

# RAISE YOUR VIBRATION by Sabrina Reber



## 10 Signs You Are Raising Your Vibration and Ascending Your Consciousness

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1. You are aware of the term ascension. You understand that ascension is the process of integrating more LIGHT from your higher soul into your physical being through the process of meditation and ego/shadow work. Ascension requires us to SPIRITULIZE our lower being – taking dominion over our ego/shadow consciousness, which keeps us stuck in repetitive cycles of negative, unconscious, reactive, karmic behaviours. In essence, Ascension is the activation and integration of our very own Christ Consciousness which is the consciousness of our higher soul that resides in a higher vibrating dimension within our energy fields. Ascension requires us to transmute the darkness within our lower selves/physical selves so we can raise the vibrational frequencies of our emotional, mental and physical energetic bodies so we can merge with the very high vibrating energies of our spiritual bodies where our higher souls/God selves reside.
2. You are aware that you are a spiritual being having a human experience. You know that you are a multidimensional being and that your true essence does not reside solely in the physical body. You know you are ENERGY and you are also aware of your chakra system as the gateway to your higher consciousness. Through the process of using your free will to spend time with your higher soul – through the process of meditation, where you slow down the sympathetic nervous system and the egoic monkey mind you are able to access higher aspects of yourself that will

help you gain greater clarity about your soul lessons and how to evolve beyond them. Meditation will also activate the kundalini, which will ascend from the root chakra all the way up to the crown chakra and beyond burning away the karmic imprints and congested emotional energies that block you from attaining a true energetic spiritual awakening where you merge into ONENESS with your higher soul.

3. You are obsessed with all things spiritual, alternative, conspiracy, healing, positivity. You want to read everything you can about the truth of your being and what is really going on our planet. After a period of delving into the horror of it all and having to face the truth of how we have allowed ourselves to be manipulated and controlled, you decide you want to take back your energy and your power. You become less focused on the chaos and horror of the outer environment knowing that change begins with the self. You also understand that humanity's outer environment will not change until EACH PERSON accepts responsibility for their own egoic and shadow consciousness and stops projecting their disowned negative aspects onto everyone else. When each person faces the self, we will each face God/dess and God/dess will shine LIGHT on our own darkness so we can SEE what is within us that continues to create negative mirror reflections in our outer environments. When each person takes on the mission of alchemicalizing their own soul, their vibrational frequency will be raised and it will affect the whole of humanity, the entire planet and the entire universe. When we change the SELF, we are in the greatest position to create change within others because we become transformational, high vibrational examples for others to follow. Trying to change others, without first changing ourselves perpetuates outer projections of our own issues onto others which keeps us in a karmic cycle of negative recreation over and over again.

4. Your energy is softer – you are becoming less aggressive and dualistic. You are so focused on your own inner workings and your conflicting subconscious beliefs – that create discord within your being – that you no longer desire to spend your time focusing on other people's beliefs. If ASKED, you will share your perspective, but you no longer feel the need to control or preach to others. You know the best way to change others is to teach, not preach. Through your example, you will inspire others to make changes within their being. You are also able to share wisdom without being attached to the outcome. You allow others, just like the Creator of All That Is, to experience their free will to the fullest even if you know their beliefs and behaviours will lead them towards a negative experience to teach them a very profound soul lesson. You share your higher perspective, and then you set yourself free from the outcome. You are able to be compassionately detached!

5. You take full responsibility for everything that has occurred or will occur in your life. You understand that you are a multidimensional, vibrational being with many aspects of yourself in the past, present and future timelines of your very own energy fields. Your conscious, unconscious, subconscious and super conscious energies are creating your entire life experience through the NOW moment of your

current vibrational energy contained within your energy fields. In order to keep our past from affecting our present and futures we will need to clean up the energy of our souls. Through the process of meditation and the willingness to self correct shadowy/egoic behavioural patterns we can turn our darkness (lead) into the gold light of our very own Christ Consciousness. In order to change our futures, we will have to change the energy of our NOW.

6. You accept responsibility for your own feelings, emotions, state of health and happiness. You do not look outside of yourself for a saviour. If you want to be happy, you know only you can create that for yourself! If you are not emotionally stable, healthy and happy then you have the power right here, right now to make life affirming choices that will create CHANGE within your being so you can create what you truly want. You also understand that talking about making changes, and actually creating changes are two different things. After years of being disconnected from your bodies (physical, emotional, mental and spiritual) – because you were trying to avoid your pain – you are becoming more grounded into your physical being so you can deal with all of the “deal with later folders” you have filed in your energy fields. You are making more life affirming decisions for yourself and becoming conscious of the choices that have the potential to contract or expand your consciousness in every moment. You are slowing down and spending quite time with your higher soul, through meditation, and you no longer feel the need to keep yourself overly busy because you no longer need to escape or run from the problems in your life.

You are facing them head on and are making better choices in all areas of your life including which activities you invest your time in and which foods will sustain and nourish your body. The need to overindulge in drugs, alcohol and fatty chemical laden foods, to numb yourself out and suppress your emotions is diminishing.

