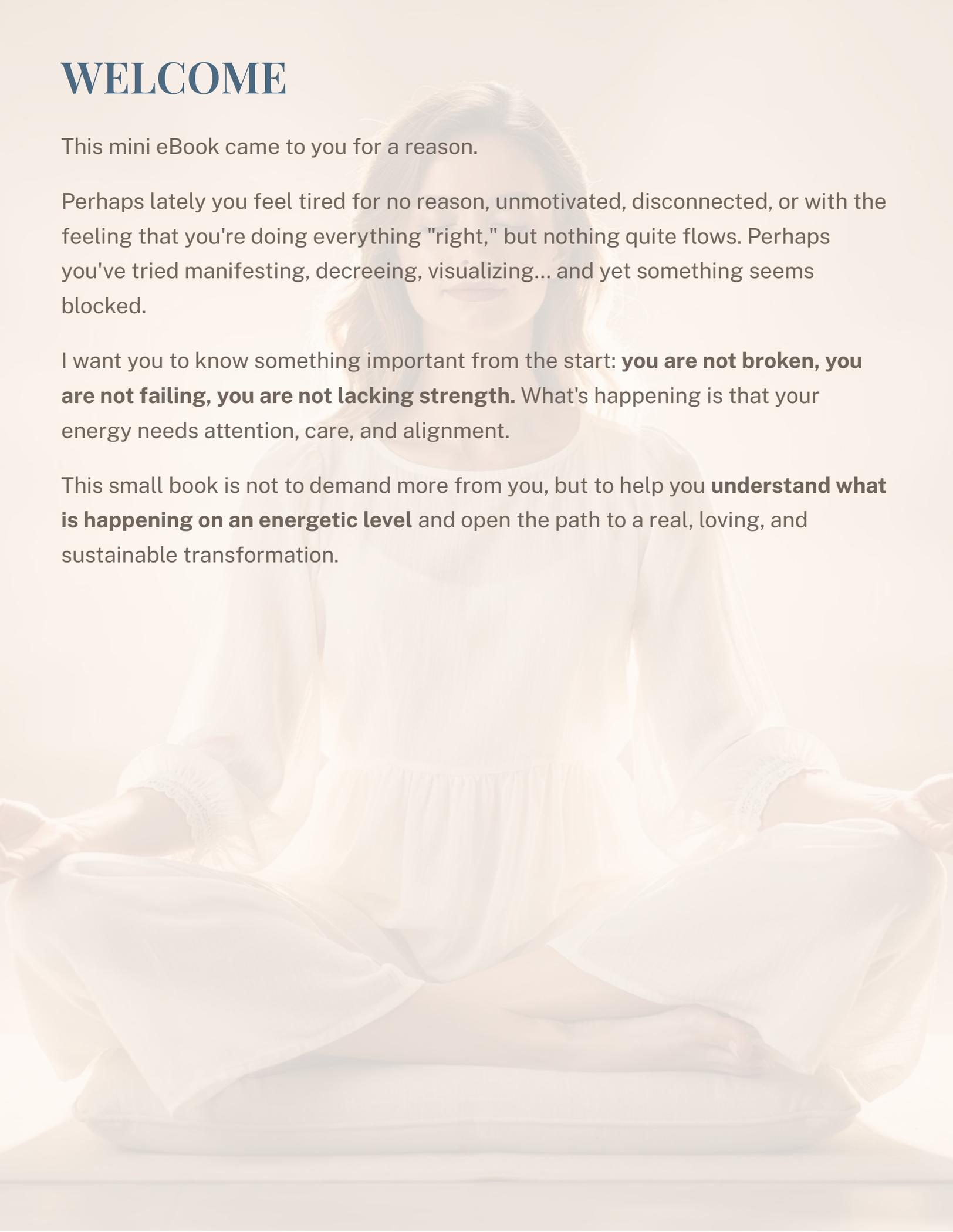
A woman with long, wavy, reddish-brown hair is depicted in a meditative state, sitting cross-legged. She is wearing a light-colored, flowing robe. Her eyes are closed, and her hands are clasped over her chest, where a bright, glowing light emanates. The background is a rich, golden-brown color, filled with numerous small, sparkling stars and larger, soft, glowing orbs. A crescent moon is visible in the upper left quadrant, surrounded by a decorative wreath of leaves and flowers. The overall atmosphere is serene and ethereal.

When Your Energy Drops, Your Life Does Too.

How your vibrational frequency is influencing
what you attract (and how to start raising it today).

AURA CELESTE

WELCOME

A woman with long, wavy brown hair is sitting in a lotus position on a white cushion. She is wearing a white, long-sleeved, button-down dress with a gathered waist and lace detailing at the cuffs. Her hands are resting on her knees in a mudra. The background is a soft, warm, light-colored gradient, suggesting a bright, airy environment. The overall mood is peaceful and serene.

