



# V.I.B.E.

## System Defined

Visualize, Intend, Believe &  
Experience the Life of  
Your Dreams

# The V.I.B.E. System Defined (Table of Contents)

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## Letter from the Founder

Hello, and welcome to Raised Vibration!

Today is, quite simply, the first day of the **best** of your life. Thank you for taking this step, and for including me and all that Raised Vibration has to offer on your unique life journey.

I want to honor your willingness to **have it all**. By embracing your grandest visions and daring to dream your wildest dreams, you've made the first move in the wonderful game of life, and moved just that much closer to creating everything and anything your heart desires in the weeks, months, even years to come. **Yay! This is all about you!**

Raised Vibration is designed to help you create magic and miracles in **every area** of your life—not just the parts that are easy. You've already started by making that key commitment to yourself that you are ready to receive, willing to step into possibility, and determined to do whatever it takes. Now you belong to a community of amazing people who are committed, ready and dedicated to doing the same.

Once you start using all the V.I.B.E. (Visualize, Intend, Believe and Experience) tools and our interactive technology, you'll see how easy it really is. Add in your own focused and inspired actions plus as much (or as little) live support from our community as you like, and you'll see that nothing can ever stand or has ever stood in your way but you. Isn't that a relief to know?

### **We can get out of our own way.**

Since you're reading this letter, I know without question that you're ready to take your life to the next level and own your responsibility for living out your dreams. That, my friend, is a very cool thing.

And so, the Game of Life is ON! Best of all, it's **your** game, and you get to make up the rules. Let's play!



## Introduction: How to Use This Book

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The short answer? Use it however you want! That's right—go on! Have at it!

But maybe just a wee bit of explanation is in order. The key point is that this book, like Raised Vibration, the V.I.B.E. tools and even life itself, is **yours**, to peruse and play with and take in whatever order or at whatever rate feels right for you.

Are you inspired to read this straight through and then follow, step by step, through the V.I.B.E. program with this book to one side and our video prompts in an open screen on the other? Perfect.

Are you inspired to read a little, go play on the V.I.B.E. site, come back, read a little bit more, and do it all over again? That's perfect, too.

Are you inspired to jump around, read some here, read some there, skim over the parts that don't resonate or that you don't feel ready for? That—are you seeing a pattern here?—is perfect as well.

And then there will be some of you who feel most inspired to read not single word of this, but instead to kick off your “work” clothes, ditch the pinchy shoes, and dive right in. Hey! Yes! That's—all together now—**PERFECT!**

No matter how you use this book, it will be the right way for you. And if you get into the game and find that the way you're using the book and the tools isn't optimal for you? Easy—peasy. Try it a different way.

There is no right or wrong way to do this, just as there is no right or wrong way to live your life.

Whichever way you do it, we invite you to enter into it in the spirit of play, creativity, open-mindedness and fun.



## About Raised Vibration



Raised Vibration is an idea that's been tapping its foot, just waiting to be born.

And it's BIG, this idea, as big as all humankind. Raised Vibration was created around the concept that bringing people together in celebration and appreciation of life actually raises global awareness, energy, consciousness and happiness.

By individually raising our vibration and sharing that experience with others, we raise the vibration of the whole planet! Uh—oh. What might happen when everyone, everywhere, shares their bliss? Now you know we're trouble-makers. And joy-makers. And especially change—makers!

Bottom line: we truly believe that who you are, what you are doing and how you feel as an individual makes a significant difference for everyone as a whole.

That's why Raised Vibration is a place where we can share our high-vibing journey with a community of likeminded people and, together, elevate the human spirit. It's a place where people who are living a life they love can help others do the same. It's a place where people who want to love their lives can learn how to make that happen.

It's also a place where those extraordinary people who really get that life is a game can come together in both independent and shared activity, in conversation and connection, to remember and become inspired by how amazing we really all are.

You matter. What you do matters. How you feel matters. And being a part of the revolution to raise the vibration of humanity matters most of all.

That revolution begins with you.



# About Raised Vibration, cont.

What does Raised Vibration mean?

Let's take the dictionary definitions of the two words that we've conjoined. They not only form the name of our company, they're also at the core of our mission and our purpose.

## Raised

Verb

- To move to a higher position; lift up; elevate.

## Vibration

Word Origin/History

- Meaning "intuitive signal about a person or thing," popular in the late 1960s, but has been recorded as far back as 1899.

## Noun

- The act of vibrating.
- The state of being vibrated.
- Physics.
  - The oscillating, reciprocating, or other periodic motion of a rigid or elastic body or medium forced from a position or state of equilibrium.
- A supernatural emanation, bearing good or ill, that is sensed by or revealed to those attuned to the occult.
- Informal, a general emotional feeling one has from another person or a place, situation, etc.

Taking all of the above into account, our definition of vibration is:

*"The universal energy generated and created by a human's thoughts, feelings and actions."*

## Raised Vibration

To move to a higher position, to lift up, and to elevate the universal energy generated and created by a human's thoughts, feelings, & actions.

**Sounds pretty awesome,  
doesn't it?  
Yeah, we thought so, too!**

## Mission, Vision & Values

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### **Mission:**

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*To Raise the Vibration of Humanity*

### **Vision:**

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*The Evolution of Expanding the Experience of Life*

We will never reach the end of our efforts to expand our experience of life, because we're all designed to continually evolve and change. Here at Raised Vibration, we will always be growing and changing as we respond to what we need as a company and our members need as our customers. This is inspiring to us: we will forever be creating and expanding.

### **Values:**

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*Operating with Ease & Grace*

We experience and act with ease and grace, and it is our commitment to everyone whose life we touch that they experience ease and grace in all things as a consequence.

*Being Genuine, Honest & Sincere*

There is no more peaceful place for a human being to stand than on their own unique foundation. Each of us knows our truth, because each of us designed that truth for ourselves, maybe even back before we can consciously remember. It is by being genuine, honest and sincere about our truth that we finally own it. There is nothing to prove, and from this place of acceptance, total peace is always present.

## Values, cont.

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### *Practicing Awareness*

Through the continual practice of awareness, the growth and evolution of human consciousness is inevitable. Everything we create, provide and deliver is grounded in this practice—opening the door for our customers to experience the same in all areas of their lives.

### *Willingness to Be Open & Authentic*

There is complete freedom in being open and authentic. Ahhhhhh. There is nothing to hide.

### *Expect Magic*

When we act from the assumption that magic and miracles are within and without, we shift our energy in ways that mean we experience our lives not as a series of random or chance events without meaning, but as an ongoing game of intentional creation and causation. This is where a human being finally becomes the master of his or her own Universe. When we accept this magic and our part in it, we become, inevitably, responsible for our own experience of life.

### *Staying Curious*

Curiosity is an emotion that arises from our naturally inquisitive behavior as human beings—behavior like exploration, investigation and learning. It exists separately from basic instinct because it can be expressed in many ways, whereas instincts are generally characterized by fixed action patterns. By staying curious as a company, and encouraging our customers to do the same, we will remain playful investigators of what's next on our unique journey.

### *Honoring Humanity*

We are committed to honoring everyone who crosses our path. We see the divine in each and every being, and are committed to returning them to who they really are by providing tools, training and support to help them reclaim their full potential.

### *Perpetual Gratitude & Appreciation*

There is a direct correlation between gratitude and well-being, and from a state of holding both in heart and mind, there is always the possibility of all aspects of life being well. We like to say, "All IS WELL," a sweet and frequent reminder that it was, is, and always will be so.

### *Inspired Action*

We believe in taking Inspired Actions, which we define as actions taken from what makes our hearts sing and our souls expand. Imagine what your life might look like if every action you took was one of inspiration! This is a life that springs from the heart.



## Values, cont.

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### *Communicating Through Active Listening & Open Sharing*

Communication is the action of conveying information. The word itself comes from the Latin “*communis*,” meaning to share, and as such it requires a sender and receiver. Active listening brings presence and aliveness to what most would say is a passive activity. When you combine open sharing and active listening in your communications, there is space for complete and total resolution. Nothing is left unsaid, and from that space of “nothing,” we can create anything.

### *Creative, Innovative & Passionate Leadership*

Raised Vibration was founded on creative, innovative and passionate leadership. It is from the space of holding these values that we provide products and services, and it is the filter through which we actively listen to our customers.

