

Cororaise Your Vibration: 10 Powerful Ways to Stay in the Light



When all of this just started,

on my weekly channeling session,

I asked:

What about the coronavirus?

Feeling that it creates so much separation, suspicion, hatred, even violence
more uncertainty and darkness.

And this is what was channeled for us:

Move into the light,

announce a love and peace situation.

**It's time to raise the vibrations into happiness and love =
strong vibrations, full of life power and health.**

**Take care of the fears, and emerge into the light,
into radiating infectious relaxing, simple, wise protection,
full of body and spirit wisdom,
which, through physical and mental empowerment,
will weaken the spread and bring liberation.**

**And by that, will widen the connection, the inspiration,
the strong bond between individual to individual,
and between individual to the world, to existence, to love.**

Floating around, the atmosphere was:

1. follow instructions and precautions
2. practice common sense
3. take care of fears and darkness
4. stay in the light.

But in times like that, how can I stay in the light?

Let me ask you a question:

**Have you been practicing spirituality for a good while –
meditation, positive thinking, breathing exercise,
in order to achieve inner peace and relaxation,
but still experience these uncomfortable, restless, irritating feelings?**

We are much more powerful than we think.

Very often we only engage our **conscious mind**, which is only **3%** of the whole,
While our real functioning, reality manifestation and emotional state are mostly
created by the other **97%** - the **unconscious mind**.

Which means,
that if we like to make a real change in our feeling, environment and life,
we have to dive a little bit deeper.

We can stay in the light
only if we agree to meet and accept our darkness.

Here are 10 ways to work with your so influential, yet hidden, part of the mind:

1. Connect with and take care of your inner child

This is probably the most important step.

We can call it **mind, ego, comfort zone, fight & Flight mechanism, inner child... ..**
they are all the same -

Our **inner protective operating system**, developed during very early childhood,
and replaces the original carefree operating system - the soul,
so that our **survival** is ensured.

How does a survival mechanism work?

It doesn't take risks.

It will figure out the worst case,
and would take the necessary steps
to prevent its occurrence, and stay away of the potential danger,
at any cost.

There is so much to say about that,

and to explore how, by taking a good care of worries, anxiety, overwhelming, panic,
and making peace with fears and hurts,
we can deeply relax,
and build a calm, stable, reliable inner core.

2. Get informed, not overloaded

Need to get updated? - Social media and news can sometimes be a great resource.
Find your trusted ones,
and maybe check if setting reminders for 2-3 times a day, and a timer for 20 minutes,
work for you.

Need to get stressed and anxious? - Just keep wondering around, unintentionally, for
hours.

Need a hint?

- **When it's starting to loop, it may be the right time to switch for another fruitful activity.**

3. Make your day pleasurable

Getting bored or planning an endless to-do list,
is a great recipe for energy drainage.

plan and incorporate loved activities and nice moments into your day.

4. Shake out unnecessary stress chemicals

Just like animals after a fight or a flight,
we too can benefit a lot from a simple physical flush out of stress hormones.

run, jump, dance, shake yourself

or how about being a child again?

and making these funny noises

when air is blew out through closed lips, with or without sticking out the tongue?

I was astonished to find that there are names for these things!

Like:

"Blowing a raspberry, strawberry or making a Bronx cheer" (Wikipedia).

Amazing.

Whatever you choose to do, make sure you let go.

5. Make it joyful

Playing fun games with your loved ones,

in person or online,

is a great way to increase the release of both oxytocin and dopamine hormones,

and maintain a good cheerful mood.

Forget about winning... Just play!

6. Surround yourself with inspiration

What inspires you?

People? Art? Nature? Walking around the city, like me?

Inspiration stimulates contentment, imagination, intuition, creation,

and so many other wonderful things.

Make sure you have a lot of this.

7. Reach for the stars

Invention, innovation, renewal, distilled ideas, open mind,

are all associated with the hopeful Star tarot card.

Keep creating is one of the best ways to stay young and motivated forever.

8. Stay in awe and gratitude

Everything can be spectacular, it's just a matter of a point of view.

If we just drop judgement and expectations,
and acknowledge and appreciate everything we DO have and surrounded by,

Remembering that every organism in nature, including humans,
does the best available to it at any given moment,

Then we can become one with existence.

9. Indulge yourself

Take a really good self care.

Eat well, sleep well, exercise, journal, have nice morning and evening routines,
read and breath,
respect and love yourself.

You are the center of your own world,
and everything starts with you.

10. Reveal the treasures

And finally, ask, open and curious:

What opportunities are opening up for me now?



Hi, I'm Inbal Lichtbrown.

I feel so fortunate to meet you here.

How you are feeling these days?

And how are you going to implement an enlightened routine?

I would genuinely love to hear,
and also, what else I can do for you.

I would truly appreciate if you take the time to (optionally anonymously) to [share with me here](#) <3

I've been escorting people along their self healing and actualization journeys since 2000, supporting them at all levels - Physically, emotionally, mentally, energetically and spiritually.

Together we uncover the real self and reveal the individual uniqueness, special gifts and superpowers. We enhance inner freedom, and develop a reliable, stable inner core, enabling fulfilling, easier, joyful life.

This profound, fundamental self integration work is done through the practicing of the natural ancient wisdoms, which helps to explore and decipher old mechanisms, shed unnecessary conditioning, dissolve personal glass ceilings, and establish a direct, clean connection to the source, to the heart of existence, that resides in each one of us and in the universe as a whole.

Questions? More information?

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Or

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Waiting for you on the other side!