

Self Acceptance - Week Six

Stay in your own vibration



IF YOU HAVE A LOW VIBRATION ...

- You feel "stuck" or stranded in life, not knowing what to do next.
- You struggle with apathy, or an uncaring attitude towards yourself and others.
- You are emotionally distant.
- You are emotionally reactive.
- You struggle with constant fatigue and lethargy.
- You often struggle with despair and desperation.
- You find it almost impossible to get "unstuck" from old habits.
- You have a prominent shadow self
- You struggle with chronic illnesses.
- You feel physically unfit and unhealthy.
- You bottle up feelings such as resentment and jealousy.
- You find it hard to forgive yourself and other people.
- You suffer from a guilt complex (i.e. you constantly feel guilty about something/seek things out to feel guilty about).
- You don't really know what you want in life.
- You continue to make poor choices.
- You find it hard to see the beauty in life.
- You feel unfulfilled.
- Your connections with others constantly bring you pain.
- You are overly cynical and skeptical.
- You are argumentative.
- You complain a lot.
- You self sabotage
- You focus primarily on the negative in life.
- You struggle to feel gratitude.
- You eat a lot of fatty or processed foods (e.g. meat, fast food, lollies).
- You are needy or demanding of others.
- You find it hard to make any real progress in life.

IF YOU HAVE A HIGH VIBRATION ...

- You are self aware (i.e. you are conscious of what you are saying, doing, thinking and feeling, as well as the affect this has on others).
- You are empathetic towards others needs and you make a habit of seeing through the eyes of other people.
- You are highly creative and are often bursting with ideas and inspiration.
- You are emotionally balanced.
- You feel connected to that which is "beyond" you (e.g. life, divinity, love).
- You have a great sense of humor towards life.
- You don't take yourself too seriously.
- You regularly feel gratitude for what you have in life.
- Smiling and laughing comes easily to you.
- You don't experience much disappointment because you don't cling to passing things (e.g. material comforts, friendships, indulgences).
- You are self-disciplined.
- You can delay pleasure if it does not serve you.
- You do not "need" anything to feel happy.
- You are in-tune with your body and its needs.
- You nurture yourself and others often.
- You live in the present more than the past or future.
- Your body feels strong and healthy.
- You try to keep your life clutter free
- You forgive yourself and other people easily.
- You feel as though you have found your calling in life.
- Opportunities and new doors spontaneously appear to you in life.
- Patience comes easily to you.
- You don't feel the need to argue or compete with others – let them win and feel right, it's OK!
- You are open to many different types of people, ideas, beliefs and experiences in life.
- You feel confident in yourself and your abilities.
- You are attracted to profound, calming and inspirational music/movies/TV shows.
- You are highly intuitive
- Other people easily open up to you.

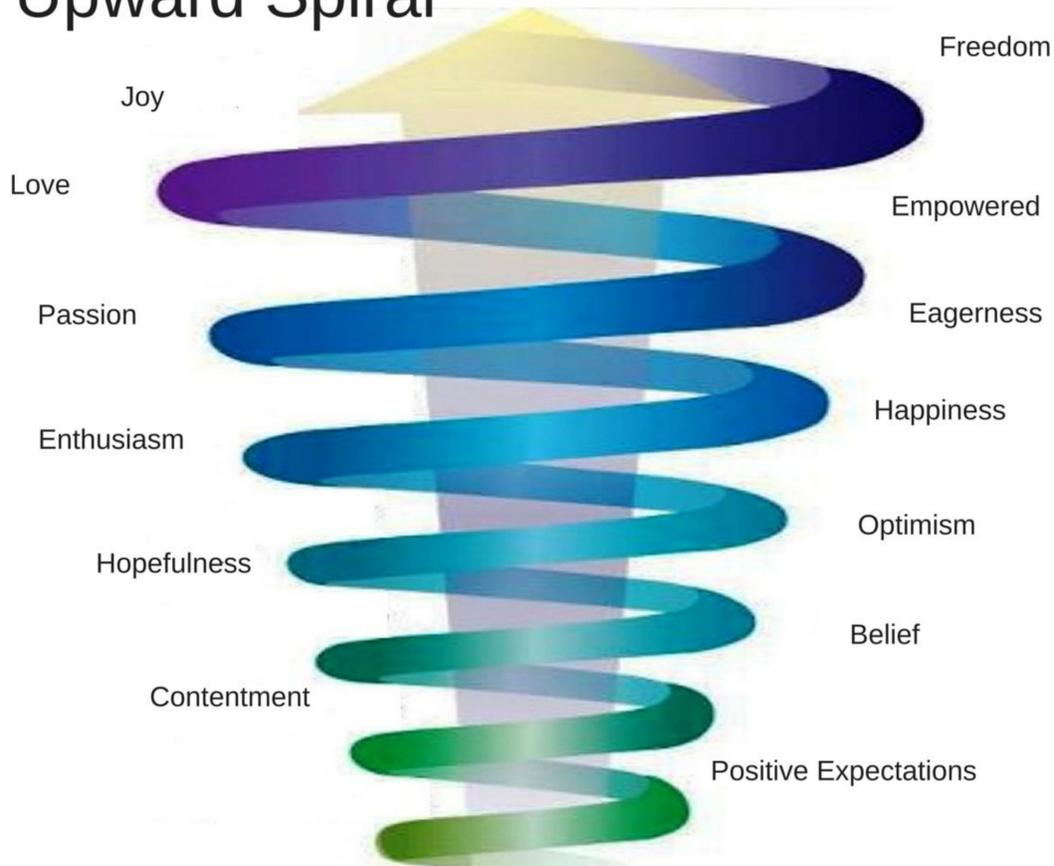
'You cannot control anything or anyone except the way you feel'