### *Playfully & Joyfully Serving*

If we're very smart or very lucky or blessedly both, there comes a particular point in each life when we rediscover our purpose. We believe that often, as Mahatma Gandhi said, your purpose is best discovered when you “lose yourself in the service of others.” And so we do, with joy and a sense of play in our hearts. We believe that's what life is all about—and that's how we play the **our** game.

### *Fun, Bliss & Deliciousness*

Finally, this is the spirit with which we at Raised Vibration create anything, and this final value says it all for us. If it isn't fun, if it isn't blissful, if it isn't totally delicious, if it doesn't serve us **STOP IT!**

**Watch "STOP IT" with the Inimitable Bob Newhart to see what we mean!**

**CLICK HERE — or copy and paste this URL into a new browser:**

**<https://raisedvibration.com/stop-it>**



# The V.I.B.E. System



V.I.B.E., System, is all about **your** V.I.B.E.. Every component is designed to raise your vibration and keep you vibing high. Not so coincidentally, together they comprise a handy little acronym that makes them easy to remember: **V**isualize, **I**ntend, **B**elieve, and **E**xperience. Together, they are the keys to the manifestation kingdom.

*Let's take 'em one at a time:*



# Visualize

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Verb (used without object)

- To recall or form mental images or pictures.

Verb (used with object)

- To make visual or visible.
- To form a mental image of.
- To make perceptible to the mind or imagination.

*Everything you can imagine is real. ~ Pablo Picasso*

Some people find it easier to visualize than others, but for everyone, it comes more readily with practice.

*Here's a simple way to start: go outside and stay really present to whatever you find there. Engage with all your senses by seeing what is around you, smelling the aromas in the air, hearing the sounds of nature or humans or traffic, feeling the ground beneath your feet and the wind against your skin.*

*Now go inside, relax and close your eyes. How much of this experience can you recreate in your mind? If you're having a hard time bringing your experience back to life, you're not doing anything wrong. You're just new to visualizing, and it would be great idea to strengthen this skill through the art of practice.*

**Note:** Everyone benefits from regular practice, no matter what their skill level or degree of expertise.

*A sample practice: sit meditation style (or, if this is super-uncomfortable, sit upright in a hard-backed chair—if you're really physically challenged, you could even lie down). Close your eyes, and take a few nice, deep breaths, making sure to expel as much of the air from your lungs as possible on the exhale (doing this at a rate of about six breaths per minute—in for a count of five, out for a count of five—has been shown to calm your brain). Now open your eyes, and imagine a ball in the palm of your hand. Pay close attention to it: what color is it?*

*How does the material feel against your skin? Is it heavy? Solid or hollow? Smooth or textured? Give the ball as much detail as you can. When you feel as if you can really see and feel the ball in your mind, play with it: see if you can make the ball hover just above your palm, or spin in a slow rotation. Practice this exercise until it comes with more ease.*

## Visualize, cont.

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Visualization techniques have been used for centuries. The reason they work is kind of mind—blowing: **neuroscience has shown us that your brain cannot distinguish between a real and imagined experience.**

In other words, when you visualize something and give it enough detail, your brain fires neural connections and puts out the same natural chemicals as if the experience were actually happening at that very moment. This is the first step of manifesting your visualizations into reality: getting your brain on board with the idea that whatever you want, whatever you visualize, is true and real.

*Whatever the mind pictures and expects, that it will also build and produce for you.~ Catherine Ponder*

## Intend

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Verb (used with object)

- To have in mind as something to be done or brought about; plan.
- To design or mean for a particular purpose.
- To direct (the eyes, mind, etc.).

The word intention is from the Latin “*intendere*,” which, fascinatingly, means “to stretch forth.” The Romans meant it literally—the roots of the word come from the Latin word for “bow string”—but over time, from the 13th century’s St. Thomas Aquinas onward, intentionality became a larger concept, the ability to stretch one’s mind and project/extend our beliefs out into the world.

There are many who use the word intend without much oomph behind it; some use it simply to convey having some sort of plan, whether acted upon or not: “I intend to lose 30 pounds.” But in metaphysical terms, intention is much more. It is, in fact, the second key component of manifestation; without intention, visualization is just a pretty dream.

Thus when we talk about “setting intentions” or “acting intentionally,” in many ways, we’re returning to the word’s Latin origins. Our intentions are not just well—meaning or vague plans, but bow strings pulled taught, ready to launch the arrows of our visions into reality, into our present and our future.

*The most important thing we can do right now is state our intention.  
The Universe always follows your command and you will be amazed how  
quickly things start shifting for you. ~ Sabrina Reber*

## Intend, cont.

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As in everything we do, becoming adept at setting and holding intention means working this skillset, this muscle, in order to grow strong. Here are some ways to tell if you need work in this area:

- You don't really have any specific goals or plans.
- You have intentions, but you don't follow through with them consistently.
- You don't have intentions, exactly, but you take a lot of actions. (We all know someone who is always on to the next Big Thing—yoga, green juicing, raw food, Zumba, drumming, chanting, meditation—without really sticking with any one of them, in part because they haven't determined what they want out of the experience.)
- You cave easily under societal, peer or familial pressure.
- You feel lost, stuck or rudderless.
- You wish someone would just tell you what to do.
- You find yourself doing things you didn't "mean" to do (overeating, drinking that third margarita, buying something you don't need, etc.).
- You have a pattern of blowing off commitments or cancelling things at the last minute.
- You say "no" a lot more than you say "yes."
- You have no idea what you want to be doing an hour from now, let alone a year from now.

So how do we get better at setting and holding intentions? The first step is **awareness**. When we are honest with ourselves, we recognize that even refusal or unwillingness to choose is, in itself, a choice. Inaction is a kind of action. Saying "no" to something inevitably means saying "yes" to something else—even if that something else isn't something you want.

**A sample practice:** *first thing in the morning, or perhaps even the night before, set an intention for your day ahead. This could be something very specific ("I intend to finish my taxes") or it could be general ("I intend to feel healthy.") As you proceed through your day, ask yourself if each action you take is in alignment with this intention or not, almost like playing "hotter/colder" like a child. Is surfing the Internet in alignment with your intention to complete your taxes?*

*Perhaps, if you are getting support, resources or information. Maybe not so much if you are playing Bejeweled. Is lying on the couch eating Cheetos in alignment with feeling healthy? How about taking a bath? Walking the dog? Meeting a friend?*

## Intend, cont.



*Notice that when your actions are in alignment with your intention, your day feels easeful and good. Notice that when your actions are out of alignment, there's sort of a sticky, icky feeling of guilt, anger or rebellion.*

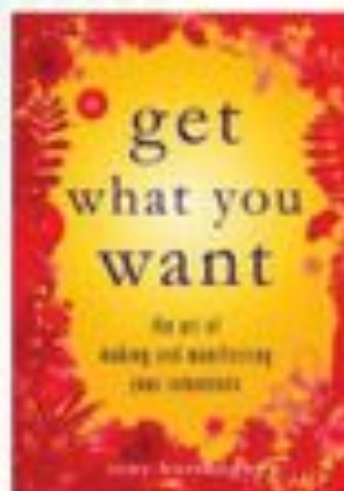
*Setting an intention isn't simply about making empty promises to yourself. It's about holding that intention in mind as you move about your day and through your life. Let your intentions bring you back to center, and remind you of who you are and who you want to be.*

If this didn't go as you hoped, no worries. Every day, every moment, is another chance, another opportunity to choose. Set a different intention. Hold it gently, without effort or hyperfocus, the way you might carry a cup of tea across a room. Do you see how holding that cup of tea might change the way you move, the way you feel, the choices you make on that small journey across the carpet?

*Yeah, it's like that.*

*Intending is a combination of an "I want" and an "I expect". ~ Lynn Grabhorn*

**Here are few great books that will expand your capacity around INTENDING.**



Visit our book store for more recommended reading material.  
CLICK HERE or copy and paste this URL into a new browser:  
<http://raisedvibration.com/shop>

# Believe

Verb (used without object)

- To have confidence in the truth, the existence, or the reliability of something, although without absolute proof that one is right in doing so: Only if one believes in something can one act purposefully.

