# Spiritual Focus

# 9. Meditate

Meditation is a great way to elevate your vibe. It works on a few levels.

Mindfulness meditation helps clear your internal space completely. It helps neutralize the lower frequencies. When you meditate with a mantra or focus of love and joy, you can elevate even further.

There are also meditations you can do to specifically and intentionally elevate your vibe. Meditations for forgiveness release the hold of negativity on you brought on by the behavior of other people. Gratitude meditations are always a win. Anything that can reduce experiences of lower frequencies and increase experiences of higher frequencies—that’s what we’re after. Meditations for peace, joy, stillness, and enlightenment will all help you get there.

## Task