



24 Hour Amnesty

Hello, you beauty!

Today you get to officially pardon your judgement on yourself and your negative self talk.

For 24 hours you are going to elevate and enhance your vibrational frequency (aka emotions). Think of it like a game show where the prize is that you get to feel great all day.

In life, you will only attract to yourself that to which you are a vibrational match for. So if you vibrate at a low frequency you will attract low frequency situations and people. If you vibrate at a high frequency you will attract high frequency situations and people.

The more you stay in the high vibration zone the more familiar it will become and the more easy you will find it is to stay there. Your ultimate goal is to stay above the neutral line rather than below the line. It's a habit you can master.

In fact, think about placing yourself on this scale- what number would you intuitively rate yourself at right now? Then rate yourself at the end of the day after you've done this exercise.

Trust your intuition on how to take yourself to a higher level.



Vibrational Guidance Scale

as defined by Esther and Jerry Hicks

1. Joy/Appreciation/Empowered/Freedom/Love
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irrational
11. Overwhelmed
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Depression/Despair/Powerlessness



By now, you've had opportunities to experience high vibrational activities. Can you keep them up for 24 hours? Can you choose love over fear?

Everything is about 'energy'. And you already know this but you might not know that you know it. You know the feeling of being so high on life you don't want the moment to end? You know the feeling of being so down you want the world to go away? Those feelings are giving off vibrations and you attract more of the same from whichever frequency you give off.

You are absolutely and totally responsible for the results you've created in your life and for the ones you are yet to create. So today let's be deliberate creators. Today is a day where you will suspend for an entire 24 hours any negativity or harsh judgements on yourself.

It's a *self-sabotage amnesty*.

Because you can control your thoughts, you can create your reality. It's like watching a television show and if you don't like what you are watching you can change the channel. It's the same thing. Choose your channel, choose what you attract to your life.

So back to today's task- to create a miracle, to create a day where you give yourself permission to allow only positive thoughts.

When you find a negative thought creeping in you will say 'you may come back tomorrow for today, I am choosing only positivity'.



Then you can choose a new response. If you are not sure how to choose a new response because you have a response that you are deeply entrenched in, then you need to get curious and ask someone else who has a different, better response to the same or a similar situation 'how do you decide not to get stressed/ angry/ bothered about (fill in the blank).

Try out the new response. Change the channel..... and fill me in through the Facebook group!

I believe in you!

Untill tomorrow... 