



FOR OUR ENERGY HEALING CIRCLE

Raising Your Vibration

*The complete guide to why it matters, how to feel where
you are, and dozens of ways to lift it, every single day*

INSIDE THIS GUIDE

01	Start here	3
02	Why raising your vibration matters	5
03	How to think about vibration	10
04	How to know where your vibration is right now	13
05	Emotion, the heart, and the mind	16
06	Proven everyday ways to raise your vibration	19
07	Energy practices you can do on your own	24
08	Rewiring your energy for gratitude, abundance, and success	28
09	Quick resets when you drop	31
10	What lowers your vibration, and how to work with it	34
11	Common questions	37
12	A simple daily rhythm	40
	Sources	42

01

Start here

Want to protect your energy? Raise your vibration. Want to manifest? Raise your vibration. Want to access your spiritual gifts, find love, get clarity on a big decision? Raise your vibration.

I know that sounds almost too simple. But the further I've gone, the more I've seen the answers start to look the same. What your mind thought the problem was, and what the solution actually ended up being, it's usually way simpler than you expected. Getting there takes practice, okay? The answer itself was never a long complicated thing.

Think about a radio. The music you want is already being broadcast. It's in the air right now, all around you. You don't have to create the song, you don't have to chase it. You just have to tune to the station. That's what raising your vibration is. Tuning yourself to the station where the things you're asking for are already playing.

This guide is for everyone in our energy healing circle, everyone who's received a healing from me. A healing can shift so much, and what you do with your vibration in the days and weeks after is part of how that shift integrates and keeps building. So I took the teachings on vibration I share with my certification students and put them in one place for you. Why it matters so much, how to think about it, how to tell where you're at, and lots of different ways to raise it, from three breaths in the middle of a conversation to a full routine. Try them out. Some will click right away, some won't, and that's okay. Keep the ones that work for you.

How to use this guide

Read it once all the way through. Then come back to it like a workbook. Every section has the teaching, some examples and stories, and where it helps, what science has been finding. At the end of most sections there's a **Try this** so you can practice it, and a couple of questions to journal on.

A quick word on the science. Researchers don't measure vibration the way I talk about it. What they measure is mood, stress, focus, gratitude, how fast people bounce back. Those are the same things you feel when your vibration goes up or down. So when you see a study in here, it's showing you the human side of what we're working with energetically. The two languages are pointing at the same thing.

Take your time with it. You don't need to do everything in here. Find what works for you and do more of it.

02

Why raising your vibration matters

The vibration you're on, the frequency you're on, is way more important than anything else. It's the one thing that can make everything easier or make everything harder.

When you raise it, a lot of the problems that are showing up and a lot of the negativity in your immediate environment tend to disappear. Solutions come quickly. Sometimes things just solve themselves. And sometimes the problem is still there, but it feels very far away and very small, and it doesn't affect your day to day life the same way.

PICTURE THIS

Think of a small rock in your shoe. On a day you're exhausted and already frustrated, that rock can ruin your whole afternoon. On a day you're feeling amazing, you barely notice it, you stop, shake it out, keep walking. Same rock, the only thing that changed was your vibration.

Clarity

When you're in a lower vibration, all these emotions, obstacles, and challenges show up and start tugging at you, pulling you in different directions. And you're like, what am I supposed to do? So much confusion. A lot of times it isn't even a clarity problem. You just need to elevate.

Think of it like being lost in the middle of a forest with no map and no compass. All you see are branches and trees and everything looks the same. Now imagine you're in a helicopter and you fly up. You start seeing the pattern, oh okay, this one leads there, that's the way out. Raising your frequency gives you that perspective.

◆ WHAT THE RESEARCH SHOWS

Psychology has a name for this. Barbara Fredrickson's research on what she calls broaden and build found that positive emotion literally widens what people pay attention to and how many options they can think of. In her experiments, people put in a positive state saw the bigger picture in a visual test and came up with more things they wanted to do. People put in anger or anxiety came up with fewer. That's the forest and the helicopter, measured in a lab.

