



10 Simple Strategies to Raise Your Vibration RIGHT NOW

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**You're here. You did it.
You should be so damn proud of yourself.**

You recognized that something wasn't right.
You know you deserve to be happier and you want to be healthier...
So here you are.
You go girl.
Pat yourself on the damn back.
Go ahead, really do it.
Feel that vibration, that energy...
Feel good about what you just did for yourself.
This is an act of self love.
This is saying I AM WORTHY.
This is saying I WANT and DESERVE MORE.

You are about to learn simple strategies to raise your vibration right now that you can use throughout the day to maintain a high vibe frequency and point of attraction so you can embody your highest self and manifest the life of your dreams!

»»» love »»»
is one of the highest vibrations

What you put in, on, and around your body, and
what you believe creates your life.

Everything is energy.

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HELLO MY LOVE!

My name is Rita Pira and I am so happy we found each other. It's no coincidence, but you already knew that! The strategies that you're about to dive into have the potential to drastically upgrade your vibe which will inevitably elevate your life in many areas. These strategies have become a part of my every day life, which means you have to pick and choose what feels good for you from the menu and be consistent with it (and then add more until you are doing them all regularly and start to discover your own)!

I wasn't always so high vibe... It all started one day in 2010, when I realized what I was putting in my body and what I was thinking and surrounding myself with was either raising my vibration, or bringing it down-so I started to become more conscious of the "ENERGY OF THINGS" because I realized that everything was energy and everything had a vibration!

I became conscious of what I ate, what I thought and believed, who I was around, what I was reading, watching, and listening to...and how I spent my day... and before I knew it... I felt like I was floating and began to notice everyone's low vibes around me.

I fell in love with myself so much that I truly enjoy and prefer my own company and I even jump around dancing and feeling so good for no apparent reason (have you seen my instagram posts and stories)?! This can be you, too!

I actually used to be a "Negative Nancy". I was always complaining and finding something wrong with anything and everything. I swear, it's true! I believed that bad things happen to everyone and that's just how life goes. I used to think that I wasn't good enough or smart enough to do the things I dreamed of. I would make excuses to stay stuck and subconsciously look for evidence to prove myself right in staying stuck (blaming everything but myself). I thought relationships were hard, I was unlovable, unworthy, and that all men were liars and cheaters. I believed that money was scarce and the root of all evil. I thought that it was super hard to lose weight and keep it off. I didn't think I was pretty (I was severely bullied from elementary all the way through high school) and I only saw flaws when I looked in the mirror. I was not very fun to be around because I was so moody, insecure, and lacked confidence. I let everything bother me so much that whatever it was (big or small) would ruin my entire day (and when it rained it poured). I was even constantly seeking external things to make me happy like buying new clothes and attention from guys and I gave off that needy vibe that turned guys off

But now...

People LOVE being around me. My energy brings theirs up!

I love myself and my life so much (even when stuff is going "wrong") Guys are so attracted to my confidence and my vibe and want to be in a relationship with me, but I'm choosing to be alone!

I'm clumsy as hell and I laugh at myself ALL THE TIME.

I catch my negative thoughts and when I judge people and reframe that shit in the moment and I look for the good and the beauty in everything everyday- throughout the day. I smile at strangers making new friends everywhere I go! I really see people (especially my coaching clients) and help them see themselves in a more loving and appreciative way. This free guide will get you started on your self-loving high vibe journey!

Before we jump into HOW to raise your vibration, I need you to first understand the basics of Vibrational Frequency.

