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Manifesting:

Raise Your Vibration, Change Your Life

We've all heard of this seemingly magical ability to attract what we want into our lives—manifesting. But, did you know that the number one indicator of being able to manifest is your own vibrational energy?

On average, we think as many as 80,000 thoughts per day. Our thoughts are primarily derived from our subconscious mind (those are thoughts running in the background), and only about 5 percent from our conscious mind (thoughts we are aware of). Scientists say that 90 percent of our thoughts are repetitive; today's thoughts are mostly the same ones we were thinking the day before. It may not surprise you that approximately 70 percent of our thoughts are negative in nature, too.

Do you find yourself thinking about what you don't want to happen?

I hope I don't hit traffic today on the way to work.

I hope it doesn't rain during my daily walk this afternoon.

Thinking about what you don't want to happen is a playground for negative, low vibration energy. Instead of being preoccupied about the possible worst-case scenario, start to obsess about what could go right.

What is vibrational energy?

Everyone on the planet is vibrating at a subtle hertz frequency. The frequency of emotions ranges from low vibration states—shame, guilt, and fear—all the way to high vibration—love, joy, and peace. We each carry around our own personal vibration.

And here is where manifesting comes into play—the level of our energy determines what we're able to attract; you must first get yourself into vibrational alignment with what you want to manifest. If you're unclear of your typical vibrational state, then for one week, carry a notebook and document your emotions to track how long you stay in one particular vibe. Give yourself a full 30 days to work on raising your vibration. Then you can begin working on a variety of manifesting techniques.

Here are 4 tools to help you attract what you want in your life:

Gratitude Journaling

Radical gratitude means you move through your day intentionally looking for things to be grateful for. Then, at the end of your day, write down in a journal 10 things you are grateful for based on what you observed. Next, write down 10 more things you're grateful for that haven't happened yet, but write them in present tense. This will be called your *Manifesting Wish List*.

Meditate

Quieting your mind helps release dopamine, endorphins, and oxytocin, which are feel-good chemicals in our bodies. Meditating is the fastest way to raise your energetic vibration, and it also increases gray matter in our brains (i.e., slows down the brain's natural deterioration). Try guided meditation apps to get started.

Mind Movies

Think of it as a vision or dream board, but in video form. Imagine empowering images, inspiring affirmations, and transformational music, all rolled into a three-to-four-minute video. Watch it every single night before bed, which will help reprogram your subconscious while you sleep. Go to mindmovies.com to learn how you can create your own video.

Vision Statements

By the time we're adults, most of us don't dream anymore. In order to have a vision for our future, we must use our imaginations. Similar to a Mind Movie, a vision statement helps anchor and articulate what you want in life. Science has shown that physically writing things down makes a significant impact on our minds retaining the information. To do this exercise, envision what you want your life to look like in exactly five years from today. Write down what your day is like from sunrise to sunset; be descriptive and write in the present tense. Try not to let your analytical mind talk you out of dreaming big. This is a great exercise to do in the New Year.

As you work on raising your vibration and actively manifesting, be gentle with yourself along the journey. This process takes a lot of intentionality and practice—you can do it!

In order to have a vision for our future, we must use our imaginations.

Mary Beth is a Certified Master Color Energy Coach & Intuitive Life Coach living in Atlanta, Georgia, with a devout passion for spreading light.