**How To RAISE Your Vibration**

**(Into total well-being & allow your Miracles in)**

By [William Jason O'Mara](https://www.facebook.com/WJOMara) on [Saturday, May 9, 2015 at 9:47am](https://www.facebook.com/notes/the-prosperity-group-pg-allowing-miracles-into-your-life-in-always/how-to-raise-your-vibration-into-total-well-being-and-allow-your-miracles-in/361763770693622)

**The Key to Vibration is Super Duper Self Care..**

* Love Yourself
* Let Go & Trust
* Deepen your Meditation time to connect with the Spirit within (pease and faith)
* Come by PG page each day and be on each call!
* Walks in Nature
* Massage and touch
* Love Love Love
* Be a Miracle for someone
* Good people to play with
* Good food
* Deep breathes and movement - dance, sing and Play!
* Chanting Mantras (see-read Life Energy E-Book, Book, under files icon)
* Naps and Rest
* Joy Laughter Smiles Positive affirmations
* Yoga Classes
* Dance Classes
* Grow Prosperously (see-read Spirit Led Proserity Book, under files icon)
* When I'm feeling scattered, I put Wholetones Music on... and soon find myself calm, centered and able to work - <https://wholetones.com/ltr/jv/1?subid=nm>   -- Jo Lyn

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Books:  PM Bill to obtain..

 - Life Enery E-Book - OMara (under files icon)

- Walk in Balance - OMara  (by  request)

- Spirit Led Prosperity - OMara  (under files icon)

- C-Shaman - OMara (<https://www.facebook.com/CorporateShaman>)

- Overcoming - Keys to Happiness - OMara  (under files icon)

Others:  Abraham-Hicks, Wayne Dyer, Catherine Ponder, Edwine Gaines, Stuart Wilde, Deepak etc etc.

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Articles:

- <http://www.theholisticingredient.com/blogs/wholesome-living/13587702-8-ways-to-raise-your-vibration-your-positive-energy>

- <http://www.spiritscienceandmetaphysics.com/5-ways-to-raise-your-vibration/>

- [http://consciouslifenews.com/raise-vibration/](http://l.facebook.com/l.php?u=http%3A%2F%2Fconsciouslifenews.com%2Fraise-vibration%2F&h=9AQF-M3-G&s=1)

- <http://www.wakingtimes.com/2013/01/16/21-ways-to-raise-your-vibration/>

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**And.. Use as many weekly personal 'wholesome' happiness rituals as you can. (Share with those you love!)**

* Luscious Massage and/or Energy Work
* Hot Bubbly Essential Oil and Salt Bath
* Hike a Mountain, Ride a Horse
* Play with Animals, Kids, Hug a Tree, or Loved One
* Dance Wild!!!  Make Love!
* Play Sports, Sail, Roller Blade, Golf, Tennis, Canoe, Ski, and Bike
* My Favorite, the Stressful Sport of Hammock Resting and Sipping Iced
* Tea… Ah-h-h-h!
* See a Good Movie or a Play
* Listen to Great Music.  Play an instrument. Sing!
* Read Poetry - good inspiring book
* Make a Sumptuous Meal and Enjoy with Friends
* Have a Glass of Nice Red Wine… why not! (use discretion whenever
* drinking)
* Plant a Garden and Play with it Each Day
* Indulge in Maple Mud Chocolate Peanut Butter… and eat with a spoon - yum!
* Attend Classes for Yoga, Marital Arts, Dance, Acting, and Art, etc.
* Healthy Adventures!
* Take a trip to no where
* Did Anyone Say Beach!  Go Surfing,  Skinny Dipping, or Just Sun Bathe
* Go to a retreat center
* Learn something new
* Go to a New Town… Visit a Museum
* Relax!
* Help Someone Less  Fortunate; Give a Smile or a Helping Hand
* Rake a Big Pile of Leaves and Jump In
* Build a Snowman or Rock statue
* Dance in the Rain
* Others?  Note them here and customize your list.  Enjoy!