

Soul Success Spiritual Growth Strategies for Raising Your Vibration

Three Simple but Extremely Powerful Practices That Raise Your Vibration

Higher vibrational frequency is the name of the game in experiencing joy, ease, peace, true wisdom and total Love. The higher we rise in frequency, the closer to Source we are vibrationally, and the more we experience the God-knowingness and true power of Source. Your frequency is correlated with the amount of Life Force you have flowing freely through you, so maintaining alignment with Source and allowing full and free flow of Life Force is crucial to experiencing the sublime realm of higher frequency. Here are some key strategies for staying aligned and moving Life Force through you:

Radiate Love unconditionally. When you stop tying your Love to people and other entities, your ego will find less reasons to withhold Love and pinch off the flow of Life Force, also known as "Love," through you. Ego will always find reasons why someone "doesn't deserve" your Love, or will shut down or diminish the flow if it thinks the object of your Love isn't open to receive it, etc. If Source-demonstrating the highest vibrational frequency-considered whether or not we were open to receive Love before allowing Love to flow, Creation would collapse! So, instead of loving someone or something, make it your practice to simply love, period! Loving, no matter what, just as Source does, is the key to maintaining higher vibrational frequency. And you can trust that your Love is always received-it is received by the receptive aspects of Source, thus completing the grand cycle of Love going out from, and returning to, Source.

Be impeccably honest. Honesty maintains you in the Flow of Life Force and Love. Dishonesty is of the ego, therefore, being dishonest necessarily removes you from the Flow. In order to be dishonest, which is an ego-manipulation strategy, you step out of Love and into the lower vibrational realm of duality, the misery matrix, the place where ego exists. While your ego may tell you that being dishonest is a survival strategy, it is telling you an untruth. Because there is no Life Force in duality, being dishonest depletes Life Force-hardly a survival move! Honesty is not only the way to stay in the Flow, or to step back into it if you've fallen for ego's misguided manipulations, your honesty provides an invitation back into the Flow for everyone connected to you. Of course, being completely honest with yourself is the first step.

Make joy your #1 priority. Joy is your emotional response to higher frequency, and your guide to whether you're in or out of the Flow. When you feel **joy-full**, you are in the Flow. When you are feeling less-than-joy-full, your ego has choked off the full flow of Life Force through you. When you're in the Flow, your energetic frequency is elevated due to the increased Life Force moving through you, and you experience joy and its constant companions, ease and peace, the state of being we all long for. The longing for joy is the carrot the Creator installed within us to assure that however far we dipped in frequency, we would always desire to come Home to the frequency level at which we were designed to thrive. When you make experiencing joy your first priority, your life aligns around that, and supports your staying in joy. When you are in joy,

whatever you create is in alignment with joy, so joy begets more joy! Contrary to popular belief, joy is not just the result of some sort of mystical coming together of favorable factors, but is the *result of continually choosing to be in vibrational alignment and in the Flow.*

To Raise Your Frequency, Just Turn on the Joy!

Joy is your feeling response to higher vibrational frequency

The feeling response to being filled up with Love from your Spirit is joy. Higher frequency energy-Love-activates a joy response in your emotional body. I like to say that joy is a frequency but it is more accurate to say that joy is your emotional response to higher frequency. When you are at a certain frequency, feeling the Love from Spirit moving through you to Spirit, the natural feeling you have is joy. And here is something truly empowering to know: when you feel joy, you are at a higher frequency.

Why is that so vital? **If you want to raise your frequency, feel joy!** You can decide to feel the joy that loving your Spirit puts you in touch with! You can create the feeling of joy within your emotional body and it will shoot your frequency up. While most of us go through life believing that we can only experience emotions in response to an external energy stimulus, the truth is that we can make the choice to feel joy. This will be a totally moot point once you are realigned and constantly radiating Love as you were designed to because joy-no, ecstasy-is the emotional response to the level of frequency you experience when you are back in Eden. But between now and then, you may experience a moment or two where you need to raise your frequency!

How do you cause yourself to "feel" joy? You deliberately turn it on by remembering what it feels like and allowing your body to take on the physical sensations of joy. You know, that giddy feeling that occurs when you are truly joyful? That close-to-tears-happy tears-feeling? That buzz you feel when you are joyful? That magnificent, expansive feeling you have when you first fall in love? Turn it on! Feel the energy rising up in your body and intensifying! Recreate the physical sensation of the butterflies-in-the-stomach, about-to-burst excitement-and you are there! You are in the "joy space." You are in the vibrational realm of your Spirit, experiencing the response to Love.

As you rise up in frequency toward the level of your Spirit-toward merging and becoming one with your Spirit, you will be spontaneously joyful. As you are in this state more and more, your normal emotional state will default to joyousness! You will no longer need to be joyful "on purpose"-you will experience that as your foundational state. In the meantime, you can move closer to your Spirit by simply deciding to and then feeling it. Isn't that incredible?

The logo for CarIMurphy features the name in a stylized font. 'Car' is in a light purple color, 'iM' is in a darker purple, and 'urphy' is in a blue-purple color. Below the name, the text 'Soul Success Coach • Radio Show Host • Author' is written in a smaller, dark purple font.

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