Protection

Sending love is good, but being the embodiment of it is even better. You're protected just by being on a different frequency.

Turn the radio to one station, you hear blues. Turn it a few notches down, you hear pop. When you're on blues, there is no pop. When you're in the middle, you hear both. In all my years doing this, the only times lower energy has affected me were when I dipped, when I chose fear, chose anger, chose a lower vibration.

What shows up in your life

Blocked energy is a frequency, and it acts like a self fulfilling prophecy. It starts attracting things that exist in that same vibration, people, events, problems, emotions, decisions. Clear it and raise your vibration, and what you experience in the 3D world changes with it.

PICTURE THIS

There's a simple physics demonstration that shows how this works. Strike a tuning fork, set a second one tuned to the same note nearby, and the second fork starts humming on its own. Nobody touched it. It picked up the vibration it matched. A fork tuned to a different note just sits there. Your life works a lot like that second fork.

A STORY

I'll never forget when Mandy and I were living in Florida in a high rise apartment. One of her best friends came over, and she was in a toxic relationship. The guy was cheating on her, treating her badly, and because of her programming and her rules she just could not leave. She'd never done energy work before, and she was like, okay, yeah, whatever Oliver.

So I did a clearing on her, and a lot was stuck in her heart. The next day, driving home, her boyfriend called her out of nowhere and broke up with her. She didn't see it coming. He existed in a certain vibration, and when that energy was removed and replaced with a new one, he just wasn't a match anymore. I've seen this happen so many times, with relationships, with health, with abundance, with purpose.

Better solutions

Sometimes you can't solve the issue in front of you with the same energy you have when you're burned out. You just can't. The higher level solutions, the ones that actually solve it for good, you find those when you're fueled up and in an elevated state. That's why self care is smart. Self care is your fuel to get through the tough times.

Think about your phone at 3% battery. It dims the screen, shuts down apps, and you're just trying to make one call before it dies. That's how you're operating when you try to solve a big problem drained. Charge it first.

Your gifts

Gifts level up via vibration. As I learn lessons, as I raise my frequency, as I journey through life, gifts of mine that weren't fully active start to open up. And when you're in a higher vibration, you start to have a richer experience of reality, because now you're in a vibration where you can process it and make sense of it.

Everyone around you

Every country, every city, has its own collective vibration. As people wake up and raise their vibration, it starts pulling the whole thing up. When you become the best version of you, you become a role model, people see that's how it works. And you keep solidifying that higher vibration for everyone around you.

◆ WHAT THE RESEARCH SHOWS

There's a well known study that followed 4,739 people in Framingham, Massachusetts for 20 years as part of a heart study. Researchers James Fowler and Nicholas Christakis found that happiness spreads through people's connections, out to three

degrees, your friends, their friends, and their friends. They also found happiness spread more reliably than unhappiness. So when you raise your vibration, it ripples out to people you may never even meet.

That's my mission, honestly. Healers in every city, helping people elevate their frequency and raising the vibration of the planet into one of love and light.

What we've seen in our own research

We wanted to know what was actually happening for people, so we had researchers, Ana Holguín and Michelle Harb, study our Sedona retreats in 2024 and 2025. Of about 120 attendees, 106 took part. Here's some of what they measured before and after five days of energy healing:

51%

DROP IN STRESS

15.9 severe to 7.87 mild. 80% of people improved

24%

DROP IN ANXIETY

8.39 severe to 6.41 moderate. 63% improved

56→74%

GOOD SLEEPERS

before and after the retreat

31→63%

SATISFIED WITH LIFE

life satisfaction up 19.5%

96%

HAD A LIFE CHANGING INSIGHT

at least one big aha moment

83.2%

FELT A RELEASE OF TRAUMA

during the five days

I want to be honest about what this is. It's a before and after study, there was no comparison group, and most people had already done some of my work, so they came in open. Heart rate variability didn't show a significant change, and anxiety actually went up for 14.5% of people, which tells us some folks need more support after a big shift. The one month follow up had fewer people and mostly held. And of the 8 people who came in severely dissatisfied with their life, all but one had dramatic improvements.

