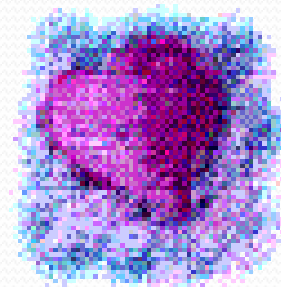


SOUL ALIGNMENT for ABUNDANCE & MEDIUMSHIP

Law of Attraction – Vibrate Higher

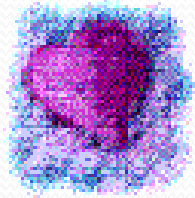


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(SpiritMediumLaura.com)

Step 3: Vibrate LOVE (Soul)

- **Law of Vibration.** When we shift our vibration through conscious choice we begin to experience
 - the realm of miracles.
 - the higher vibration of our soul.
- This step includes ways to raise our vibration, clear chakras, set aura energy field, align with mind, and the master mantra affirmation meditation.

Soul Purpose MAGIC Review



- L.O.V.E. activates your magic
 - Let Go Fear (EGO). Learn to Be, So You Can See.
 - Open LOVE (Soul) (Authentic self, passion, purpose, Dharma).
 - *Vibrate LOVE. (Soul is higher vibration).*
 - Embrace Flow of Guidance, Opportunities and Destiny GOD.
No flow 'til Let Go!
 - Tools: archetypes, affirmations, meditations, symbols, other energy tools and principles to get you in the flow of your prosperous destiny.

Spiritual Law of Vibration

- **Quote:** “The Law of Attraction is not the primary law. The Law of Vibration is the primary law. You see, everything in the universe vibrates. We literally live in an ocean of motion... Nothing is resting. Everything is moving... Our brain is an electronic switching station, and our thoughts activate brain cells and control the vibration we’re in, and the vibration we’re in controls what we attract into our life.” Bob Proctor. (Expert on Spiritual Laws including Law of Attraction, Featured speaker in The Secret.)

Spiritual Law of Vibration

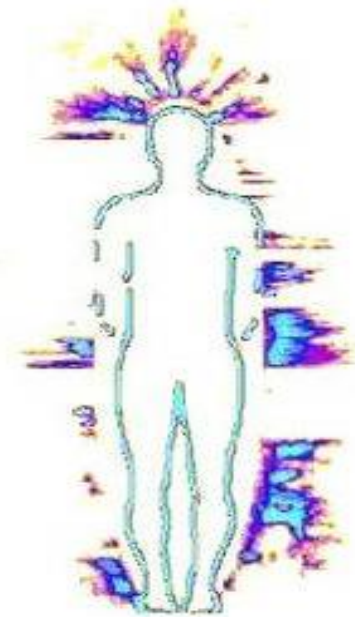
- **The Law of Vibration.** From Hughes, “105 Spiritual Laws.pdf. “All that exists, is in constant vibration and motion. Atoms always vibrate with such great rapidity that they seem motionless to the physical eye.”
- **Quote.** “Concerning matter, we have been all wrong. What we have called matter is energy, whose vibration has been so lowered as to be perceptible to the senses. There is no matter.” — Albert Einstein
- **MATTER IS SLOWED DOWN VIBRATION.**

Energy Is Everything

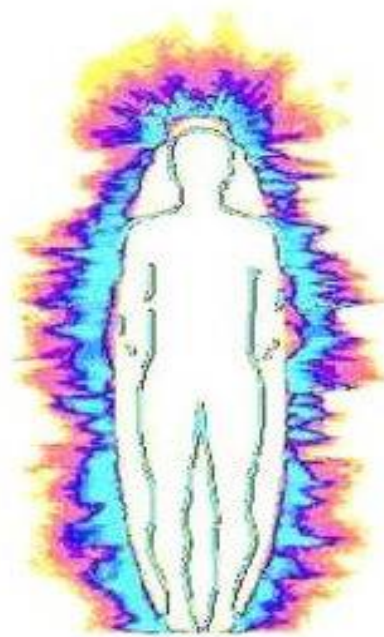
- **INTUITION for SUCCESS VIEWPOINT.** The way you vibrate defines who and what you are, what you attract and experience. **LIKE ATTRACTS LIKE!**
- Meditation can shift your energy field.
- We have all heard that energy is everything, but how many of you have seen it?
- GDV Scanner. Pictures before and after meditation.

