

# **25 Ways to Easily and Effectively Raise Your Vibrations**

**“Practical Techniques for Alignment With the New Earth”**

**By Jason Randhawa**

# Introduction

The New Earth exists within you right now. All you must do to manifest it is to raise your vibrational level to the level of the New Earth.

Once again, it is necessary for each of us to increase our personal vibrational level in order to experience and create a New Earth. This is all you need to do. Once your vibrational level matches the New Earth you will experience it...

Here are 25 Easy techniques that I and countless others have found effective in raising one's personal vibrational level:

## 1. **Passing on Ideas**

Sharing your thoughts and ideas with others can raise or lower your vibrations, depending on who you are telling them to and what your purpose in doing this is. If you keep silent, nobody will judge you, there will be no controversy or resistance. Underground groups all around the world do this, and they are very effective. You should only share your ideas with people who wish to understand. In many cases, by sharing your ideas with others you can learn more and get a better understanding of yourself. Understand that there are times when you should share your ideas, and times when you should keep them within.

## 2. **Understand the True Nature of Time**

Science has proven that there really is no such thing as time. Time is really just another illusion. The past and future do not exist, but we have been neurologically programmed to perceive them. Everything is happening in the "Now". The now is all that exists. The future does not exist, because it has never happened. The past does not exist, it is just a memory. Both the anticipation of the future and the memory of the past are created in the now. Therefore, in the present moment you are creating your past and your future. Use this moment to create a past, a future, and a present moment in which you have a desired vibrational level.

Many people have a hard time believing that there is no such thing as the past. To disprove this notion of time, some people bring up the example of the history of the world (the past). But, remember, history may be wrong, it is based on somebody else's interpretation. You do not remember it, you only remember what other people have told you about it.

## 3. **Everyone Is Conspiring to Help You**

Remember that whenever you are in contact with someone else, they are always

trying to help you. No matter if you think they hurt you or made you feel bad. Whether or not they try, they help you. For example, if you are fighting with someone, you both may not understand it now, but in some way you are both helping each other to progress. **No negative contact/ meeting/ relationship is ever made.** So you must treat everyone as if they are helping you. Hindsight is always 20/20 and eventually you will realize how helpful they were to you.

#### 4. **Trust Yourself**

Don't listen to others, instead look within. Never believe in any information that has only been told to you. Only believe in the principles and ideas that have worked for you. If something goes against what you were told by your inner guidance, trust your inner guidance. Trust your own experience, never give your power away to authorities or ideas. I once heard, "Formal education will make you a living, self-education will make you a fortune."

#### 5. **Walk in Nature**

Make a sincere effort towards walking in nature for about 20-30 minutes for 3 or 4 times a week (depending on you and your schedule). This can be a very energizing activity. Since nature has a relatively high frequency compared to the environments the average person spends their time in, when you spend time in this environment your personal frequency must raise towards the frequency of nature.

Personally, I live by a lake, so during the summer I substitute walking in nature, with kayaking in it. I find being in the lake, completely surrounded by water, has an incredibly high frequency.

#### 6. **Visualize**

In your mind, think of times when you were feeling "good" emotions and were at a high vibration. Think of something or someone you feel unconditional love for. If you have pets at home, that you love, they may work very well for this. In your mind, if you can see and feel something that makes you happy, your frequency will raise to that level. The mind does not know the difference between what it is actually experiencing, and what it is remembering. It really is that easy.

#### 7. **Listen to Music**

Put on some music that really resonates with you. The more inspiring this piece of music is for you, the better. Just put it on, and be completely wrapped up in it. If it has lyrics, sing as loud as you can along with the song. I have found that this can really help in feeling higher vibrations.

#### 8. **Small Steps**

Everyday raise your vibrations a little higher. Resolve to never go to bed with the same or lower vibrations than you had when you woke up that morning. This will get you into the habit of progressing/ growing towards the New Earth.

### **9. Don't Let Anyone Create YOUR Reality**

People can only create your reality, when you allow them to. You must not give the "naysayer's" any attention. Avoid situations in which you will be around people that will lower your vibration with their negative comments and ideas. Their ideas and feelings will be picked up by you, and the reality you experience will be affected. Never let anybody else's experience become your reality. You should not allow somebody else to create your reality for you, because they will always create it too small.

