs. When I first started doing this, I noticed little signs everywhere – feathers, repeating numbers, and perfectly timed opportunities. Take a quiet moment, close your eyes, and call on them with an open heart. Thank them for the help you've already received, and trust that their high frequency is already lifting yours.

Prayer & Meditation

Prayer is your conversation with the Universe, and meditation is your time to listen. Both are powerful for raising your vibration. I like to light a candle, breathe deeply, and speak my intentions with love. Even five minutes can shift me from stress into peace and clarity. When you pair prayer and meditation, you create a two-way connection with Source that can feel instantly grounding.





Love

Love is one of the highest frequencies in existence – it's the creative force behind manifestation. When you choose to feel love, you're aligning with a vibration that naturally attracts more of what you desire. I make it a practice to feel love not only for the blessings in my life now, but also for the dreams that haven't arrived yet. Acting as if they're already here shifts my energy into a magnetic state. The more love you embody, the more your vibration expands, drawing even greater love and abundance into your reality.

Gratitude

Gratitude changes everything. It pulls your focus away from what's missing and into the beauty you already have. I keep a simple list every morning, jotting down at least three things I'm thankful for. And when negative emotions pop up – frustration, stress, fear – I pause and name something I'm grateful for. That single shift has snapped me back into alignment more times than I can count. Gratitude instantly lifts your vibration by shifting your energy into appreciation, which magnetizes more to be grateful for.





Breathe

Your breath is a powerful reset button. Deep, intentional breathing calms your nervous system and releases tension. I sometimes do this between tasks, and I feel my shoulders drop, my mind clear, and my mood lift almost instantly. Try inhaling light and exhaling anything heavy – it's a quick way to realign with a higher frequency. Conscious breathing instantly raises your vibration by moving you out of stress and back into presence, where your energy flows freely.



Service

Helping others doesn't just lift them up – it lifts you, too. It can be as simple as smiling at a stranger, sending a kind message, or holding a door open. The times I've given without expecting anything in return are the times I've felt most connected to others and to myself. Acts of service naturally raise your vibration by shifting your focus outward, opening your heart, and creating a flow of positive energy between you and the world around you.



A photograph of a red apple and a bitten apple. The whole apple is on a wooden surface inside a circular mirror frame. The bitten apple is in front of the mirror, showing its core. The background is a textured, reddish-brown surface.

Perception

How you see the world shapes the reality you experience – and your vibration follows your focus. Choosing to see the good, even in challenging moments, has transformed my energy. This doesn't mean ignoring problems; it means looking for the silver lining, the lesson, or the hidden blessing. The more I focus on what's working, the more my frequency rises, and the more I seem to attract situations that match that higher state.

Crystals

Crystals carry unique vibrations that can naturally align and amplify your own. I started by simply choosing the ones I felt drawn to – and noticed how they seemed to shift my energy. Hold one in your hand, place it over your heart, or keep it near you while you work. As you connect with it, focus on the intention it represents – love, clarity, protection, or abundance – and let its steady frequency help lift yours.





Forgiveness

Forgiveness isn't about excusing what happened – it's about setting yourself free. That means forgiving others and yourself. We've all made choices we wish we'd handled differently, but holding on to resentment or guilt weighs down your energy. Letting it go creates space for peace, lightness, and a natural rise in your vibration.

Chakras

Your chakras are energy centers that influence your physical, emotional, and spiritual health. When they're balanced, you feel grounded, open, and in flow. I align mine through meditation, yoga, and time in nature. If you're new to this, even visualizing light flowing through your body can help restore balance and raise your vibration.





Your People

Energy is contagious, and the people you spend time with directly influence your vibration. I've learned that when I surround myself with those who believe in my growth, celebrate my wins, and inspire me to rise higher, my energy soars. On the other hand, spending too much time around negativity leaves me feeling heavy and stuck. Protecting your energy in this way keeps your frequency high and your spirit strong.



Eat Healthy

Food carries energy, and every bite affects your vibration. Fresh, colorful, whole foods leave me feeling lighter, clearer, and more energized. Joy matters too – if a slice of chocolate cake truly makes me happy, that happiness lifts my vibration just as much. By choosing foods that nourish both body and spirit, you give your energy the fuel it needs to stay high and aligned.





Get Outside

Nature naturally resets your energy and clears your mind. Whether it's a walk by the ocean, sitting under a tree, or simply stepping outside for a few deep breaths, I always feel more grounded and lighter afterward. Pairing movement with time outdoors instantly boosts your mood and raises your vibration.

Set Your Intention

Intentions act like a compass for your energy, pointing it exactly where you want it to go. When I'm clear on what I desire, opportunities seem to align effortlessly. I write my goals, picture myself already living them, and hold that vision with faith. Then I follow the nudges that feel exciting and natural – that's inspired action, and it keeps my vibration high.





Feel Good First

Your emotions send out a signal that shapes what you attract. Instead of waiting for circumstances to lift your mood, choose to raise it yourself. I'll play a favorite song, dance around my living room, play with my cat, or call someone who makes me laugh. When you feel good first, you align with abundance – and what you desire can find you faster and more easily.



Keep Raising Your Vibe



You now have 15 powerful ways to raise your vibration and align with the energy you want to attract. These practices have been a huge part of my own journey, helping me create a life that once felt completely out of reach.

Raising your vibration isn't just a one-time reset – it's a way of living. The more you return to these practices, the more natural it will feel to stay in a high-frequency state, even when life gets challenging.

Let these become part of your daily rhythm. As you do, you'll notice more moments of clarity, more aligned opportunities, and a deeper sense of connection with yourself and the world around you.

You already have the power to create something incredible – this is just the beginning.