# Lifestyle Focus

# 14. Put Your Self in Higher Vibe Environments

Emotions are contagious, remember? When you want to feel higher vibes, put yourself in a crowd of people feeling those higher vibes. Go to a rock concert, or a celebration of some sort. Tap into that joy. Or go to a beach with a lot of families. There is a lot of love in families. Tap into that frequency for yourself. I would avoid places where people are intoxicated because they reach these levels inauthentically in efforts to compensate for the lower-level emotional frequencies they’re actually in. But go to a park where people are playing and laughing and enjoying. If you have a kid you can bring, go to a playground (it’s probably not a good idea for an adult to go to a playground without having a kid there). Kids often embody sheer joy, love, even bliss! And they run around on the playground literally squealing with delight! Tap into this frequency. Be present with them. Feel their higher vibes!

Connect with that frequency. Feel it for yourself. Observe how it feels in your body. Eventually, you can cultivate this same feeling for yourself, without their help. But for now, let’s take advantage of this powerful group energy and join in the good vibes.

Task

1. Take yourself some place where there will be a crowd of people in higher vibrational spaces (but not in higher spaces due to intoxication. That is counter-productive.) These people are expected to be experiencing emotions of love, joy, and peace, and possibly even bliss! This might be a celebration of some sort like a wedding, or a company picnic in the park. It could be perhaps the finish line of a race. Someplace with elevated frequencies. If you have a child you can bring, visit a playground and tap into the pure essences of higher vibes these kids are sending out.