7. Your life is becoming more and more aligned with the “image” you project to others. Your masks are off, and you are who you say you are. You are doing your best to live an authentic life aligned with your higher soul. There is nothing for you to hide or keep a secret. You are able to openly and honestly live and speak from your heart making choices that are light filled for you regardless of what others might think, feel or say. Because of this, you are able to move beyond your comfort zones so you can gain more soul experience.... which leads to greater soul strength and soul wisdom. When you are aligned with your higher soul, you are not consumed with fear. You have a high level of intuitive discernment; therefore, you trust your gut feelings and the core sensations in your body (feelings) to guide you. You are becoming the master of your ship.

8. You understand that all life is sacred.... air, water, sun, moon, stars, clouds, rocks, sand, dirt, trees, plants, animals, the Earth and even oil are all living consciousnesses that supports and sustains life on this beautiful planet. They are

divine extensions of God/dess just like humans. The living dynamics on Earth require a balance of GIVING and RECEIVING. We each take from each other in order to sustain our own life and we also are expected to give back. If we become greedy over consumers and take, take, take with no respect or regards to the energy consciousnesses we are taking from we will create negative karmic vibrational energies within our energy fields that will need to be repaid and balanced out. Energy always seeks balance. One of the ways we can give back is through heart felt gratitude for everything that gives of itself to sustain our own life. A person with an expanded consciousness is also aware that every day they are alive is sacred, every breath they take is life affirming, every meal they consume – regardless if it is vegetarian or not – sustains and nourishes the body. They are consciously giving gratitude for everything.... the gift of oil from Mother Earth to drive our cars, the trees that build our homes and the rain that sustains all life on Earth. People with an expanded consciousness are aware that ALL living consciousnesses have a soul contract they are fulfilling on Earth that promotes and sustains all systems. Everything supports and sustains life.... even the end of a physical life, because when one life ends, a new soul is allowed to be born into this dimension so it can now have the opportunity to evolve to its highest potential as well.

8. You appreciate the diversity of creation. You understand that no two souls, just like no two snowflakes are alike. You understand that "The Creator Of All That Is" chose to divide itself into an unlimited number of divine sparks and each soul was given the power and the free will to create their lives so "The Creator Of All That Is" could experience itself through each one of us. If the Creator wanted everything to be the same, the Creator would not have divided itself into an unlimited amount of soul extensions. It would have just stayed the same. An evolving soul knows that they should not try to put everyone in a box of limitation forcing others to act, think, believe, eat and BE the way they want people to be. The free will of another soul is honoured and when someone does not align with your specific lifestyle you respect their free will to learn and evolve and sometimes re-volve in their own learning experiences. You are becoming tolerant of other souls and the diversity of creation, and you also use your free will to invest your time and energy in relationships and activities that are more resonate with your soul's vibrational frequency.

9. You are becoming conscious of the direction of your energy and you know how powerful you are. You understand the power of your feelings, emotions, thoughts and words and you are doing your best to take dominion over them, so you don't project your hidden issues onto others. You also understand the world of energy and how your energy, and the energy of others, can greatly affect each other's state of wellbeing. Strong repetitive thoughts of anger, jealousy, control and fear – towards your self – or towards another person create negative energy thought forms that become thriving dark entities if the thought forms are held over a long period of time with great intensity. A strong negative thought sent to another person will travel to that person and gather the negative energies from that person's

consciousness and then return double in size to the original sender who created it and feed off of their negative thoughts as well. This becomes a negative, karmic, vicious cycle if both people continue to send these negative thought forms back and forth to each other as they are giving the negative thought form the energy it needs to survive and gain great power over both of them. In addition, repetitive thoughts towards another person create energetic cords. Some of these cords are loving and positive and some of these cords are negative and energetically draining. As you raise your vibrational frequency you become aware of your power to create regardless if it is negative or positive and you also become aware of the importance of spiritual hygiene. You are actively integrating spiritual tools into your life such as meditation, prayer, shielding, cutting energetic cords, the violet flame, ho'oponopono, energy breaks etc.... into your daily routine. Click here for some useful tools: <http://howtoraiseyourvibration.blogspot.com/2012/08/spiritualtools-for-spiritual.html>

10. You are practicing SELF LOVE and understand that whatever is happening in your life is there to help you further your evolution into higher states of consciousness. You no longer expect perfection from yourself nor do you

expect to master every soul lesson that comes your way immediately. You are patient and kind with yourself when you make a mistake and see it as an opportunity to learn and grow from your current state of being into a higher vibrational being. You forgive yourself for your previous unconscious choices that created pain when you were unawake, and you are actively changing your behavioural patterns, so you won't repeat the same karmic events in the future. You are loving, kind, compassionate and forgiving towards the self.... therefore, you are also able to give that to others. For we cannot give to others what we have not first given to our self. You are focused on the inner path of salvation where you stay focused on your own lessons and not the outer path of egoic projection where you become consumed with the lessons of others. Because you love yourself, you have a strong desire to KNOW yourselves, so you are not defensive or resistant when a negative aspect surfaces that needs your love and attention so it can be transformed. You are forever refining yourself, polishing the diamond within and climbing the mountain of self knowing that one day you will merge into oneness with your higher soul activating the kingdom of God/dess within.