Verb (used with object)

- To have confidence or give credence to.
- To have a conviction that (a person or thing) is, has been, or will be engaged in a given action or involved in a given situation.

Believe is a word with no clear history—it has its roots in many different languages, and, charmingly, seems to have originally meant “to care for, to hold dear.” We wonder how much more tender people might be with themselves and each other if they considered their beliefs something to nurture and cradle, instead of angrily defend or espouse?



*There is nothing good or bad, but thinking makes it so. ~ William Shakespeare*

In manifestation terms, belief is the engine that drives visualization and intention. Someone can sit in his or her room, rocking on the bed, and chant, “I have a million dollars, I have a million dollars,” but without belief in (or action taken upon) this affirmation, it has no juice.

Change-makers and thought—leaders from Shakespeare to Byron Katie to Eckhart Tolle have all espoused some version of the following wisdom: while we may not always have control over our circumstances, we most definitely have control over our response to them. Our responses are formed by our beliefs, and our beliefs, in turn, make up our stories. The stories we tell ourselves can take on a life of their own,

whether they are objectively, factually true or not. If a man believes he is rich in abundance, then he is. If a woman believes that she is unlikeable, that is probably also her experience of reality as well. Here’s how believing comes into play in the V.I.B.E. System: when you marry your visualizations and intentions with the unwavering belief that they are your reality, you are igniting them with intense rocket fuel. Conversely, without any belief in your visualizations or intentions, your rocket is simply a pile of metal sitting on the launch pad.

## Believe, cont.

Author and coach Brooke Castillo has done a wonderful job of distilling the wisdom of many visionaries and teachers around belief work and turning it into an easy—to-understand exercise. In her formula, which she calls Self Coach 101, circumstances give rise to a thought, which in turn creates a feeling. That feeling leads to an action (or inaction), which then produces results.

Fascinatingly, our results almost always prove our original thought (whether true or untrue, painful or joyful) to be true.

The example Brooke uses most often: a woman gets on a scale and it registers that she weighs 200 pounds. This is a circumstance—a fact. But, like any human being, she'll have a thought about this fact. For most women, that thought will be something close to "I'm so fat, I'm never going to lose this weight."

That thought is just plain depressing, frustrating, hopeless and sad. Filled with these emotions, what actions will this woman then take? We don't know about you, but we'd be likely to go downstairs and eat everything in the kitchen. Why not—apparently we're never going to lose weight! And so, after doing this for a few weeks, our hypothetical woman steps on the scale and gets her result: she now weighs 202 pounds. Bingo! She has manifested and proven her original thought: she can't lose weight.

Notice how everything can shift, however, if she changes her thought—her belief. Let's say she gets on the scale, sees that needle at 200 pounds, and thinks, "I'm working on eating more healthfully." With this belief, she likely feels hopeful and empowered, and so when she goes downstairs for breakfast, she'll probably make healthier choices. Her results, after a few weeks, will be totally different.

*To believe is to enter into your truth and live out your life from this reality. We often mistake believing for wishing, "I wish that was true of me." Believing is not observing or acknowledging something to be true. To believe is to enter into the dimension where transformation and manifestation take place. Believing is a conveyor into your desires fulfilled. There is a sacred place within the secret garden of your heart where all that grows here is what you truly believe. ~ Keith Allen Kay*

## Believe, cont.

So how good are you at believing? You might need work in this area if:

- You are often cynical or pessimistic about things working out.
- You need to do a lot of research and fact—gathering before you're able to believe in something.
- You don't have much trust in yourself or others.
- You feel that life, the Universe, God or whoever else you might worship "lets you down."
- You routinely say things you don't actually believe.
- You feel believing in stuff is for children and the gullible.
- You look to others and to external sources to figure out what to believe.
- You'll "believe it when you see it."
- You are afraid to dream big and believe for fear of being disappointed.
- You don't know what you believe in.



*A sample practice: Take an area of your life in which you feel especially stuck, and find the painful belief you are holding about this circumstance. It could be something relatively small ("My toes are gross") or something pretty big ("I don't deserve to be happy"). See if you can nudge this thought upwards a little to a slightly better one, but one in **which you can completely believe**. ("You know, everyone's toes are kind of weird if you think about it too hard," or "I deserve to enjoy one evening at home."). Notice the energetic difference between your original, painful belief and your new, slightly better one. Holding that belief, observe the difference this makes in the moment and in moving forward. Notice that you can **choose to believe** whatever you want about this circumstance—so why would you choose something painful?*

As you play with better-feeling, more forward—thinking and hopeful beliefs, believing comes more easily, more naturally. If something isn't working for you, the first place to check in is with the beliefs you are holding about it. Our beliefs really do shape our world.



*Beliefs are the determinant of what one experiences. There are no external "causes". ~ David Hawkins*

# Experience

Noun

- The observing, encountering or undergoing of things generally as they occur in the course of time.

Verb (used with object)

- To have experience of; meet with; undergo; FEEL.

The Latin for this word means, in part, “to try, test”: *experiri*. Remember our hypothetical dude rocking in his room and affirming that he has a million dollars? Until he gets out of that room and takes some kind of action, translates his desire from thought into experience in the sense of trying and testing, it’s all just the mumbo—jumbo critics of *The Secret* believe it is.

So our guy needs to get out there and take an inspired action—or two, or three or fifteen. It’s essential that the action feel good (robbing a bank could net him a million dollars, but it sure comes with a boatload of fear, risk and guilt), that it spring organically from his visualizations, intentions and beliefs, and that it put him on the path where those big bucks can find him.

That might mean starting his own business. It might mean inventing something and patenting it. It might mean buying a winning lottery ticket. Heck, it might mean just being in the right place at the right time. Odds are, that place is not his bedroom.

And so we test, we try, we *experiment*. It’s like our game of hotter/colder. Does this feel right and good and joyful? No? Then how about *this*? Or if we do it more like that? We take all of the tools that have gone before—our visualizations of what we want, our intention that we can expect what we want and our belief that what we want is achievable, and we load it all up in this cool little vehicle of experience; we take our act to the road.



*The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.*

~ Eleanor Roosevelt

## Experience, cont.

How experienced are you at—well—experience? Is this an area of struggle for you? You might want to boost your super—powers here if any of these are true for you:

- New experiences frighten you.
- You assume experiences will go badly.
- You don't need to experience something for yourself; you'd rather read a book or see a TV show about it.
- You like to order the same thing at your favorite restaurant; you go to the same place on vacation every year; your wardrobe consists of one or two colors—in short, you like routines.
- If the first couple things you try don't work, you tend to give up.
- You're okay with new experiences—as long as you're not alone.
- You want to try new things, but you have a lot of negative self—talk in your head.
- You have trouble letting go.
- You feel judged by others and are worried about what they think.

You'll try anything—as long as someone points you in the right direction first!

*People never learn anything by being told, they have to find out for themselves.*

~ *Paul Coelho*

Very young children are fiercely brave experiencers, which is why it's up to us grown—ups to keep them from pulling a hot pan off the stove, sticking a fork in the light socket, or putting sand in their mouths. They have no preconceived ideas about what will work and what won't, no inner critic telling them that they can't.

*A sample practice: Try an entire day of all-new experiences. This doesn't have to be big and scary. It could be as simple as driving to a town to which you've never been and don't know much about, walking into a restaurant without reading the menu and picking something random, buying a book without reading the jacket blurb just because you like the cover or tuning in a radio station you never listen to. The idea is to follow your gut, listen to the songs and the whims of your heart and have experiences that haven't been “pre—digested” for you with reviews, write—ups or word of mouth.*

See how new experiences free you and open you up to new ideas, new ways to be in the world.

*You cannot help but learn more as you take the world into your hands. Take it up reverently, for it is an old piece of clay, with millions of thumbprints on it.*

~ *John Updike*

## Levels of Vibration Explained

When we talk about levels of vibration, we're not just talking New Age woo—woo; we're actually talking quantum physics. At one point, you probably learned in school that nothing is truly "solid," as it appears. Glass is actually a liquid, albeit one that flows so slowly we can only see the effects over decades, as in the old, rippled glass of Victorian windows. Everything and every one of us are made up of atoms in constant motion—in vibration, if you will.