### **10. Love Everyone**

When you truly love people for who they are, they will turn into what you love. Express unconditional love for everyone, with the knowledge that on some level we are all the same being. Remember: "When you don't know someone you label them, when you really know someone you love them."

### **11. Take the First Step NOW**

Once you have an idea or some goal worthy of pursuing, take the first step. That is all you have to do, just take the first step!!

"You must be more afraid of being average, than being ridiculed by naysayers. Taking risk requires a moment, not taking risks is a lifestyle" – Johnny Wimbrey

"Take the first needed step to change and you will discover that trying something new is not as dangerous as you might have thought. Then watch as you see it lead to something you might have thought impossible." – Dr. Spencer Johnson

### **12. Experience God**

Begin to see every person, animal, plant, and mineral as God visiting you in physical form. See everyone and everything, including yourself, as an incarnation of the Eternal Self. It will become much easier to practice unconditional love when you remember that God is embodied in all forms.

### **13. Meditate**

Each day resolve to go into silence. Even if you do this for just 15 minutes a day you will be effectively raising your vibrations. Take the time to go within, and just be...

#### **14. Master Your Emotions**

Your emotions can control your life. You must gain control over your emotions to get control of your life. Your emotions can also have a huge affect on your personal vibrational frequency.

#### **15. Be Patient**

Patience is a sign of mastery. Whenever you imagine what a master would act like, you always picture him/her to be incredibly patient. There is a reason for this...

The ability to remain patient in all types of situations will really help you out. When you can remain calm you are truly at peace.

#### **16. Use the Right Words**

The way you talk and the words that you use can have a great impact on the vibrational level of you and those around you. When you speak try not to be "negative". Instead use words that empower and heal.

#### **17. Forgiveness**

Forgive yourself for all that you have done, and forgive other's for what they have not done.

Practicing forgiveness will happen automatically as you begin to practice love and many of the other techniques explained in this report.

#### **18. Praise Others**

When someone does something that you find courageous or impressive, praise them for it. Learn how to give praise without demands and give encouragement without expectations. Stay honest...

#### **19. Laugh**

Laughter and humor can be very powerful in raising one's vibrational level. Especially when you are laughing just for the sake of laughing. When you find something funny, thoroughly enjoy the humor.

Also, it can very good for you to smile as much as you find comfortable.

#### **20. Slow Down**

Set your own pace. You are not responsible to do it all yourself, right now. Allow yourself some time to be unproductive. Rest is a necessity.

“Notice the sun and the moon as they rise and set. They are remarkable for their steady pattern of movement, not their speed.” - Unknown Author

## **21. Eating in the Light**

All food has vibrational levels. If you wish to raise your vibration, it is important you eat food with a high vibration. I have learned that foods such as whole grains, nuts, fresh fruit, and vegetables have high vibrational frequencies. Foods that contain dairy, meats, alcohol and sugar have lower vibrations.

The essence of the foods you eat can have a long-lasting effect of you, even after you have digested the food.

## **22. Day Off**

Take a day off, and make a retreat. Allow yourself some time to restore your spirits and revitalize your vibrations. You can learn from the monks and hermits without become one. On your day off, it is not important that you are productive, let it be okay to be lazy.

## **23. Read**

Information and books also have a vibration. Thoughtful readings can help you to raise your vibrational level. Hold the books close to your heart before you read them. How do they feel to you?

Only read the books that have high vibrations and resonate with you.

## **24. Intend**

Intent is a powerful life force that can perform amazing feats. Intend a higher vibrational level. Ask for it and affirm it.

It is very easy, just put out the intent...

## **25. Spiritual Routine**

Humans can be creatures of habit. Use this to your advantage by setting up a spiritual routine for yourself. Do not make it too hard or too easy. Write it down, and then stick to it. This should include your physical disciplines such as physical exercise, diet, and so on as well as your spiritual practices. You should include many of the techniques outlined in this report and in the New Earth Ebook to your routine...

Now is the time to get busy, and create your spiritual routine. Once you have it, stick with it!

Mass alignment with the vibrational level of the New Earth begins now, within you...