TRY THIS

Rate your vibration from zero to ten right now. Then write down one problem in your life and how big it feels. Come back after you've done a few practices from this guide and rate both again.

JOURNAL ON IT

Think of a time a problem felt huge and then a week later felt small. What changed, the problem or you?

03

How to think about vibration

Everything has a frequency. What you want in life operates at a certain frequency too. So the question is always, how close is the vibration you're living in to the vibration of what you want?

Energetic tension

Fear, anxiety, jealousy, anger, skepticism. Those emotions have energy attached to them, and they create a wedge, a big divider, between you and what you want. They keep you in a different vibration from the reality you're asking for, so you keep missing it, or it takes way longer.

PICTURE THIS

Have you ever driven a few miles before realizing the parking brake was still on? The car still moves. But it's slow, it's loud, it smells like something's burning, and you're using way more gas to get the same distance. That's what energetic tension does. You can still get places, it just costs you so much more.

And even if you do get there with that tension still in you, it comes with baggage. It comes with taxes and penalties, because you manifested it from a place of duality. When you work on removing the tension, everything in life just speeds up.

Reality can shift in seconds

How many times have you misheard something, or thought something bad happened, and you went right into that low state? You're frowning, your body language closes off, maybe it's been brewing for an hour. Then you find out you misunderstood, and within seconds everything shifts. Your perception shifts, the pain shifts.

PICTURE THIS

Here's an example most people know. You text someone you care about, and hours go by with no answer. Your mind starts writing the story. They're upset with me. I said something wrong. They don't care. You feel it in your chest. Then they text back, sorry, my phone died. In one second, the whole thing is gone. Nothing outside you changed. The story changed, and your vibration followed it.

That's how malleable reality is. Energy can change in seconds, and your vibration can too.

Love is the missing piece

Mandy and I always talk about this. People sign off with love and light, love and light, but what does it even mean? Light is information. Love is the lubricant for light, it's what grounds all that information so you don't explode.

Think of a circuit. If you've got 220 coming through a 110 circuit, boom, you blow a fuse. Love is what expands your vibration so you can handle more. So if you're snapping, stressed out, feeling yourself burn out, a lot of the times love is the missing piece.

I can give you all the techniques in the world, but I've seen people without this foundation crash and burn. A lot of light with not enough love to hold it. When I brought more love into my life and my healings, healings got faster. I didn't get drained as much. Things that used to take a lot of time to remove came out in one shot.

Life is happening for you

You are the creator of your own reality. When you raise your vibration and release what doesn't work for you, the old frequency leaves, and it takes its stuff with it. Old beliefs, old emotions, unhealthy friendships, opportunities that weren't right for you.

In the 3D world that can look chaotic. People falling off, doors shutting in your face. It's easy to read that as rejection. In reality it's an old reality detoxing itself out, kind of like a detox with a green juice. There's a transition period, a lag time, and then the new frequency comes in with the opportunities you were asking for in the first place.

PICTURE THIS

Think of a snake shedding its skin. Right before it sheds, its eyes cloud over and it can barely see. It looks like something's wrong, but it's just outgrown the old skin, and for a little while it's in between. That in between part is the lag time.

You're not aiming for perfect

High vibration 100% of the time is impossible in a human world. It doesn't happen when you're connected to people, when there are world events, when you're sensitive to energy. Some weeks I'm there 80% of the time instead of 90 or 100, and I don't feel bad about it. 80's way better than where I used to be.

Think of the GPS in your car. When you miss a turn, it doesn't yell at you or tell you you're a bad driver. It just says recalculating, and finds you the next way there. That's the energy to bring to yourself when you dip.

What you want is to be empowered with it, to know how to deal with it when it dips.

TRY THIS

For the next 24 hours, every time you feel a drop, pause and ask, is this the situation or is this the story I'm telling about it? Write down how many times it was the story.

JOURNAL ON IT

Where in your life might the parking brake be on right now? What emotion is attached to it?