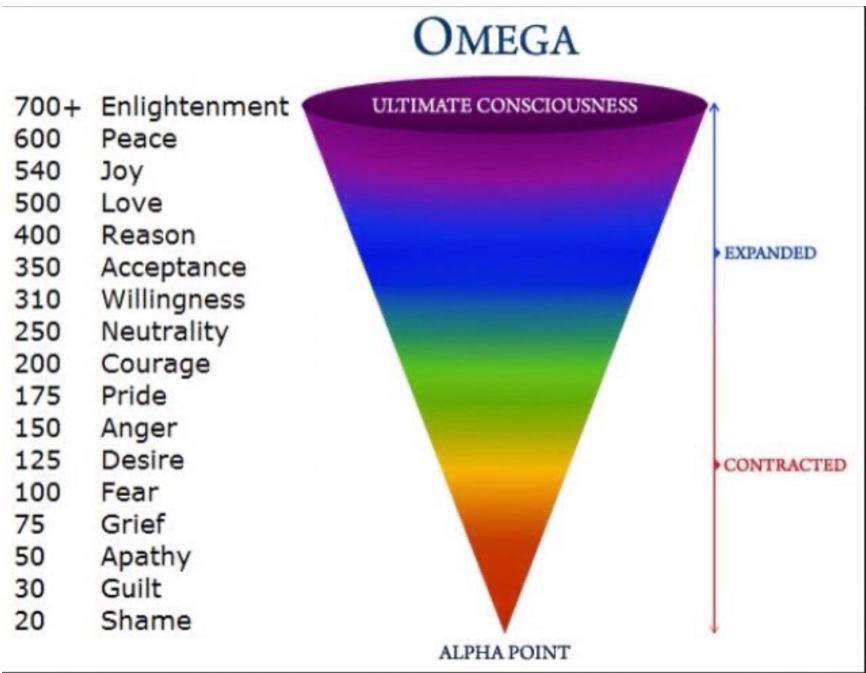
Vibration law might not be as famous as the Law of Attraction, but it's just as important. Everything is made up of energy that is actively vibrating.

Every single thing, living or inanimate, is made up of energy.
This is the law of vibration.

Your vibration is your energetic frequency.
Everything in the universe is energy.
All of this energy vibrates on different frequencies.

Every person has their own vibration and attracts similar vibrations, but you can control your vibration (which is what this guide will help you do every single day)!

Food is energy and has different vibrations.
Your thoughts and intentions are energy.
Emotions are literally "energy in motion".



How you are ~~FEELING~~ vibrates at a frequency that is either contracted or expansive.

When you find yourself feeling some type of way on the bottom of that chart up there, you have to intentionally shift your focus and work your way up and out of that low vibration to higher frequencies.

This is important because:

You attract whatever you are a vibrational match to!
It's entirely possible and proven to shape your reality with your mind.
I would not believe my life if I didn't live it myself!

Your current situation is a direct result of previous thoughts, beliefs, and emotional/vibrational frequencies you were at in the past.
Your future will look a lot like your present or your past if you don't start to become conscious of your present thoughts.

You can use this effect to manifest anything you want...but there's a secret to it that I'm gonna let you in on...
Your thoughts have to match what you believe and feel.

You can't say one thing and feel another - that would be a vibrational mismatch and whatever you want wouldn't manifest.

Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics.
– Albert Einstein

Using this information, you can create a high vibrational frequency that you'll emit which will not only heal your body, but you'll perform better intellectually, have a deeper connection to your intuition and mind clarity, and you'll attract like-minded friends, amazing opportunities, and synchronicities that will be too amazing to call "coincidences".

Let's dive into the 10 Strategies!