## We Are All Energy

Matter vibrates at different rates of speed. Ice, for instance, has a low vibration level—its atoms move very slowly. Water moves somewhat faster—a medium vibration level. And  $H_2O$  as steam is made up of diffuse atoms moving very quickly, in a relatively high vibration.

If you accept the science above, then it's not a stretch to understand that the cells in our own bodies vibrate at higher and lower levels. When we are vibrating at a slower (lower) level, we experience life at this frequency, since we attract experiences and things with the same vibrational level we're putting out into the world. It follows, then, that if we raise our vibration—tune into a higher frequency—we will attract higher vibration experiences.



When you get into using the V.I.B.E. tools, you'll see that one of the most important ones is the V.I.B.E. rating—a way to check in with yourself and see how you're feeling (at what level you are vibrating), identify what's going on for you at the time and get some practice in raising that vibration at first gradually, and eventually in a nanosecond.

## Levels of Vibration Explained, cont.

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We use the following three layers of vibration to help you determine where you are in your life right now. The point of the game is to reach the third layer, so you can connect to all that is and attract the high vibration experiences you long for!

### High Levels: The V.I.B.E. Zone

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These are the highest levels and where all the magic takes place. This is where you are V.I.B.E.ing high, and where manifesting power, peace, love and grace are all fully present within your being. With practice, you will learn how to live at this level intentionally and effortlessly, instead of just hitting it occasionally by chance. Vibrational levels, which we've identified by number for ease of reference, are each associated with different feelings. If you're not sure where you're V.I.B.E.ing, checking in with the sample emotions listed will help you learn to identify where you are:

- 10 Peaceful, Blissful, Illuminated, Enlightened, Conscious, Ineffable (too big to be expressed in words)
- 9 Loving, Joyful, Serene, Complete, Oneness, Relaxed, Content, Grateful
- 8 Understanding, Wise, Reasoning, Compassionate, Creative, Helpful

### Mid Levels: The Ordinary Zone

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The name is fitting, as this level is basic, ordinary and common to most daily existence. Most people tend to live at these mid-levels, and, if they are conscious of it, can begin to be aware of having some power over their lives.

- 7 Optimistic, Hopeful, Inspired, Merciful, Accepting, Harmonious, Energized, Playful, Appreciated
- 6 Courageous, Empowered, Trusting, Neutral, Satisfied, Included, Open, Interested
- 5 Proud, Vengeful, Angry, Hateful, Demanding, Indifferent, Antagonistic, Justified

### Low Levels: The Dead Zone

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Ugh, it just feels plain icky to live at these levels. Hanging out in this low layer generally means experiencing a life full of self-destruction and getting in one's own way, a life below a certain level of consciousness and intention. There is no need to feel shame about experiencing these levels—we all dip into them from time to time. It is when we are stuck here that we are truly in despair—and when change is really not possible.

- 4 Fearful, Anxious, Disappointed, Denying, Desiring, Nervous, Annoyed
- 3 Grieving, Hopeless, Regretful, Tragic, Disdainful, Apathy
- 2 Guilty, Blaming, Jealous, Embarrassed, Ignored, Overwhelmed, Frantic
- 1 Miserable, Ashamed, Despairing, Trapped



### LEVELS OF VIBRATION

	<b>High Levels</b>
	10. Peaceful, Blissful, Illuminated, Enlightened Conscious, Ineffable
	9. Loving, Joyful, Serene, Complete, Oneness Relaxed, Content, Grateful
	8. Understanding, Wise, Reason, Compassionate Creative, Helpful
	<b>Mid Levels</b>
	7. Optimistic, Hopeful, Inspired, Merciful, Accepting Harmonious, Energized, Playful, Appreciated
	6. Courageous, Empowered, Trusting, Neutrality Satisfaction, Included, Open, Interested
	5. Proud, Vengeful, Angry, Hatred, Jealousy Indifferent, Antagonistic, Jealous
	<b>Low Levels</b>
	4. Fearful, Anxious, Disappointed, Denying, Desiring Nervous, Annoyed
	3. Grieving, Hopeless, Regretful, Tragic, Disdainful Apathy
	2. Guilty, Blaming, Jealous, Embarrassed, Ignored Overwhelmed, Frantic
	1. Miserable, Shameful, Despairing, Trapped

## Awareness IS Everything

*If you want to awaken all of humanity, then awaken all of yourself, if you want to eliminate the suffering in the world, then eliminate all that is dark and negative in yourself. Truly, the greatest gift you have to give is that of your own self—transformation.~ Lao Tzu*

The entire purpose of the V.I.B.E. System is to bring participants to a new level of awareness. When someone steps up to play out their biggest and grandest dreams—yes, it's scary, and yes, it should be, and yes, it's okay!—it opens the door to the kind of self—awareness that otherwise lies dormant underneath the mundane daily grind of life. So many of us are accustomed to being on autopilot as a self—defense mechanism. If we don't stay half—asleep, we miss out on the biggest, best parts of ourselves—but we also have the illusion of being safe.

When we fully awake to ourselves and to all the possibility life has to offer, it can be frightening and even overwhelming at first. It's like smashing your TV after years of numbing out in front of its pseudo—comforting, flickering blue light. An abrupt transition can be jarring and fiercely uncomfortable; we crave the familiar, even if the familiar was stultifying. That's one of the reasons we ask you to rate your V.I.B.E. level—so you can become aware of the people and circumstances that help keep you playing small. If you only used this one tool, you would still benefit greatly. Awakening to your vibrational levels and noticing what is within and without is huge. HUGE.

*Awareness is the greatest agent for change. ~ Eckart Tolle*

As you move up through the levels at your own pace, you'll begin to see that holding a higher vibration feels good. Even more interestingly, when you vibrate at a higher level, it has an impact on everything and everyone around you. You'll notice that the dynamics of your relationships change, your “luck” increases, you'll find that things that used to feel hard now seem to come more easily, from the mundane (hey, you really need a quarter for the parking meter and there's one right on the street!) to the profound (your teenager, who has been ignoring you for approximately six months, suddenly comes up and gives you a hug). What was once so scary will be joyful. And that joy will be reflected back to you from the world around you.

*Causes and results are infinite in number and variety. Everything affects everything. In this universe, when one thing changes, everything changes. Hence the great power of man in changing the world by changing himself. ~ S.N. Maharaj*

## The Purpose of Fun & Play



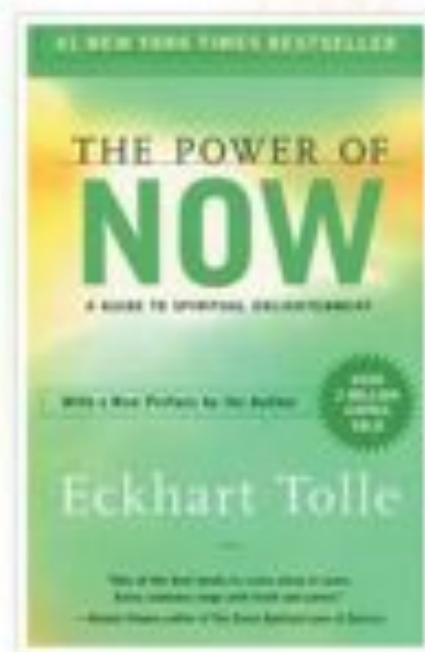
Watch a child play. They are completely present in the moment—so much so, in fact, that attempts to pull them out of it and redirect their attention elsewhere are often met with tears.

Play helps anchor us to the present, but sadly, most of us lose our natural playfulness as we take on the responsibilities of adulthood. We also lose access to the higher vibrations associated with play, and find ourselves caught in the lower vibrations of fear, anxiety, depression, frustration, guilt and shame. Filled, physically and emotionally, with all this heavy weight, we find it almost impossible to conceive of the idea of play, let alone give ourselves over to it.

Why is the present moment so important? [Eckhart Tolle](#), our modern—day evangelist of, as he titled his seminal work, “*The Power of Now*,” articulates this beautifully when he writes that all any of us have, child and adult, is the now, the present moment. The past is in our rearview mirror; the future lies outside our present grasp.