04

How to know where your vibration is right now

You can't raise something you're not checking. So start by asking.

Most people check their phone battery 50 times a day and never check their own. They only notice when they're already at 2%, snapping at their kids, crying in the car, wondering what happened. Checking in early is half the work.

The lever

Imagine a lever. Zero is the lowest vibration you can be in, ten is your highest. Scan yourself and ask, what vibration am I in right now? A lot of times you'll just intuitively know. Okay, I'm at a two. Maybe a three.

That number is just your starting point, and in the next sections you'll learn how to move it.

If you're not sure, check your body. Are your shoulders up by your ears? Is your jaw tight? Are you breathing up high in your chest, short and fast? Your body usually knows your number before your mind admits it.

Heavy or light

As Mandy would teach, notice whether something makes you feel heavy or light. A song, a person, a place, a conversation. Your internal compass knows. And what feels light for someone else might feel heavy for you, and what felt light a month ago might not today. You're an ever changing, ever flowing being.

PICTURE THIS

Try it with two people in your life. Picture spending an afternoon with the first one. Notice your body. Now picture an afternoon with the second. Notice again. One probably feels like a weight on your chest, one feels like you can breathe. That's your compass working.

One thing to know. If you're in a really low state, something of a very high frequency might not feel good at first, because it's so polar to where you are. That's normal. Think of walking out of a dark movie theater into the afternoon sun. The light isn't bad. Your eyes just need a minute.

Signs you've dipped

- Confusion, everything pulling you in different directions, you can't make a decision
- Snapping at people, stressed out, feeling yourself burn out
- Overwhelmed or anxious out of nowhere
- Waking up groggy, out of it, with a heavy energy on you
- Your mind spiraling, and you catch yourself already on the eighth spiral
- Frowning, body closing off, a mood that's been brewing for an hour

When it dips even for me

I'm not perfect either. I've been overwhelmed, anxious, confused. The difference now is I catch it quicker, within 10, 20, 30 minutes, within the hour, and I work on it and it's gone.

For me it usually slips when I forget my routines, when I'm low on sleep or energy, when I'm around a different vibration, or when I knowingly step into something lower than I'm used to. Once I realize it, I address it as soon as I can, and things get back on track.

Is it even yours?

I've met people who pick up on 80% of the thoughts and emotions they feel during the day that aren't even theirs. So when you feel off, ask. Is this mine? If it's not, you don't have to carry it. Cut the cords, clear it, and let it go.

PICTURE THIS

You've felt this. You walk into a room right after two people had an argument. Nobody says a word, and you can still feel it. Or you're totally fine, you get on the phone with someone who's stressed, and twenty minutes later you're the one who's stressed. If you're sensitive to energy, you're like a sponge. A sponge doesn't decide what it soaks up. That's why you check.

TRY THIS

Set three alarms on your phone for tomorrow, morning, midday, and evening. Each time it goes off, take one breath and ask, what's my number, and is all of this mine? Write the number down. By the end of the week you'll see your patterns.

JOURNAL ON IT

*Who or what reliably makes you feel light? Who or what reliably makes you feel heavy?
What's one small change you could make with that?*

05

Emotion, the heart, and the mind

How you react to something is a lot of times more important than the thing you're reacting to. That's where your vibration actually gets decided.

A STORY

Viktor Frankl was a psychiatrist who survived the Nazi concentration camps. He wrote about how, even there, with almost everything taken from people, he watched some of them still choose how they met each day, giving away their last piece of bread, offering a kind word. He saw that one freedom no one could take, the freedom to choose your inner response. If that choice existed there, it exists for you in traffic, in a hard conversation, on a bad morning.

Drop into your heart

When something heavy comes at you, the last place you want to be is in your mind. When I'm in my heart space, things open up. When I'm in a high vibration, things open up. So most of the time, all I do is set an intention, breathe, and focus on my heart.

People hear that and they're like, really, that's it? All you do is imagine light coming in, breathe in, breathe out, relax, and drop into your heart? Yeah. Because I've practiced it so many times, my body knows where that leads.