STRATEGY #1

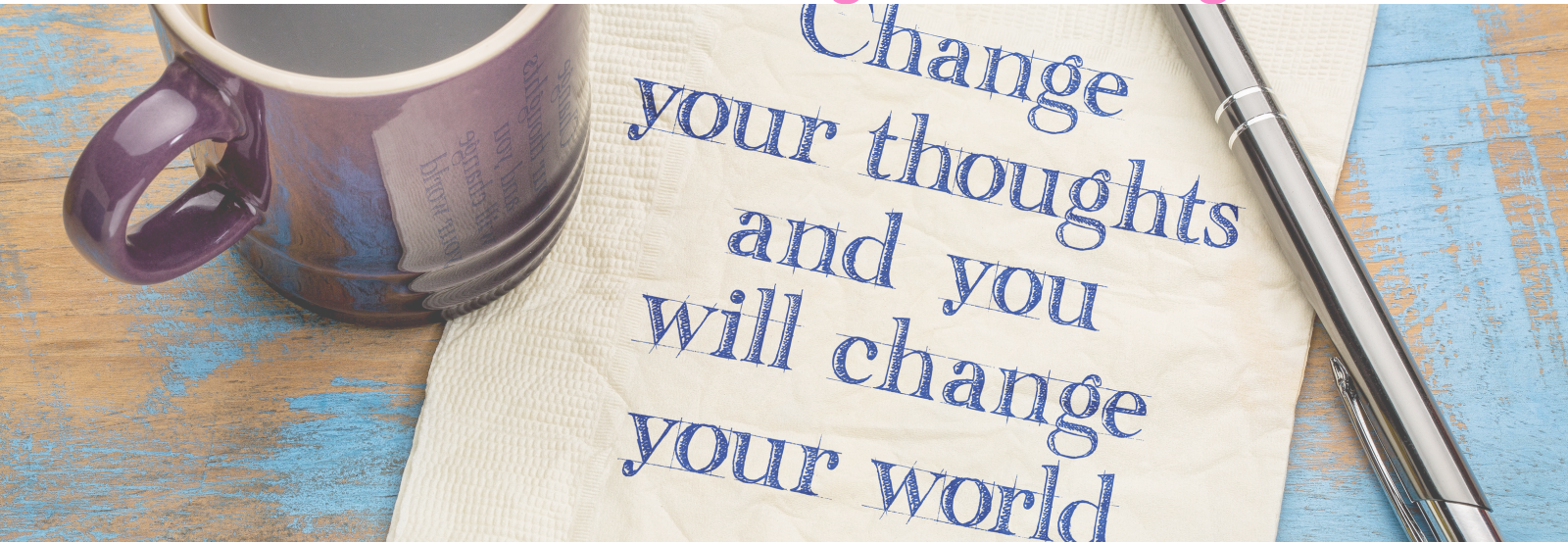
Nourish Your Body With High Vibe Foods



Flood your body with living, organic, non gmo fruits, vegetables, nuts, seeds, green juice, and water as much as possible - every single day. It is fuel. It is medicine. It raises your vibration which makes you feel good, look good, think clearer, tap into your intuition, break the processed food chemical addictions, and effortlessly lose weight & have healthy, glowing, silky soft skin! Bonus Tip: Take an epsom bath every night before bed to remove toxins from your body and sleep like a baby.

STRATEGY #2

Reframe Your Negative Thoughts



Your thoughts are MAGNETIC.

Catch your negative thoughts in the moment and choose the next best feeling thought until you climb up the emotional ladder.

Become aware of your subconscious mind.

Make your dreams bigger than your fears.

Write down the opposite of the negative things you say to yourself or about yourself, and recite these new affirmations/beliefs in the mirror (with a smile) until they become your new belief.

The key here is that you have to FEEL them to fully believe and vibrate the energy that they

You can't think one thing and feel/believe another.

This is what causes a vibrational mismatch and prevents manifestations.

STRATEGY #3

Upgrade Your Environmental Frequency



Become aware of your surroundings and take inventory.

Pay attention to your thoughts and emotional reactions when you are with friends, family, your partner, and when you scroll through your social media.

Notice the aura or vibe of your home.

Remove toxic people, relationships, negative images, messages, and news that you see or hear on tv and on your phone and replace them with positive influences and information that make you feel happy and joyful.

