

Raise Your Vibration Challenge

Join the Challenge
#raisevibrationchallenge
#fambalee

What is your vibration?

Everything in the universe is made up of molecules that are vibrating. Your vibration is the frequency of the energy in your body. At high vibration levels, you feel lighter, happier and you have more positive feelings and interactions. Low vibrations feel heavy, dark and you have more negative feeling and interactions.

Enlightenment, Peace, Joy

700-1000

Love, Acceptance, Happiness

500-699

Neutral, Courage

200-499

Pride, Anger

125-199

Fear, Grief

75-124

Guilt, Shame

20-74

Benefits of Raising your Vibration:

- Attract Positive Experiences and People (Like Attracts Like)
- Uplifts Emotions
- Improves Connection with Others
- Increase in Creativity & Confidence

Complete 3-5 Activities per Day to Increase your Vibration

Healthy, fresh food

Dance

Exercise

Yoga/Stretch

Meditation

Mindfulness

Create art or music

Journal

Sound Bath

Listen to Music

Practice Gratitude

Laughter/Smiling

Spend time in Nature

Rest

Spend time by Water

Hugging/Kissing

Affirmations

Massage

Bath

Use Essential Oils

Acts of Kindness












































































If you want to find the secrets of the universe,
think in terms of energy, frequency and vibration. -
Nikola Tesla












































































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- Day 1     
- Day 2     
- Day 3     
- Day 4     
- Day 5     
- Day 6     
- Day 7     
- Day 8     
- Day 9     
- Day 10     
- Day 11     
- Day 12     
- Day 13     
- Day 14     
- Day 15     

- Day 16     
- Day 17     
- Day 18     
- Day 19     
- Day 20     
- Day 21     
- Day 22     
- Day 23     
- Day 24     
- Day 25     
- Day 26     
- Day 27     
- Day 28     
- Day 29     
- Day 30     

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