# Mental Focus

# 7. Consciously Elevate Vibe

Become an observer of your own internal experiences. If it helps you to download a bell app to remind you every hour or so to check in with your Self, do that. Develop a habit of acute awareness of your internal experiences. Then, consciously elevate them. Intentionally change the channel in your mind. Think about something else. Concentrate on something else. Something that elevates your emotional experience.

Probably the easiest way out of lower frequencies is with gratitude. You can ALWAYS find something to be grateful for. Your feet, your heart, your hands, your fingernails… anything and everything. Shift your focus into gratitude. Stay in gratitude. Feel the clutches of the previous emotion fade and vanish. Feel your self elevate into higher emotional frequencies. Relish the delights of the feeling of gratitude!

## Tasks

1. Download a bell app such as Mindful Clock (Windows). Set it to go off occasionally throughout the day. When it does, take a few seconds to check in. What emotion are you experiencing? Name it. Then, consciously raise it. Continue about your day in your elevated energetic space 😊
2. Get used to living in gratitude spaces. Make a habit of giving gratitude for everything and anything. A stove that works. A bed you rest well in. A roof that holds out the water. AC to keep you cool in the heat and heat to keep you warm in the cold. The list is literally endless. Tap into it. Make a habit of tapping into gratitude. This will change your life.