Everything Is Energy

Human Aura - Bioenergy



Before Meditation



After Meditation

GDV Scanner showed my aura broken at neck. I had not meditated that day. 48 hours later I had terrible upper respiratory infection.

Ways to Raise Vibration

- **Meditation. Mindfulness. Prayer.**
 - Make time to communicate with yourself. Check in.
 - Spend time alone, down time. Ask for guidance.
 - Pay attention to how you feel. Support with positive action. If you feel lousy every time you go to a certain place or speak to a certain person, eliminate it.
 - Do daily gratitude/forgiveness exercises.

Ways to Raise Vibration

- **Detox your body, mind and emotions.**
 - **Body**: Eat with awareness and compassion foods that create peak performance. Avoid those that do not. Drink plenty of water.
 - **Mind**: Avoid toxic media and negative, limiting beliefs.
 - **Emotions**: Avoid toxic relationships AND people (unhappy). Set healthy boundaries. Love yourself and others.

Ways to Raise Vibration

- **Consciousness.**
 - Talk with spiritually conscious people.
 - Read spiritual books. Some spiritual literature examples include Sanaya Roman's, "Opening to Channel," Dr. Michael Newton, "Journey of Souls," "The Celestine Prophecy."
 - Watch spiritual movies.
 - Worship in a venue right for you.

Ways to Raise Vibration

- **Forgiveness.**
 - Let go of resentments and jealousy.
 - Forgive yourself and others of transgressions.
 - See the higher good and higher self in all, believing the best about yourself and others.
- **Gratitude, Give to Get.** Give gratitude, appreciation and praise. Give away things you no longer need (clear your home of unneeded possessions, clothing, stagnant energy). Give energy, action and time to raise your vibration to attract.

Ways to Raise Vibration

- **Communicate from the heart.** Be truthful, loving and nurturing to yourself and others. Express appreciation and praise.
- **Kindness.** Practice random acts of kindness towards yourself and others. Nurture yourself and others including animals. Treat imperfections with compassion and kindness.
- **Let go and let God.** Release outcome. Allow things to be as they are. Accept what is. Go with the flow.

Ways to Raise Vibration

- **Spiritual Ceremony.** Create your own ceremony to symbolize what you want in your life. Use aromatherapy as part of this: lavender, rose, patchouli, sage, etc. Candles, colors and prayer. **Vision board.** Taking action to support your desire.
- **Creative pursuits.** Writing, art, dancing, music, singing, crafts, building, body work, massage, healing arts, energy healing. Psychic Art (draw chakras, aura, energy bodies).

Ways to Raise Vibration

- **Nature.** Watch a sunset. Walk at the beach or in a forest. Garden or tend to plants.
- **Connect.** Smile at a baby, pet a pet, call a friend.
- **Sound.** Listen to uplifting music, sing, tone, and/or chant. (Ex. Gregorian chants.)
- **I WANT** journaling, clearing and meditation. (More later.)
- **Create your own list** to raise your vibration.

Ways to Raise Vibration

- Gossip not.
- Only speak positively. If you have nothing positive to say, do not say anything.
- Hand problems up to a higher power.
- Keep doing things you love.
- When you need to cry or complain or whatever, do so. Then go back to living positively again.