All of our wants, wishes, dreams and desires come to fruition only in the very moment that they do. This does not mean that our dreams have no power—in truth, as we discussed above when articulating Visualize, Intend, Believe and Experience—they are essential to moving forward. However the magic of manifestation requires not just dreams and intentions, but also that we raise our vibrational level to match that which we seek, and that we hold that energy in a consistent yet playful way.

Confused? Consider these cliches (and remember that cliches, while a groan, exist because they have a kernel of truth): people tend to find love when they’re happy and out there in the world but not specifically looking; couples with infertility issues sometimes get pregnant when they take a vacation from treatment and have fun with each other without attachment to outcome; cats are drawn to the very people who don’t especially want to pet them.



## The Purpose of Fun & Play, cont.

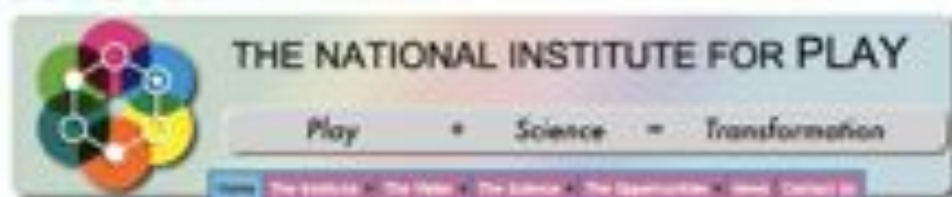
What gives? The answer is in what happens when we play: we are more open to what comes and the manner in which it arrives. When someone is desperately seeking (money, love, health, a baby, getting a cat to like them), their energy is grabby, sweaty and icky. In the world of V.I.B.E., we dream big dreams, we hold the intention, we take inspired actions that feel good, we believe we are worthy, we open ourselves to experiences—AND we do it with a childlike sense of wonder and play. This keeps our vibration high. We are not wallowing in the depths of neediness, lack, despair, scowling effort and self-flagellation if it doesn't "work."

*The opposite of play is not work, it is depression. ~ Brian Sutton-Smith*

So how to rediscover this sense of play, this being in the moment? Will power, ironically, is of little help here—remember being ordered as a child to "go outside and play"? Paradoxically, it seems that we must play in order to relearn how to play. Yes, like all the things we've talked about up until now, even playing requires practice.

According to the [National Institute for Play](#) (and isn't it beyond cool that such an entity exists?), there are seven patterns of play:

- » Attunement play
- » Body play & Movement
- » Object play
- » Social play
- » Imaginative and Pretend play
- » Storytelling—Narrative play
- » Transformative—Integrative and Creative play



All of these patterns are equally beneficial, and any one of them will help you regain your sense of play. But it is the final pattern, number seven, that we can most powerfully harness our creativity and ability to manifest.

## The Purpose of Fun & Play, cont

The NIP itself says that “we can access fantasy—play to transcend the reality of our ordinary lives, and in the process germinate new ideas, and shape and reshape them. Given enriched circumstances, and access to novelty, our play drive takes us into these realms spontaneously. Whether like Einstein imaginatively riding pleurably on a sunbeam at the speed of light, or a light-hearted group of IDEO corporation designers wildly imagining a new product, each is using their playfulness to innovate and create. With the advent of brain imaging technology, these natural tendencies, so important to adaptation in a changing world, may be better understood and fostered. Play + Science = Transformation.”

*Play + Science = Transformation.*

That's really worth repeating, because it's what the V.I.B.E. system is all about:

We raise our vibration (a scientifically observable phenomenon) by playing with visualization, intention, beliefs and experiences. And in this way, we—and our lives—are transformed.

*"The truly great advances of this generation will be made by those who can make outrageous connections, and only a mind which knows how to play can do that." ~ Nagle Jackson*



# Expanding Your Capacity for Greatness

“Great” is such an overused word that it almost seems meaningless, doesn’t it? From Tony the Tiger (“Grrrrrrreat!”) to sarcasm (“Oh, great.”), greatness is, of course, in the eye of the beholder (and in the tone of voice).

What we’re after here is bringing out the greatness in each of us—and make no bones about it, each and every one of us is blessed with the capacity for greatness. It doesn’t have to look big, or profound, or like being a famous athlete or public figure; greatness can be a quiet inner experience.

Although we are often born with gifts that evolve into greatness (Mozart, piano, age three), achieving that greatness takes everyone (even Mozart) hours and hours of practice and focus. So if we’re going to be spending all that time on something, it makes sense to make sure it’s something we really, really love. Otherwise, we’re in for a rough ride (consider countless child stars who got pushed into something they were too young to know if they really loved, and how many of them self-destructed).



It sounds obvious, but figuring out what you really love to do and are passionate about is key to living a life you love. Duh, right? But millions spend a lifetime doing things they don’t love, stuck in careers, relationships, homes, cities and even personas they don’t feel passionately about even a little bit.

The greatness inside of you can only be expressed when you let your true, authentic self out to play and when you allow that self to do what it loves most. We’re talking about the kinds of activities that delight you so much that you lose track of time when engaged in them.

Some people will insist that there’s nothing they love to do that much. Others have things they think they “love” that are actually acts of despair and self-destruction. If you’re not sure what it is you love to do—or if what you think you love to do isn’t making you happy, like eating junk food, shopping binges, drinking and other addictions—cast your mind back to your childhood. What did you love to do then? What was so awesome that when you were playing, you wouldn’t even know the whole afternoon had gone by until your mom called you in to dinner?

## Expanding Your Capacity for Greatness, cont.

We can hear the dissenters arguing that there can be no possible way to translate love of Barbie dolls, action figures, pogo-ing or playing in puddles to adulthood. But they're wrong. Let's take Barbie as just one example: what did you love about playing with these dolls? Dressing them up? (You might feel passionately about clothing design, or style.) Creating the "plot" for the play that would ensue? (You may be a natural-born writer, storyteller, or screenwriter.) Acting out that plot, doing all the voices? (You may be passionately interested in acting, public speaking, speech-writing, voiceover work.)

Once we identify what we love, we focus. Because what we focus on expands. Neuroscientists put it a different way: what's fired—as in special neural connections associated with specific actions—gets wired, which means we gain expertise—greatness—by continually repeating what we love to do.

If we are focusing on our grandest visions and wildest dreams—the ones that make our hearts sing and make us lose all sense of time—we are definitely expanding our capacity for our own unique self expression.



FOCUS

And we think that's **great**.

*Every human body is in reality a transmitter for the powers for the self within.*

~ C.W. Leadbeater

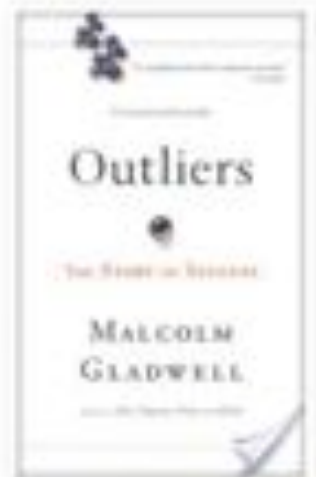
## Practice Makes Perfect

We've been returning to this theme of practice pretty steadily, and with good reason: everything we learn requires practice to attain proficiency. It's also worth mentioning that inherent in the experience of practice is also the experience of failure.

Oh, how we hate to fail! And yet we've been doing it on the way to success since we were born. How many times do you think you dropped a Cheerio from your chubby clenched fist onto your high chair tray before managing to maneuver it into your mouth? Did the repeated failure teach you to give up on the idea of feeding yourself? Heck, no. You simply kept at it, because you wanted that Cheerio and it never occurred to you that you weren't, at some point, going to get it.

You practiced. You sucked at it. You kept practicing. You got better. And voila! By now, you are an expert Cheerio eater. You probably haven't accidentally inserted one into your nostril in years.

Malcolm Gladwell, in his book "*Outliers*," posits that anyone can be proficient—even expert—at anything, once they cross the 10,000-hour mark in their practice, whether that's 10,000 hours of playing the piano, writing software code, yodeling, or skiing. Gladwell gives examples ranging from the Beatles to Bill Gates, and postulates that their success came not from inborn talent or sheer luck, but rather from dedication to the practice of their chosen passion.



A person with a full-time job works about 2,080 hours a year. If Gladwell is right, it takes five years of full-time work to become expert at something.