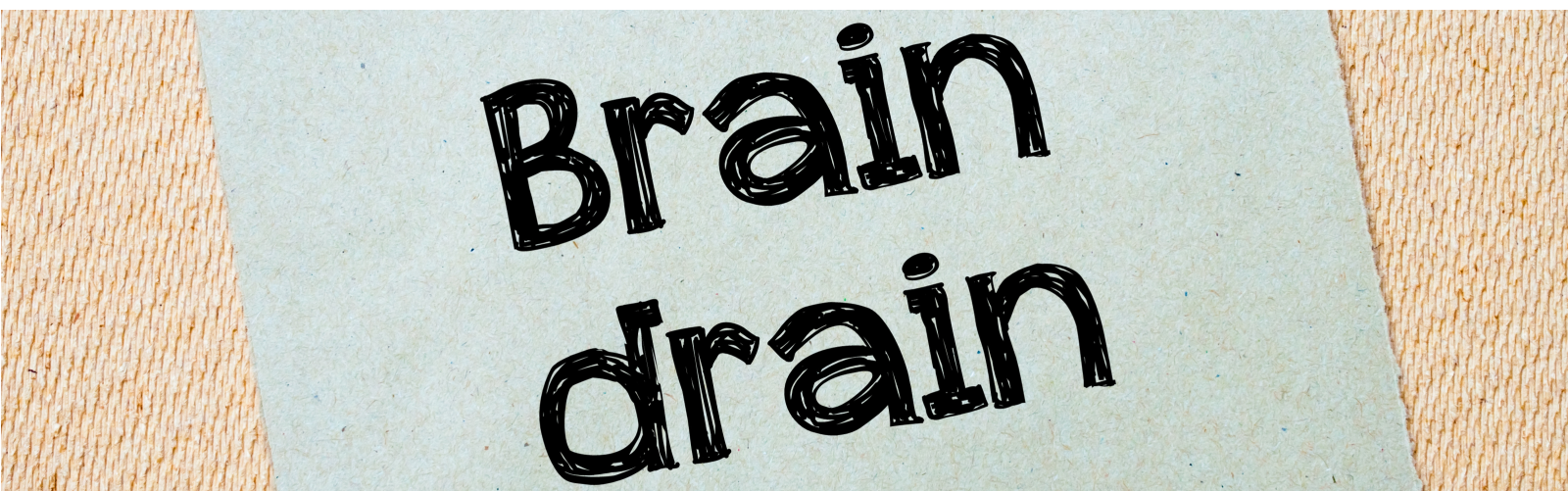
Upgrade your living situation by cleaning and organizing your home in a way that feels good to you and create a safe/tranquil space to be alone.

Place fresh flowers, candles, and incense throughout and burn sage or palo santo to clear any negative energy in your home.

Smile at strangers and say hello. Feel and give the energy of love.

STRATEGY #4

Drain Your Brain First Thing in The Morning



This one is a real game changer my love. You know that book and movie called Eat Pray Love? Elizabeth Gilbert, the author, says that it wouldn't have existed if she didn't do this strategy right here (or read the book).

It comes from Julia Cameron, the author of The Artist's Way. She says to have a notebook where you journal 3 full pages first thing in the morning before you do anything else to empty out your head completely so you can make room for creativity, intuition, and whatever else needs to come through. What do you write about?

Literally anything and everything!

Just write, write, write...three...full...pages...every...single...morning.

Your to do list, the things you're stressed or worried about, the loud ass neighbors that kept you up all night, what pissed you off yesterday that you're still thinking about, what you're grateful for, what you're looking forward to, what ideas you have, things you dreamt about, how cute your dog is. LITERALLY, ALL OF IT.

Drain your brain baby. It will raise your vibration permanently if you do this consistently.

STRATEGY #5

Adopt an Amplified Attitude of Gratitude



This strategy is going to uplevel your manifesting game.

Vibrating the energy of gratitude is one of the secrets to manifesting. The secret is that you have to FEEL the gratitude in your heart for all the things throughout the day, and not just write a list of things you're grateful for at the end of the night when you're in bed.

Writing "I am grateful for xyz" over and over is for rookies.

Don't be a rookie 😊 but you should still journal morning and night! Think about all the things you are grateful for that you might be taking for granted and FEEL grateful for them (appreciate them as if you're about to lose them and got to keep them).

Think about things you are grateful for throughout your day as things are happening in your day. For example: feel grateful for finding a parking spot right in front and start to believe that you always get a spot in front everywhere you go-and you will! (this has become true for me)