Handling Anxiety - It Is

- **DOORS CLOSE**. Spirit is telling you this is not right for you. Be grateful. Ask for right door to open.
- **REMEMBER**: “It is What It Is,” when you feel anxious about anything. Byron Katie, Loving What Is
- **Gratitude**. “Don't cry because it's over, smile because it happened.” — Dr. Seuss
- **Keep Moving**. “Life is like riding a bicycle. To keep your balance, you must keep moving.” — Albert Einstein



Exercises Begin

Preparation

- Get a pen and pad.
- **LET GO IN MEDITATION:** Take a moment to uncross your arms and legs. Take 4-5 deep breathes slowly from your abdominal area, releasing and relaxing into it.
- **OPEN INTENTION:** Repeat this: “Thank you infinite spirit for providing me a healing, releasing and transformative session in highest love and light. And so it is.”
- **VIBRATE in ALIGNMENT.** Imagine you are sending your energy out to meet with your spirit guides. Visualize their energy blending with you.
- **ENGAGE SESSION.**

EXERCISE 1: Staying Positive

- Think about what happened today or yesterday in your life.
- When something went wrong what did you do?
- Could you have done anything to have switched from a negative outlook to a positive one in turn raising vibration and your chance for miracles?
- Write down your findings for 1 – 3 events.

EXERCISE 2: Clear Chakras to Raise Vibration

- **HEALING CHAKRAS.** A spiritual clairvoyant will be able to “read” your chakras,” then heal them with the clearing of this exercise. Very powerful.
 - Spirit Medium Laura calls this a Soul Healing It can remove karmic blocks to raise vibration to LOVE frequency. Those that go through this achieve remarkable results.
 - Taught in the Clairvoyance class.
- **EACH STUDENT:** At each chakra student write down any blocks you feel you have about it for yourself. When we clear it imagine you are clearing this block with it.

EXERCISE 2: Clearing Chakras

- **CLEARING/ HEALING GROUP EXERCISE.** We will clear and heal each chakra using table next slide, sending respective color from front to back on inhale and from back to front on exhale, stating its affirmation.
- **HOW: We start at the root.** Inhale red light through root chakra from front to back and then exhale red light back to front and say "I am secure." Do for each chakra.
- At the crown chakra on inhale gather white light above the head, and then on exhale send this light into the crown down through all other chakras into the earth saying, "I AM Source."

EXERCISE 2: Chakra Table

Chakra Name/Location	Color	Affirmation - I AM
1) Crown above head. Spirit, Source.	White	SOURCE.
2) Third eye at forehead. Vision, Psychic, Intuition.	Violet/Purple	INTUITION
3) Throat at neck. Expression of truth.	Blue	EXPRESSION.
4) Heart at chest. Love yourself and others.	Green	LOVE.
5) Solar Plexus at stomach. Ego, Self Esteem.	Yellow	ME
6) Sacral at abdomen. Creativity, Sexuality	Orange	CREATIVITY.
7) Root at groin. Scarcity, Survival, Money.	Red	SECURE.

EXERCISE 3: Affirmative Prayer

- **Set Intention**: Now that we are cleared & healed we will set our first intention. **VERY POWERFUL!**
- **ALONE or GROUP** write down what you really, really want. If you don't know what you want, define what you don't want first, then what you want.
 - Pick **most important thing**.
 - **BE SPECIFIC!** Keep this affirmative prayer in writing in a safe place, almost like a contract to your soul.

EXERCISE 3: Affirmative Prayer, Cont'd

- **SHORTEN**. Then shorten into a Prayer such as, “I thank thee God for providing me my Loving partner, Thriving Business, Healthy Body, Peaceful Mind, Prosperous Money, etc.”
- **DO AFFIRMATIVE PRAYER**. Go into a meditative space. Uncross arms/legs, focus on abdominal breathe. Say 3 times.
 1. Ex. “I thank thee dear God for sending me my loving husband OR thriving business OR healthy body.”
- **GET GUIDANCE**. In module 4 we have an exercise on getting guidance and using it after this meditation.

Discussion

- WHAT CAME UP? Class discusses anything that came up during exercises.
- SOUL PSYCHIC HEALER FACEBOOK SUPPORT GROUP. Remember to join and use the Soul Psychic Healer Facebook Support Group to support yourself in creating new habits and anything you feel you need with others of like mind and training.

Homework



- **Days 1 -7. Pay attention to how you feel.** Choose choosing to stay positive.
- **Days 1-7. Do Daily Affirmative Prayer and Meditation** sending it out.
- **Days 1 -7. Act.** Take inspired action or receive what comes in today after your meditation.