# Elevate your vibe

## Lesson 1

1. What is your vibe? Where you usually live
   1. Check it. Right now. How do you feel?
   2. Chart

We may have heard people say “she’s got a great vibe!” or “I didn’t care for his vibe.” What does that mean, exactly? Usually, people say this about how they themselves feel when they’re around certain other individuals. Some people make us feel great, or terrible, just by showing up and breathing!

Emotions are energy, just like everything else in this universe. And just like everything else, emotions have frequencies. Different emotions resonate at different frequencies. People subtly exude these frequencies when they are experiencing the associated emotions.

The lowest emotional frequency is that of shame, which resonates at an abysmal 20 Hz. Anger is a few notches up, at 150 Hz. Love resonates at 500 Hz. The highest emotion is enlightenment or bliss, with a resonance of 700-1000 Hz.

Each of us lives at sort of a base resonance, or default resonance. Throughout the day (and even during sleep with it’s emotionally involving), our resonance shifts in response to various events happing in our lives. Our emotions engage and our vibrational rate changes quickly and dramatically.

### Task:

1. Take a moment and observe your own internal frequency right now, in this moment. How do you feel? Name your emotion. Then locate it on the emotional frequency chart.
2. Download a bell app to go off every hour or so. When it dings, check your vibe. What emotion are you experiencing? The emotion you identify most frequently is your base resonance or default resonance.