*Jason Randkawa*

# Discover the Best No-Cost Metaphysical Online Tools and Spiritual Resources

Instead of just another resource list, I have created a 7-Day Email Mini Course titled "Metaphysical Mastery" which will expose the best resources for spiritual seekers, metaphysicians, New Agers, and basically anyone that would like to learn more about spirituality.

Basically, if you are here, this E-Course is for You!

This E-Course will be extremely easy to apply to your life. You will be able to take immediate action towards experiencing your True Being, happiness, wealth, health, and so much more...

Here is the lesson plan:

**Day 1-** Three No-Cost Secret Weapons for Metaphysical Mastery

**Day 2-** Four Free Online Tools and Resources for Metaphysicians and Spiritual Seekers

**Day 3-** Six Easy Ways to Experience Spiritual Breakthroughs Regularly

**Day 4-** Eight Free Metaphysical Websites You Can't Live Without

**Day 5-** Everything You Need to Experience Supernatural Wealth In Your Life Without Spending A Penny

**Day 6-** How to Experience True Health and Wellness without Spending a Penny

**Day 7-** The Only Metaphysical Resource You Need

*A resource is defined as a source of supply, support, or aid, especially one that can be readily drawn upon when needed*

This free "Metaphysical Mastery" E-Course will lay out the best free spiritual resources available to you. You will find this E-Course as a **huge advantage on your journey.**

You have the opportunity to learn from others, **saving you a lot of time.** You can spend your time learning, instead of searching for valuable information. You will also **save a lot of money,** as almost every resource outlined in this E-

Course is absolutely free! You can spend your money on whatever your heart desires, instead of spending your money on spiritual resources (books, memberships, etc.).

Sign up right away for immediate access to the best of the best metaphysical resources: <http://www.whatismetaphysics.com/metaphysical-resources.html>

# About The Author

My name is Jason Randhawa. Currently I am a student living in British Columbia, Canada. I am working towards getting my Ph.D. in quantum physics.

**I have always been fascinated by the many subjects that can fall under metaphysics (philosophy, religion, parapsychology, mysticism, yoga, meditation, ESP, dreams, astrology, self-help studies, positive thinking, reincarnation, etc...).**

For as long as I can remember, I use to think about these things all the time. When I was little there were things that I knew, that I shouldn't have known. I even knew that I shouldn't know these things. So I kept quiet and attempted to sweep these things "under the rug." Whenever I got a chance to discuss these metaphysical ideas, with close relatives, I took up the offer very quickly. I really enjoyed hearing other people's thoughts and input on some of these ideas. **By the time I was twelve I began to meditate with my dad daily.** After a while, it became like a ritual, and something that I had to do. I immediately stopped meditating, even though my father became upset with me.

Then for a while, between ages 14 and 15, I started to read books on wealth, inspiration, self-help, and positive thinking. From here, through a series of books, I was led back to books on spirituality. For a couple of months I became very religious. I believed that religion was the answer. Within a few months, I became bored of religion, since it did not resonate with me. Because of this, I began to do my own research on spirituality/metaphysics when I was only 15 years old.

From here, I had some amazing experiences. I went to meditation groups, channeling sessions, metaphysical courses, etc... I explored the areas of metaphysics to the best of my resources, and then some more! Since then, I have been able to uncover an amazing amount of information about spiritual metaphysics and the philosophy of metaphysics.

I really wanted to share this information with others, and I also wanted to expand upon this information with the help of others. From there, I began to create the website: [www.WhatIsMetaphysics.com](http://www.WhatIsMetaphysics.com). Since then my articles have been published on some of the best spiritual websites and metaphysical ezines. I have created a huge collection of free resources for self-discovery (including this report, my other articles, free E-Courses, etc.).

I have also created a Blog about the New Earth. It's goal is to provide those who are interested with ongoing updates and discussion on the transformation of the New Earth. You can access it here: <http://spiritualnewearth.blogspot.com>

Thank-You For Allowing Me to Share the Experiences of My Life,

*Jason Randkawa*

PS I would love to hear the experiences of your life. What did you think about this report? You can contact me with any questions or comments here:

<http://www.whatismetaphysics.com/contact.html>

PPS The best way for us to stay in contact, and for you to get updates is for you to sign up for the free metaphysics information package (if you haven't already). You can do so here:

<http://www.whatismetaphysics.com/freemetaphysicsinformationpackage.html>