# 3. Elevate vibe. What happens when you elevate?

When you elevate your vibe to higher emotional frequencies, you start living life on that higher frequency. Here is some of what you can anticipate. It centers primarily around the law of attraction.

First, better things come to you. This is the law of attraction. What you put out, you get back. When you put out low-level energies, you get back those same low-level energies. But when your vibe is high, you get people and experiences that resonate with that higher vibe.

What you are feeling, the universe returns to you so that you can feel that feeling more intensely. The second benefit of living in a higher vibrational frequency is that you attract more positive people and the higher-vibrational experiences they bring into your sphere. When you resonate at love or joy, you call into your life people who also resonate love and joy. And you call to yourself experiences that bring you love and joy.

Third, life becomes oh, so, much easier! Things bounce off of you. You’ve learned to roll with the punches of life, and the usual riff-raff life throws you doesn’t faze you, or you just wipe it off like a piece of dandruff on your collar lol. A couple swipes, and it’s gone for good.

Also, when you live in a higher vibrational frequency, you more clearly understand what is meant for you and what is not, so you eliminate a lot of the noise of indecision and static from having taken a misstep. You also manifest what you want quite quickly and easily when you live on higher vibrational frequencies. Whatever lifestyle we are living at this moment, we have manifested that with our thoughts, which become emotions, all arousals of energy. If you want to know what is going on inside of someone’s head, look at how they live. We are always manifesting. The question is, are you manifesting intentionally or unintentionally? Are you manifesting a life you want? Or accidentally manifesting one that brings you unending suffering and frustration? Living in a higher default vibration will make it much easier to get what you want. Because, your communication with the universe is clear. Your law of attraction is understood and you are intentionally resonating with that.

## Task