

A person is shown in silhouette, jumping with their arms raised in a 'V' shape, reaching towards the sky. The background is a soft, hazy sunset or sunrise sky with warm orange and pink tones. Several birds are seen in flight, scattered across the upper half of the image. The overall mood is one of freedom, joy, and reaching for higher goals.

*Elevate Your Life*

**FAST-TRACK  
TECHNIQUES  
TO BOOST YOUR  
ENERGY VIBRATION**

from the book  
**Awakening Consciousness –  
Discovering a Larger Version of Self**

**by Lindsay Godfree**

# **Elevate Your Life: Fast-Track Techniques to Boost Your Energy Vibration**

*What follows are some of my favorite and most beneficial ways to boost energy:*

**1) Become conscious of your thoughts.** When you notice a thought that does not serve you, acknowledge it, thank it for showing up, and then dismiss it and turn it into a more pleasing thought. Find a thought that feels better.

**2) Find something beautiful around you and feel appreciation.** Beauty surrounds us. Stop rushing. Walk in the grass, smell the flowers, and appreciate your surroundings. Go out into nature frequently.

**3) Be conscious of the foods you eat.** Foods vibrate at different frequencies. Consume quality organic produce—food as nature intended it—and feel energetic throughout your body. It will become apparent when food makes you tired, bloated, and sluggish.

**4) Drink alkaline water.** Drink a lot of water to hydrate your cells and neuropathways to distribute light energy through your system. Water is essential for all human systems, especially your brain, which is made primarily of water. Alkaline food and water help the body maintain its correct balance making it less susceptible to disease.

**5) Meditate.** Just ten minutes of meditation a day can change your life forever. Think of it as rebooting your system by calming the mind. The subconscious recalibrates even though you aren't aware of it.

**6) Be grateful daily.** Making a gratitude list shifts your vibration from focusing on what you don't have to what's already abundant in your life. This single practice is powerful in changing your cellular vibration. You'll learn to be more aware of your energy vibration and your ability to change it.

**7) Listen to uplifting music.** Music is already an energy wave that your body and soul can resonate with. The introduction of certain tonal frequencies will upgrade your vibration and even change your DNA. 'The Book of 528: Prosperity Key of Love' by Leonard Horowitz has made it clear that the vibration rate of 528 Hz is the vibration of love.

**8) Look for good news.** Whether you do an act of kindness for someone or just observe one, it changes your energy and affects your body's chemistry to give you a boost. Resist watching the drama and trauma of mass media. Your diet of what you let into your senses is critical to your well-being.

**9) Hug, love, and be compassionate.** Giving someone a hug and showing love and compassion for others will change your frequency for the better.

**10) Spend time with those you want to emulate.** Surround yourself with people you admire and want to be like. Join uplifting groups and communities where you feel better from being part of something bigger than yourself.

**11) Focus on what brings you joy.** Family, beauty, service, or whatever is in your current experience that you love. Joy is our natural state of being, and God is love.

**12) Express your gratitude.** Let people know you love them and appreciate them. Say, thank you to those who provide services for you and connect with them visually and with a smile. Remind yourself of what you're grateful for right now—watch for things you may have overlooked that are all around you.

**13) Remember what's most important to you.** Refocus on what matters most to you, and “don't sweat the small stuff.” Look at the big picture to elevate yourself above the difficulties.

**14) Use affirmations that reprogram your thinking.** For example, say “I AM love in action,” “I AM at peace with the way life unfolds for me,” or “I know everything that happens is meant for the greatest good.” Repeat your affirmation until your brain accepts it as truth.

**15) Connect directly to the Divine.** Say a prayer, meditate, call on the angels, get out in nature, sing praise to heaven—do anything that brings you closer to the Source, whatever that means to you.

**16) Make it interesting for yourself.** This process of reconnecting with higher consciousness will happen repeatedly. Sometimes it feels like too much work as you start over, or it may become boring. Try learning something new, be playful, and in childlike wonder. There are many ways to awaken the consciousness of the greatness you are.

**In the words of Lao Tzu: “There are many paths to enlightenment. Be sure to take one with a heart.”**