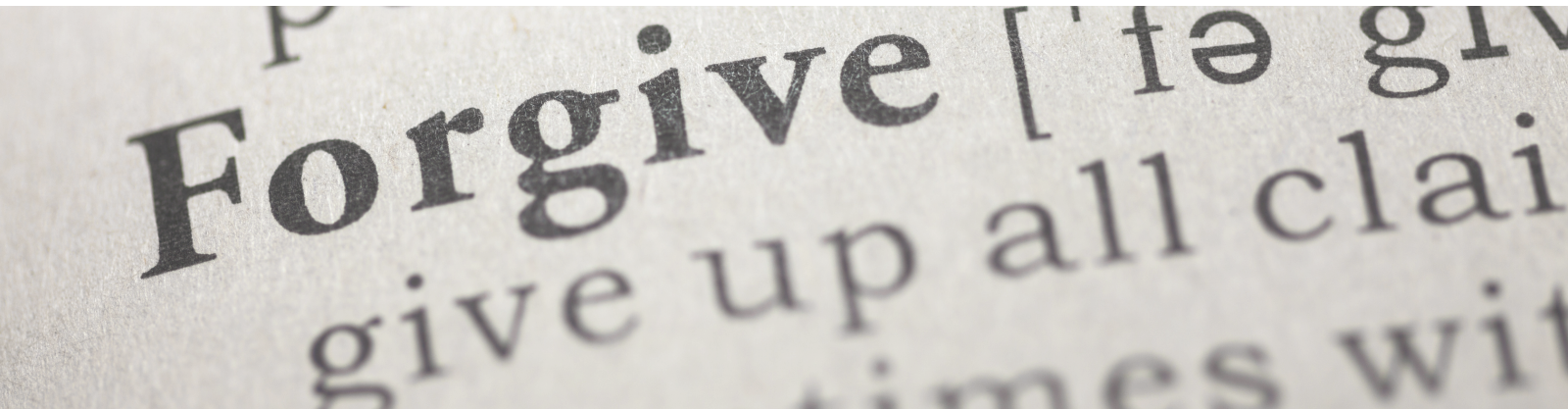
Feel grateful when you're in traffic because you get to take time to appreciate the sky and being still.

Personally, I feel gratitude every single day as I'm walking or driving. I look up at the sky and the magnificent trees and feel gratitude and joy in my heart for the fact that I can walk, talk, see, hear, breathe, and feel the sun on my skin and the sand or grass under my feet.

I then take it a step further and feel gratitude for the universe always having my back, showing me signs, giving me exactly what I need when I need it, and I revel in the feeling of support and abundance.

STRATEGY #6

Ask Yourself, "Who Do I Still Need To Forgive?"



Not forgiving someone is only hurting one person...YOU.

Stuck energy can manifest as physical pain in your body and holding on to resentment and anger is like drinking poison and expecting the other person to die (Marianne Williamson said this in A Return to Love - a must read!) Once you release this stored negative energy, your vibration raises and you literally feel lighter, happier, and more at peace (just like that saying goes, "the weight of the world is lifted off of your shoulders).

I manifested a relationship that up-leveled me spiritually and got me to live in California (where I always said I'd end up) almost immediately after I forgave my dad after hating him for several years.

Nothing good can come in if you don't make room for it.

STRATEGY #7

Have Yourself a Little Dance Party



This one is the latest addition to my high vibe life.

Feeling sad? Stressed? Depressed? Bored?

Blast some happy, poppy, up beat music and dance your ass off like nobody is watching, even if somebody is watching.

The more the merrier! Jump around like a fool. It's a freaking blast.

Even better, record yourself doing it on an Instagram Story. You'll raise other people's vibrations just by them watching you and who knows, maybe they'll do it because you inspired them.

Not only is this good for the soul, but it also gets your heart rate up!

