# How to elevate

# 4. Excellent Self-care

When you want to elevate your vibrational frequency, you have to start paying attention to what you’re doing with yourself. Observe what you are “consuming”, in every way. You cannot expect to elevate if you are consuming low-level frequencies. You must practice pristine self-care. Slow and steady wins the race here, okay? It’s not reasonable for anyone to expect to flip into a totally healthy lifestyle overnight. But you can make a concerted effort, and expend baby steps every day. Slowly and surely, your habits will improve, for the long haul. In self-care routines, we can look at our current practices in realms of physical, mental, emotional, spiritual, and relational, both with self and others.

The first area you can look at your self-care is your physical health. Your physical health needs to be on-point. The areas are straightforward here: diet, rest, and exercise. You know the drill. This is not a surprise. We’ll talk more about diet in a minute, but getting enough rest and exercise—there are no secrets here. You need to meet your body’s needs in these areas.

You can care for your emotional and mental health by paying attention to the company you keep and the situations to which you expose yourself. Are you subjecting yourself to mistreatment? Toxicity / bullying? Do you feel forced to comply with the codes of someone else’s games in order to have a peaceful existence? This is not good for your emotional health or your mental health. That kind of treatment brings your vibrational frequency down, very far down. Also be aware of the media you’re consuming—is it laden with violence, verbal or physical? Again, consuming these kinds of experiences dips your vibration into lower frequencies. Keep your input clean. Your interpersonal and other consumption experiences pristine.

Meditation, especially a solid practice of mindfulness meditation, will keep your spiritual health thriving. When you want to practice optimal self-care, begin your day with 20 minutes of mindfulness meditation, every day. Your life will change. When you want to up your game, there is always higher to go in the meditation spaces.

Practice kindness and compassion with self and others. Bring your ego down a few notches, or eliminate it all together if you can. Operate from a place of love and higher-order principles in your dealings with others and with your self. Remember that you are no more or less important than any other human. Your needs are not more important or less important than anyone else’s. If you would expect someone to get out of your way in a certain circumstance, get out of theirs when your time comes around. If you would not expect someone else to tolerate a certain level of discomfort without asking you for help, do you, yourself, subject yourself to tolerating that level of discomfort without asking for help from someone else. Treat your self and others on the same plane. Practice kindness and compassion with all.

## Task