That sounds like a lot of effort, doesn't it? But we're not suggesting you spend 10,000 hours & five years doing something you hate. We're talking about inspired actions, those activities that make your heart sing. And we're not saying you won't gain proficiency or enjoyment before you've reached that 10,000-hour mark. We can learn to play the guitar at a rudimentary level in an afternoon—we just won't become virtuosos for a while.

Similarly, when it comes to V.I.B.E.ing, you'll see the benefits of raising your vibration and begin attracting better experiences to you right away. But oh, baby, oh: imagine what things may come after some focused, intentional practice?

*Practice isn't the thing you do once you're good. It's the thing you do that makes you good. ~ Malcolm Gladwell*

# The Law of Vibration



Albert Einstein proved that we can break matter down into smaller components. Break them down small enough, and we move beyond the tangible and material and into a realm where everything is energy.

This is the Law of Vibration, a law of nature that states that nothing is ever at rest; everything moves, or vibrates. The lower the vibration, the slower the vibration; the faster, the higher. The difference between the manifestations of the physical, mental, emotional and spiritual simply result from different levels of vibrating energy, or frequencies. So, while fear, grief and despair vibrate at a very low frequency, love, joy and gratitude vibrate much more quickly.

Turns out the very molecules of our body are controlled by these frequencies—and that this vibrational energy is far more efficient at relaying information than physical signals like hormones and neurotransmitters. We can think ourselves into a different state of physical being simply by raising or lowering our vibration and working with the emotions associated with those frequencies..

More significantly, science shows us that when two frequencies are brought together, the lower will always rise to meet the higher (this principle is called resonance). For example, if a tuning fork is struck close to the piano string that's out of tune, the string raises its vibration automatically and adjusts itself to the same rate of vibration as the fork.

We, and our world, work the same way. Using this idea of resonance, we actually increase our molecular vibration with thoughts of love, joy and gratitude. The faster we vibrate—the more we stay in the raised vibration of higher emotions—the more we create the energy Einstein discovered, and the more we, like the tuning fork, attract high-frequency experiences, people and spirituality into our reality.



*With very little time and effort, you will find your heart singing in your joyous alignment with who you really are! And, in this wonderful-feeling vibration where no resistance exists, you will be in an exaggerated state of ALLOWING — you will be in the vibrational state where the things that you desire can flow easily into your experience. The better it gets, the better it gets!*

~ Abraham-Hicks

## Your Online V.I.B.E. System/LIFE PURPOSE Tools

The Raised Vibration suite of online “LIFE PURPOSE” tools are designed to change your life from the first day you begin working with them.

We built this robust website with every visioning, journaling, assessment, wishing, dreaming, planning and scheduling tool we had on our own wish list—and our standards are very high! The result is this: the one and only system you’ll ever need to stay on task, remain in alignment with your values and purpose and live the life of your grandest visions and wildest dreams.

The V.I.B.E. System leads you to a powerful shift in your perspective on life by helping you focus on and articulate what’s vital to you, create inspired action steps in the direction of your dreams, and achieve more than you ever thought possible in this lifetime. Some of us struggle with dreaming—we are holding ourselves back, afraid to hope, afraid to go big. Others know the whisperings of their heart but don’t know how or when to act. Still others have their dreams and vague ideas about how to achieve them articulated for themselves, but just aren’t taking those crucial steps.

Having dreams is the first step for you; making your life happen is the next step—and the most important one, at that. You want to live your dreams, but you may not know how or when to move forward. You find yourself resisting, thereby denying yourself of what you can truly be. Through the V.I.B.E. System, you will finally get what you want in your life and live the way you have always wanted to live. Join us and unleash that power within you!



# Your Unique Life Purpose Area



My Purpose

MY PURPOSE DECLARATION

What is your purpose in life? Type your purpose, or what you think your purpose might be in this area. If you don't know it yet, that's okay! Leave this area blank for now. We will assist you in this discovery along the way. :)

MY HIGHEST VIBE POWERS

Come up with 3 to 6 words that describe your greatest strengths and abilities. What do people say about you that they most admire? What are your character traits that you most admire about yourself? List those here.

I AM MOST PASSIONATE ABOUT...

This is where we encourage you to begin, by creating your own personal mission statement. It doesn't need to be written in formal language as if you are a corporation, and, by the way, it doesn't have to be global in its nature—not everyone wants to or even should put on a cape and save the world. You might consider your life purpose to be mastery of a skill or emotion (to forgive, to find compassion, to release anger). You might want to go larger (to teach, to reach out, to touch the lives of others). You might want to pull out all the stops and go supernova (to raise the vibration of humanity, like us!).

Feel into this question of why you are alive in the world, without judgment of what comes up for you. It's also perfectly okay not to know this right away. If you find yourself struggling to articulate your purpose, or even to know what it is, breathe and release any anxiety around this. Work a little with the other tools for a while, and come back to this, or rough something out just to see how it feels to write it down. You may want to tweak or even utterly change your life purpose after you've worked with the V.I.B.E. System for a while.

*The two most important days of your life are the day you were born . . . and the day you find out why. ~ Mark Twain*

# Rate Your V.I.B.E.



This is one of our favorite tools, because it lets us not only capture how we’re feeling at a specific point in time, but it also allows us to see patterns. This isn’t simply about ranking your V.I.B.E. numerically, it’s also about choosing an emotion that matches your rate of vibration, and making notes about what is going on for you in that moment or on that day. In this way, we nudge our vibrations ever higher, both by being mindful and also watching for the peaks and valleys (“Hey, every Wednesday evening my vibration plunges through the floor—what’s up with that?”)

*I’m picking up good vibrations (oom bop bop good vibrations). ~ The Beach Boys*

# Big Visions & Dreams



The operative word here is “big.” This is big—picture dreaming, with space for you to describe your life as you want it and imagine it to be in ten years, five years, three years, and one year. The more rich and specific detail you put in, the more real these visions will be for you. And each detail (“I am living in a yellow stilt house on a beach outside Santa Monica”), the more easily projects (see below) and inspired actions based on those projects will suggest themselves.

When you’re writing out these visions, don’t self—edit or judge, and don’t, at this stage, worry about how all of this will come about. Worrying about what manifestation expert Mike Dooley calls the “cursed hows” will keep you thinking scared and small. Dare to dig down and dream big. It’s the best way to raise your game and live a larger life.

*Learning to disassociate your dream’s manifestation from the illusions that now surround you, to release yourself from the burden of figuring out the ‘hows,’ and to trust what can’t be seen, are the high watermarks of creative enlightenment. ~ Mike Dooley*

# Projects & Plans



This is the workhorse engine of the V.I.B.E. System, an accessible, intuitive guide that helps you take your big picture dreams and visions, get even more specific, assign and define projects that you will undertake to get you where you want to be, and break those projects down into six—month, three-month, one—week, seven—day and even ONE—DAY outcomes.

These more specific plans will help you articulate where you will be physically, spiritually, emotionally and financially at each of these benchmarks, as well as identify the friends, family members, colleagues, spiritual advisors, mentors and teachers who form your support system.

Projects can be small (clear the dining room table and keep it clean), moderately ambitious (land that promotion at work), or downright huge (sell everything and move to Costa Rica). The important component of this part of the V.I.B.E. System is to make this real and actionable for you. Dreams create powerful energy, but they must be married to intention in order to sprout wings and soar.

## Wishes & Wants Fulfilled



**RaisedVibration** Beta

### My 21 Wishes Fulfilled

A My Inspiration & Inspiration Station

Why 21, you will? Because 21 is a magic number for the sake of playing your tag life games and a starting point for you to get your wish motor running. Whenever comes to mind that you want to accomplish over the next few days/weeks/months/years or before this life is over, write them down here!

Then, tag your wishes to the right with all that apply. If none apply, don't tag.

**inspired** = When you achieved this wish are you still inspired by it?  
**action** = Do you see yourself taking action around this wish in the next few days/weeks/months?  
**community** = Does your wish require community support or will it involve other people in any way?