STRATEGY #8

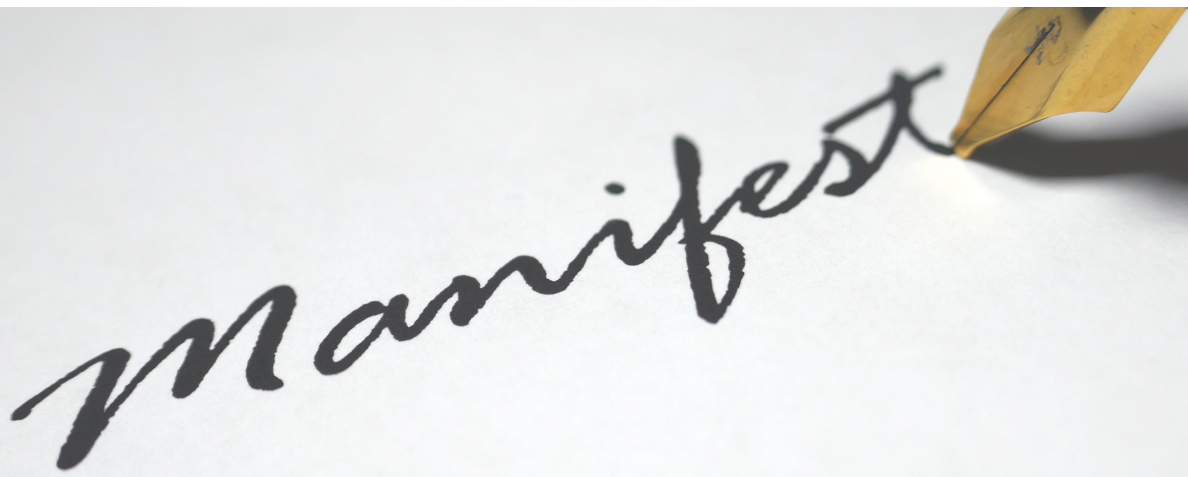
Take Yourself on a DATE



Another goodie from Julia Cameron's book, The Artist's Way. She calls this one, The Artist's Date. It doesn't have to be a fancy dinner. You don't even have to spend any money. Just set up a weekly date for yourself, to do something, anything, that brings you joy. Go to a store and browse or try on clothes that make you feel gorgeous. Pack a picnic and bring a coloring book or go for an hour long walk and listen to an audiobook or podcast (may I recommend my podcast? It's called Trading Raw Stories [?](#)) The key here is to spend quality time with yourself doing something that brings you JOY to raise your vibration.

STRATEGY #9

Finally Do That Scary Thing



Aren't you tired of thinking about that thing you're so passionate about or naturally good at...or that business idea you've had forever and not doing anything about it? Newsflash, my love, that voice is never going away.

The Universe keeps tapping you on the shoulder about it, and you get lit up for a hot second but then you talk yourself out of doing it...out of fear.

You are MEANT TO DO THAT THING, and it WILL work out.

Trust me. Trust yourself. Trust the Universe.

Take that first baby step today, the next step will appear, I promise! Another thing that would absolutely raise your vibration that you have been talking yourself out of is leaving the toxic relationship you know you're in

(I was JUST there and I'm THRIVING & MANIFESTING like crazy since I left), or quitting that miserable job you hate (and starting that damn business) would also raise your vibration because you would be free and lit up by doing something you love. The stress would just wash away.

You did not come here to suffer my love.

So why are you making this be your life?

You actually get to choose the life you want to live! How fun!

Remove the negative things and people that are occupying mental, emotional, and physical space (and lowering your vibration because you are not feeling love or joy from them).

Until you remove them, nothing else can come in.

STRATEGY #10

Do Something That Brought You JOY as a Kid



Close your eyes and picture yourself at 7 years old. What did you absolutely LOVE to do? What did you want to be when you grew up before someone told you what you should do or who you should be?

DO THOSE THINGS EVERY DAY.

Pick up a new hobby, read personal development/self help books to heal the things that are blocking you, listen to podcasts like mine and Super Soul Conversations, learn to play an instrument or a new language. Go to the park and swing for a bit. Get some rollerblades or a bike. Buy a coloring book and crayons. Get an old video game system or board game that you loved when you were a kid.

DO WHAT BRINGS YOU JOY & LIGHTS YOU UP EVERY DAY.

[Some of my personal high vibey ways]

Be of service (volunteer, help someone, perform a random act of kindness), donate, tip big, spend quality time with loved ones, go for a walk first thing in the morning to see and feel the sun. Do things for yourself that you do for other people. You are such a giver and nurturer, but you don't take half as good of care as you do of other people. That stops now. Put yourself first. Fill your cup so you can pour into others. Tell yourself you're beautiful in the mirror and that you are a badass and smile SO big.

Now that you've learned about all the ways you can
raise your vibration...

It's time to apply them to your life.

Practice at least 3 of these strategies in the next 30
days and document the magic in your journal.

I highly recommend doing whatever
strategies you choose
CONSISTENTLY so they become
your daily habits and eventually a
natural part of your life.

Continue to come back to this guide
and add more strategies to your daily
life.

Let me know how high you start to
vibe using the hashtag
#RaisingMyVibrationGuide
(and tag me @rawveganrita)!

Happy High Vibing!

To Your Highest Vibe Life,

Rita Pira

ONLY
HIGH
vibes