Self Acceptance - Week Six

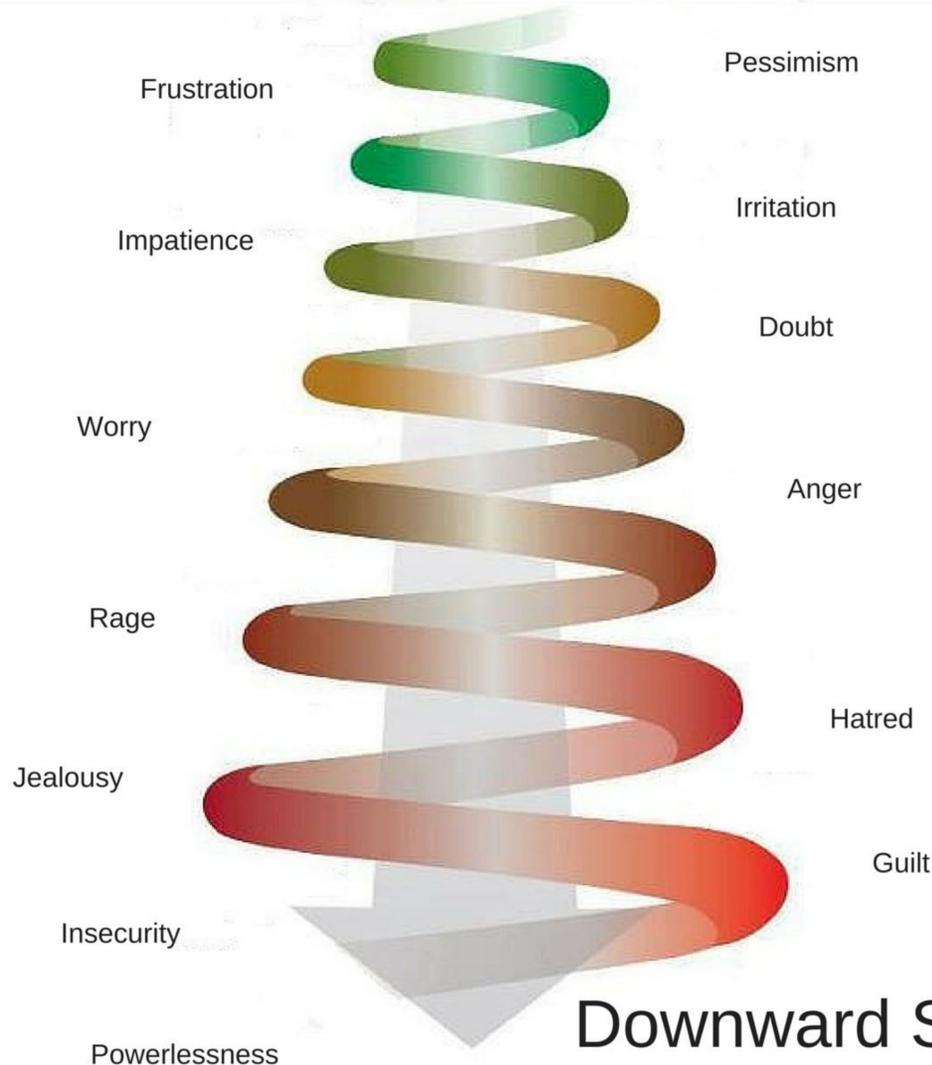
Stay in your own vibration



Upward Spiral



Boredom



Downward Spiral

'Give your attention to what makes you feel good, thereby releasing attention as to what makes you feel bad'

Self Acceptance - Week Six

Stay in your own vibration



Learn to stabilize your own vibration, by gently working on the emotional scale.

Focus your thoughts on what makes you FEEL GOOD and the Law of Attraction will meet you there.

Where is my energy currently and what have I realised?

How have I allowed others to affect my own vibration?

What thoughts do I want to focus my attention on?

What makes me feel good?

What brings a smile to my face?

Where do I feel peace and gratitude?

'Being happy is a deeply personal thing and it has very little to do with anyone else'