Wish	Date Fulfilled		Check All that Apply to Each Wish
	Desired	Actual	
1. <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> Inspired <input type="checkbox"/> Action <input type="checkbox"/> Community
2. <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> Inspired <input type="checkbox"/> Action <input type="checkbox"/> Community
3. <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> Inspired <input type="checkbox"/> Action <input type="checkbox"/> Community

This is the next step towards taking the images, dreams and wishes in your head and turning them into reality. We start with 21 wishes—21! It's a magical number!—clearly articulated and paired with specific actions you can then sync with your Google calendar. There's also space to check in and see if you're still feeling inspired by this wish over time, set a due date and determine whether fulfilling your wish requires community support or the involvement of others.

For example, let's say you want to learn to play the guitar. You'd write down this wish, set a date by which you'd like to accomplish this goal, establish actions to take towards fulfilling this wish (and sync them right to your calendar!) and then check in to see if you need others to help you (this example could go either way, depending on whether you prefer online lessons or podcasts to a real-life guitar class or teacher).

In this case, you might decide you want to be proficient on the guitar by the end of the year, that you intend to find a local guitar class and attend it and that therefore, yes, you need the involvement of others. Plug finding the class into your calendar as an action step, then plug in the actual class dates and practice times as well as the "due date." (Filling in the actual date when each wish is fulfilled is just as satisfying as you think!)

# Wishes & Wants Fulfilled



The Wants Form is a conscious, intentional and pragmatic form of affirmation. It starts with the exact item you want to attain or goal you want to achieve, then walks you through a series of thought—provoking questions, including identifying which of your strengths will help you, what perceived roadblocks stand in your way and establishing a due date. The System also asks you to envision what you will look and feel like—and even where you will be—when you realize your dream.

Finally—and significantly—the System asks you what you’re willing to give up in order to get what you want. (If I want to lose ten pounds, I might want to give up emotional eating; if I want to earn a promotion, I might want to give up long lunch hours). Then, just like the magic it really is, the V.I.B.E. System takes all this information and composes it into an affirmation for you to read aloud, every day or as often as you like, until your goal has been realized.

This isn’t mumbo-jumbo. Every time you review and restate this affirmation, you are raising your vibration (we know by now what that means in terms of attracting what you want!), reminding yourself of your commitment and actions you are willing to take to get it and affirming your deadline. You are taking those crucial steps that take your dreams from fluffy clouds to reality.

*Vision without action is merely a dream. Action without vision just passes the time.*

*Vision with action can change the world.~ Joel Barker*



Call ‘em vision boards, call them collages, call ‘em simply an entertaining hobby—but by whatever name you choose, our V.I.B.E. boards work. Creating a digital (and printable) board made up of images that inspire you, intrigue you, excite you and move you is a great way to visualize the life you want to live.

The V.I.B.E. System makes this easy as pie by providing you with several background templates and the ability to upload images from your own computer as well as download royalty-free images from several online sources. Create your library of images, then size them and move them around your board as you please. You can also use a text tool to add words, phrases and affirmations that resonate with you.

The resonation part, by the way, is truly important. Don’t short—change yourself by populating your board with photos of a Ferrari, a yacht, a house on the beach and a sexy mate just because you think that’s what you’re supposed to want. Dig a little deeper for images that are meaningful to you, images that light up your soul. These might be images of material stuff, but they might not. You might find yourself oddly moved by a photo of a baby kissing his own reflection in a mirror, or a beautiful tree, or a slide rule or an elk.



Creating an effective vision board can be a lot like interpreting dream metaphors; in both cases, the images come from the right hemisphere—the intuitive part—of your brain. In other words, don't overthink your board. Play with it. Have fun with it. Create something that purely delights you. Images of fancy cars and high—living can work for you if they raise your vibration—and they can totally backfire if these images make you feel anxious about how to get them or depressed that you don't have them or confused because you don't really want them.

Finally, when you're done, release any attachment to the creation you've produced. Don't worry about or obsess over how to get all that stuff into your life—or even about what it all means. (A beautiful picture of a leaf might represent your subconscious desire to be connected to nature, or it might mean something coming into flower or it might mean you just really like the color green.) Allow.

*This is the zone of reality creation: regularly picturing delights that don't yet exist, emotionally detaching from them, and jumping into action when it's time to help the miracles occur. I'm barely learning this, to be (in T.S. Eliot's words) "still and still moving." But in the moments I get it right, every step I take seems to be matched by a universal mystery, which obligingly, incredibly, creates what I can't. ~ Martha Beck*



The screenshot shows the 'RaisedVibration Beta' website interface. At the top, there's a navigation bar with links: 'About', 'VIDE Parties', 'LIFE Purpose Tools', 'FREE Updates', and 'Blog'. Below the navigation bar, there are four colorful icons: a blue one with 'LIFE PURPOSE', a green one with 'VIDE PARTIES', a yellow one with 'FREE UPDATES', and a blue one with 'ABOUT'. The main content area is titled 'Add a New Journal Entry'. It features a question: 'A question to get you thinking: What are you most grateful for today?' with a link to 'View Questions'. Below this, there are input fields for 'Date' (pre-filled with 'April 26, 2013'), 'Time' (pre-filled with '12:00 pm'), 'Classification' (pre-filled with 'Gratitude'), and a text area for 'Name this entry as if it were COMPLETE'. At the bottom, there's a large text area labeled 'Journal Entry'.

Many of our ancestors wrote faithfully in a daily journal, even if all they were recording were the bare facts of their existence: the weather, who they saw that day, what they had for dinner. Back then, it was a way to keep in touch both with oneself as well as a record for future generations.

We think journaling is still a great way to keep in touch with ourselves—and to practice weaving dreams into reality. The V.I.B.E. System makes it easy for you to journal every day by offering the space to do so right on your dashboard. As with so many things, we're so much more likely to do something if it's RIGHT THERE in front of us!

What can you get out of journaling? Almost anything you want to, really. But as part of the V.I.B.E. System, you'll likely be most interested in tracking your progress towards short—and long—term goals; making commitments to yourself by putting them in writing; exploring and processing thoughts and feelings; working out problems; and becoming more self-aware. As with the V.I.B.E. Rating, writing about what's going on for you is a great way to discover patterns, engage in higher—level reflection; and even have a major breakthrough or two, all in the safety of a space you share with no one except those to whom you give access.

You'll likely find, too, that a daily writing practice keeps your mind limber; it's easier to dream big when we are regularly exercising our brains and actually "listening" to ourselves.

*Life is wonderful when you're the one to write it. ~ Coco J. Ginger*

# Guided Meditations



Our minds are busy, busy places: “I’m late for work, why can’t I get organized? That guy in front of me is driving like an idiot. My pants feel tight. I wonder if my butt looks big. Maybe I should have a salad at lunch. GMO foods! I should give up sugar. Ooh, doughnuts, there are doughnuts at the office. I don’t like my office mate. My teenager acts like he hates me. This red light is the worst light in town. C#\$p, I forgot to pay the credit card bill!”

And on and on we go, an average of “tens of thousands of thoughts day,” and amazingly, we remain largely unaware of most them. Worse, neuroscientists say most of us have a tendency to focus on negative experiences and thoughts rather than positive ones. And since every time we think a specific line of thought, we wrap another sheath of myelin around that neural connection and make it stronger, every negative thought that passes through our head makes it much more likely we’ll get stuck in a cycle of negativity.

Meditation is a powerful tool for breaking this pattern. It releases stress, helps us notice and create positive experiences and intentions, and increases the ability to be present. Research shows that not only does meditation have significant physical benefits, from decreasing blood pressure and lowering cholesterol levels to alleviating depression and boosting immune function, it also boosts memory, focus, ability to learn, and restores us to a place of calm, grounded balance and helps us practice being the Observer in our lives—the part of you that notices your experiences without getting kidnapped by your stories and attendant emotions.



## Guided Meditations, cont.



As far as the V.I.B.E. System is concerned, meditation is the best practice we know for going beyond habitual, conditioned thought patterns into a state of expanded awareness, where we can connect to intuition, insight and infinite possibility.

Many newcomers to the practice of meditation find the idea of sitting still and clearing their minds intimidating, if not impossible. That's why the V.I.B.E. System includes guided audio meditations

to help relax and guide you through the process. We'll post a new meditation every month as part of your program. You can also buy additional meditations for download.

*Meditation is the tongue of the soul and the language of our spirit. ~ Jeremy Taylor*

## Inspired Actions Area

Imagine trying to win the lottery without buying (or having someone else buy you) a ticket. Imagine trying to learn to ski in the desert. Imagine trying to play the piano without a keyboard.

