

# **Session 6:**

# **Tuning Your Vibration**



# THE LAW OF ATTRACTION

**“You are the master of your destiny. You can influence, direct and control your own environment. You can make your life what you want it to be.”**

**– Napoleon Hill**

One of the most powerful forces in the universe surrounds us, affects us, and can be used to positively impact our future. Like gravity, it’s not something we can turn on and off. It just is. And like gravity, we can choose to fight it, complain about it, or harness its tremendous benefits—just as successful people do.

The force I’m talking about is called The Law of Attraction. Stated in its most basic form, the Law of Attraction says, *What you think about, talk about, believe strongly about, and feel intensely about, you will bring about.*

Today, scientists know that everything found in the universe is made up of energy. This goes for both physical and nonphysical objects. Our thoughts are a great example of nonphysical objects that have energy. There have been countless studies in the world of quantum physics that prove this theory beyond a shadow of a doubt. (For more information on these, you can read Chapter 6 of The Success Principles).

For the purpose of this lesson, we’ll be focusing on three important aspects of attracting more of what we want into our lives—gratitude, vibrational frequency and the cycle of abundance.



# GRATITUDE

Before the universe blesses us with all of our dreams and the desires of our hearts, we must first look at the important role that gratitude plays in the Law of Attraction. When we focus daily on what we are grateful for, and feel that gratitude deeply, the universe responds by giving us more to feel grateful for.

For the next 30 days, we are encouraging you to commit to a daily gratitude practice. It could be as simple as writing down 10 things you're grateful for each day and why, or you could simply go on a gratitude walk each morning and think about all the things you're grateful for. You could find a gratitude rock and set it next to your bed so that each evening just before you go to bed, you pick it up and think back over your day and all the things that happened that you could feel grateful for, and then choose your favorite to say thank you to the universe for. You could even write a thank you letter to someone and mail it every day for 30 days.

Whatever you choose, committing to a daily gratitude practice is one of the most important things you can do to start increasing your energetic frequency and aligning with all that the universe wants to bless you with.

Below, please write in what you'll do for the next 30 days for your gratitude practice. Then, use the circles below (or you can also add this to your habit tracker from our last session if you're continuing to use it) to track your practice.

**For the next 30 days, my daily gratitude practice is:**

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## Daily Gratitude Tracker

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# GRATITUDE IN ADVERSITY

**“Every adversity contains within it the seed of an equal or greater benefit.”**

— Napoleon Hill

Have you ever thought back on some of the painful moments of your life and had the realization that there were blessings that came from those hardships? Despite the fact it can sometimes be hard to see in the moment, even our greatest burdens carry with them the seed of an equal or greater benefit.

Below, think of 2 trials you’ve been through, and then try to list all the benefits or blessings that have come out of those trials.

1) \_\_\_\_\_

**The blessings that came from this trial were:**

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2) \_\_\_\_\_

**The blessings that came from this trial were:**

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# VIBRATIONAL FREQUENCY

**“Life is showing you what beliefs you have.”**

— Abraham Hicks

In order for you to receive that which you are intending, you must become a “vibrational match” for what you want to attract into your life. You are a radio station that is broadcasting on a specific frequency. If you want more abundance and prosperity in your life, you have to tune the frequency of your thoughts, actions and feelings to ones of abundance and prosperity.

The easiest way to become a vibrational match is to focus on creating positive emotions of love, joy, appreciation and gratitude throughout your day. You can also practice feeling the emotions you would be experiencing if you already had what you wanted.

Below, list 5 things you want in your life. Then, describe the feelings you would be experiencing if you already had these things.

**What I want:**

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**How I would feel if I already had this (describe in detail):**

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**What I want:**

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**How I would feel if I already had this (describe in detail):**

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**What I want:**

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**How I would feel if I already had this (describe in detail):**

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**What I want:**

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**How I would feel if I already had this (describe in detail):**

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**What I want:**

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**How I would feel if I already had this (describe in detail):**

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# TUNING YOUR EMOTIONAL VIBRATION

The Emotional Guidance Scale by Abraham Hicks is a great tool to use to lift ourselves out of lower vibrations and into higher vibrations like love, joy and happiness. By simply bringing awareness to the vibrational state you are in, you can look for ways to feel even just a level better.

**Here is the Emotional Guidance Scale as described by Abraham Hicks:**

- 1) Joy/Appreciation/Empowerment/Freedom/Love
- 2) Passion
- 3) Enthusiasm/Eagerness/Happiness
- 4) Positive Expectation/Belief
- 5) Optimism
- 6) Hopefulness
- 7) Contentment
- 8) Boredom
- 9) Pessimism
- 10) Frustration/Irritation/Impatience
- 11) Overwhelmed
- 12) Disappointment
- 13) Doubt



- 14) Worry
- 15) Blame
- 16) Discouragement
- 17) Anger
- 18) Revenge
- 19) Hatred/Rage
- 20) Jealousy
- 21) Insecurity/Guilt/Unworthiness
- 22) Fear/Grief/Desperation/Despair/Powerlessness

What is an emotion that you often feel from this scale?

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How could you raise your vibration by just a few levels when you are feeling this emotion? For example, how could you raise your vibration from worry to frustration/irritation/impatience?

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This week, notice your emotional frequency and as you become aware of the emotions you're experiencing, see if you can also consciously align yourself with a higher frequency.