This mini eBook came to you for a reason.

Perhaps lately you feel tired for no reason, unmotivated, disconnected, or with the feeling that you're doing everything "right," but nothing quite flows. Perhaps you've tried manifesting, decreeing, visualizing... and yet something seems blocked.

I want you to know something important from the start: **you are not broken, you are not failing, you are not lacking strength.** What's happening is that your energy needs attention, care, and alignment.

This small book is not to demand more from you, but to help you **understand what is happening on an energetic level** and open the path to a real, loving, and sustainable transformation.

ABOUT THE AUTHOR

I am **Aura Celeste**, a spiritual guide and creator of energetic expansion tools for conscious women.

My journey began, like many, from spiritual exhaustion: doing a lot, feeling little, manifesting from effort and not from love. Through the integration of practical spirituality, feminine energy, and vibrational consciousness, I understood something key:

👉 life does not respond to what you do, but to the frequency from which you live.

Today I accompany women to reconnect with their energy, their intuition, and their inner power, without haste, without guilt, and without self-demand.



WHEN YOUR ENERGY DROPS, EVERYTHING FEELS IT

Your energy is not an abstract concept. It is the invisible foundation from which you think, feel, decide, and attract.

When your energy drops:

Motivation disappears

Clarity clouds over

Confidence weakens

Manifestation becomes forced

Not because "it's wrong," but because **your energetic system is asking for attention.**





WHAT YOUR VIBRATIONAL FREQUENCY REALLY IS

Your vibrational frequency is the sum of:



Your predominant thoughts



Your sustained emotions



Your relationship with your body



Your internal dialogue



Your level of presence

You don't vibrate high by "thinking positive," but by **feeling aligned with yourself**.



SIGNS YOUR FREQUENCY IS LOW

Perhaps you identify with some of these:

You feel disconnected from your intuition

You constantly compare yourself to others

You struggle to maintain spiritual habits

You feel stuck even though you "work on yourself"

You manifest from urgency or anxiety

These signs are not failures. They are **messages.**

THE BIG MISTAKE WHEN TRYING TO MANIFEST

1

One of the most common mistakes is trying to raise your frequency by **doing more:**

2

More affirmations

3

More rituals

4

More effort

5

More control

But energy doesn't respond to effort...
it responds to coherence.

ELEVATING YOUR FREQUENCY IS NOT FORCING, IT'S REMEMBERING

Elevating your energy doesn't mean becoming another person. It means **returning to your center**.



Returning to the body



Returning to calm



Returning to inner truth

Feminine energy doesn't elevate with pressure, but with **presence**.





YOUR BODY ALSO MANIFESTS

Many times we try to manifest only from the mind, forgetting that:



The body holds
memories



Blocked emotions
lower vibration



Body disconnection
dulls intuition

 Your body is not an obstacle, it is a portal.

THE FREQUENCY FROM WHICH YOU ASK

The universe doesn't respond to what you desire, it responds to **who you are while desiring it.**

When you ask from:

- **Lack** → you attract more lack
- **Fear** → you reinforce the blockage
- **Self-demand** → you deplete your energy

When you ask from alignment, the answer changes.



MICRO PRACTICE: RETURN TO YOUR ENERGY (3 MIN)

1

Close your eyes

Place one hand on your heart and the other on your abdomen.

2

Breathe deeply 3 times

And repeat internally: "I allow myself to return to myself."

3

Don't try to change anything

Just feel.

That instant of presence already elevates your frequency.



THE TRUTH ALMOST NO ONE TELLS YOU



Energy elevation **doesn't happen in a single day**. It's a conscious, loving, and sustained process.



And when done with guidance, clarity, and structure, **changes become real**.



THE TRUTH ALMOST NO ONE TELLS YOU

Energy needs repetition, intention, and gentle consistency. 21 days allow you to:



Reprogram patterns



Integrate new practices



Elevate your vibration without overwhelming yourself

It's not about doing more, but about **doing it right**.

If this mini eBook resonated with you, it's because your energy is ready for the next step.

That's why I created "**How to Elevate Your Vibrational Frequency in 21 Days**", a practical, spiritual, and deeply loving guide, designed to accompany you day by day in your process of alignment, clarity, and conscious manifestation.

It's not theory. It's experience. It's integration. It's real transformation.

👉 Here you can access the full experience: [🔗 See what it's about.](#)



FAREWELL

Remember this:

You are not late. You are not lost. You are not disconnected.

You are awakening.

And raising your frequency is, simply, **coming home.**

With love,
Aura Celeste