Manifestation = intention + inspired action. And this is the place to figure out the inspired acts that arise organically from the visualizations, dreams, plans, wishes and wants you've already articulated with the help of the V.I.B.E. System.

Equally importantly, this is the place to schedule those inspired actions, to put them right on your calendar as commitments you keep with yourself. All of us have experienced having a loose goal or want ("I wish I knew how to ride") without ever taking real action on it. (Hint: "I should take horseback riding lessons someday" doesn't count as an action, inspired or otherwise!)

Every dream, no matter how big, can be broken down into manageable, doable inspired actions. This is GREAT news. You can do anything—as long as you can break it down into small enough chunks. Let's say you dream of opening a patisserie in Paris—except you don't know how to bake, you don't speak French, you've never owned a business and you don't know anything about work visas. For many people, the sheer overwhelm would be the end of the dream right there.

We've addressed this before, but it's worth repeating: an inspired action is an action that arises organically and naturally from your goal, through reverse engineering (if you want to be able to be fluent in French in six months, where do you need to be in three? In one? In a week? What step can you take today?). An inspired action is also one that feels deeply good to you and/or makes sense to you in the context of fulfilling your wishes and wants.

*The vision must be followed by the venture. It is not enough to stare up the*



There are a bunch of misconceptions about life coaches: that they tell you what to do, that they know your answers, that they are simply cheerleaders, that they will yell at you or make you feel guilty if you don't follow through.

Nothing could be further from the truth. A coach is someone who holds the flashlight while you dig deep for your dreams, and points out if you missed a spot. A coach jumps right down into the pit of despair with you, because he or she has been there before, and knows how to help you find your way out. A coach holds you accountable to doing what you say you want to do and to showing up in your life as the person you say you want to be—without shaming or judging you. A coach helps you negotiate the tricky parts of your journey, helping you figure out why you're stuck or stalled or scared, and how to get moving again.

We call our coaches V.I.B.E. Partners, and they are waiting in the wings to support you along your journey. You can meet with a coach by phone or Skype for a single hour—a great way to get started and get help articulating your purpose and your dreams—or for one hour a week, or one hour a month. You can even join others and meet with a coach in a monthly group call (limited to twelve participants to allow individual interaction). This is a great option if you like to play in the sandbox with others and want to connect and share High Vibing tips and experiences.

No matter which you choose, you're making an investment whose returns are almost limitless: motivation, inspiration, support, accountability, clarity, partnership, encouragement, and joyful collaboration.

*The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires. ~ William Arthur Ward*

## Events Calendar



At Raised Vibration, we offer members the chance to attend playshops packed with exercises, tools and opportunities to connect, learn, and just plain have fun. We also host V.I.B.E. Parties full of playful, fun, creative activities designed to leave you inspired, aware and vibing high. Our parties bring people together to celebrate and appreciate life—not your typical stand—around—eating—cocktail—weiners gathering!

In both playshops and parties, we offer exercises and games to help you continue your exploration of just how easy it is to raise your V.I.B.E. instantly and experience how much more exciting and joyful your life can be. Best of all, you'll get to spend time mixing, mingling and meeting new, amazing people who are up to extraordinary things.

Some of our playshops are virtual and take place by teleconference; others are live—in—person events. Check out the Events Calendar on your dashboard to keep up with upcoming opportunities to get your V.I.B.E. groove on and grow.

*Surround yourself with only people who are going to lift you  
higher. ~ Oprah Winfrey*



## Assessments



Relax; we're not talking about the ACT or the LSAT here. Rather, this area of your member dashboard contains a wealth of fascinating assessments and evaluations designed to help you get to know yourself much, much better and to learn how to maximize your innate strengths while finding work—arounds for the areas in which you are not as strong.

Examples of great assessments you may already know of include the Myers—Briggs Type Indicator (MBTI); the TruValues questionnaire designed to help you zero in on the values that are most important to you and drive you; the Kolbe Scale—which measures not your IQ, skills or personality but rather the way your brain processes information and takes action most effectively; the Enneagram; the StrengthsFinder evaluation, and many more.

These are all just opportunities to acquire more data, and there is no right or wrong outcome for any one of them. They're designed to give you more insight into your essential self and how that self is best and most fully expressed and realized.

Take as many as you want—or completely ignore them. This is your game, remember? Your rules, well, rule.

*Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes. ~ Carl Jung*

# OTHER COOL STUFF

## Merchandise Discounts

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When you become a V.I.B.E. member, you get instant access to some serious discounts on great stuff—books, mp3 downloads, t-shirts, inspirational posters, scheduling and planning calendars, music and more. Every one of them is designed to help you keep your feet on your path and your vibration high!

## V.I.B.E. Bucks

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V.I.B.E. Bucks are like an airline's version of miles, or a retail store's program of points. You can earn V.I.B.E. Bucks in a number of different ways, but most importantly, the more we see you playing your big games, and reporting and sharing your successes with the world, the more V.I.B.E. Bucks you receive. And since there are so many ways to earn V.I.B.E. Bucks, there will be several ways to spend them too. Don't get too wrapped up in this just yet. FOCUS on playing your game and let the V.I.B.E. Bucks be the fun, mysterious SURPRISE they are designed to be.

## Affiliate Program

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It's important to start out by saying that Raised Vibration is not a multi-level marketing scheme, any more than Amazon.com, which also has an affiliate program, is. Giving a percentage of any membership fees we receive as a direct result of your referrals is simply good and standard business practice, especially online, and has been for years. Not only that, but the farther we spread the word—and encourage you to do the same—the higher the vibration we create in the world!

It works like this: you'll get 30% of every membership fee we collect, every time someone you refer becomes a Raised Vibration member. Simple. Straightforward. And something we very much feel called upon to do. If you've never done this sort of thing before, our affiliate section walks you through the process, step by step.



## Affiliate Program, cont.

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In the Internet world this is called a tier one referral. There's also a tier two referral. Many of our members are coaches, speakers, counselors, etc. with their own client base. If your referral has those kinds of connections and then, in turn, brings in their own clients, you'll get an additional 10% for these second tier members.

Here at Raised Vibration, we've all been approached by multi-level marketers (MLMs) with offers that just feel icky and sticky—and we've run away very fast. If this one feels icky and sticky to you? Don't do it.

But it's not a simple money-making venture for us. We are committed to our mission to raise the vibration of all humankind—yes, we really do dream that big! And we recognize that in our society, money is a powerful motivator. If we can offer an incentive that will help you while at the same time making the world a better, more fully realized, conscious place? Win—win!

## Your V.I.B.E. Community

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We've created an online forum where you can network, share ideas, form friendships and even do business with other V.I.B.E. members. Your membership grants you special visibility of your forum profile in discussions threads. The general public will use the forum whether they are members or not. It's a great way to stay connected, to bounce your energy off that of others and to better your relationship with yourself and the world!

*"Everything you will ever need to create the life you dream of, you will find in community. It is your job to expand your community to encompass ALL people, places and things that comprise your big visions and dreams. It's all right there waiting for you to join in and PLAY your game of life!" ~ Dian Daniel*

# Let YOUR Games Begin

It has been said that courage is both genius and magic. And while the V.I.B.E. System puts all the tools, exercises and support you need all in one place, you, ultimately, are the one who must take the actions that will change your life. We applaud your bravery in taking this first step towards showing up in the world and in your life the way you have always wanted to, and in owning your deservingness of the stuff of your wildest dreams.



*“Face any situation fearlessly, and there is no situation to face; it falls away of its own weight. Nothing stands between man and his highest ideals and every desire of his heart, but doubt and fear. When man can wish without worrying, every desire will be instantly fulfilled.” ~ Florence Scovel Shinn*

We could go on forever about this stuff—some of you may think we already have—but what it comes down to is this:

You’ve waited long enough. You’ve lived a life that is less—than, and now you’ve decided you’re ready to step up, show up and V.I.B.E. up.

*You’re in the right place. This is the right time.*

So there is but one thing left to do. Take a breath, relax your shoulders, smile and dive in. It’s time to start playing the game of life—YOUR way. We, and all our V.I.B.E. members, are your stadium of 100,000 screaming fans.

Let’s do this thing.