◆ WHAT THE RESEARCH SHOWS

Harvard researchers Matthew Killingsworth and Daniel Gilbert built an app that pinged thousands of people at random moments in their day and asked what they were doing, what they were thinking about, and how happy they felt. People's minds

were somewhere other than where they were 46.9% of the time. And they were less happy when their minds wandered, even when what they were thinking about was neutral. Being present, being here, is a vibration all by itself.

Interrupt the spiral

Our mind can spiral so fast. Next thing you know, you catch yourself on the eighth spiral and the first seven already happened. That's okay. The goal is to keep practicing, keep interrupting it. Soon you'll catch it on the first or second spiral, or even before it starts.

Think of a snowball at the top of a hill. At the top, you can stop it with one finger. Halfway down it's the size of a car. Catching the spiral early is catching the snowball at the top.

And you can never go wrong with sending more love and gratitude and lifting your vibration when you notice it.

Which one are you feeding?

A STORY

There's an old story you might have heard. A grandfather tells his grandson there are two wolves fighting inside every person. One is fear, anger, jealousy, resentment. The other is love, joy, gratitude, peace. The grandson asks, which one wins? And the grandfather says, the one you feed.

That's energy. When you put your attention into your current situation, you build that situation. Whatever you keep feeding gets stronger.

Get curious about the fear

Your fears affect your vibration, and your vibration affects what you tap into. So when a fear keeps showing up, it's giving you a clue about what's stopping you. Don't blame or shame yourself for it. Ask:

- 1 Where did this come from?
- 2 Is it even mine?

3 Is it true?

4 Is it true all the time?

Growing up in the Philippines, I had a lot of fear around the third eye. There was so much stigma, like, once your third eye opens you're going to start seeing ghosts. My mind built that out so much it created a debilitating fear, and I shut off my third eye for a long time. Nowadays it's open, and I'm no longer afraid, because I set my parameters for what I'm allowed to see. Only beings of love and light.

Self compassion over force

For years I used criticizing myself as fuel, to push harder, work harder. If you use that as fuel it only goes so far, and you burn out, because you're literally punishing yourself and depriving yourself of love just to do more. That's not sustainable.

Think about how you'd talk to a five year old who's learning to ride a bike and falls. You wouldn't scream at them. You'd pick them up, check their knee, and say, let's try again. Talk to yourself like that.

These days, if I wake up and I'm off, I'm not fearful about it. I'll be even gentler with myself and my expectations that day. More loving, more gentle, no expectations, more in the flow.

TRY THIS

Next time you catch a spiral, put your hand on your heart, take three slow breaths, and ask the four questions above out loud or on paper. Notice which question loosens it the most.

JOURNAL ON IT

What's one fear that's been showing up again and again? Run it through the four questions. What did you find?

06

Proven everyday ways to raise your vibration

There are many different ways to raise your vibration, a lot of different ways. There's no one right path. Think of getting from point A to point B. You can go in a straight line, or move a tiny bit over and take another route, and you still get there. Use whichever of these works for you.

We all have vehicles that take us from one state to a higher one. A lot of this is just figuring out what your vehicles are, being aware of them, and doing them more.

1. The cycle of breath

Breathe in for three seconds, pause for three, exhale for three. If five feels better, do five, but start with three. I use this all the time, even in the middle of a conversation. I know if I do the cycle of breath, it's going to get me higher.

◆ WHAT THE RESEARCH SHOWS

Science is catching up on this one. A Stanford study published in 2023 had people do just five minutes of breathing a day for a month and compared it to five minutes of mindfulness meditation. One of the techniques was box breathing, equal counts in, hold, and out, which is very close to the three, three, three. Breathwork improved mood more than meditation did, and the one that worked best was cyclic sighing, which puts the focus on a long, slow exhale. So if you need a little extra, let your exhale run longer than your inhale.

PICTURE THIS

You're about to walk into a meeting you've been dreading. Before you open the door, do three rounds. In for three, hold for three, out for three. Then once more with a long exhale. You'll walk in at a different number than you were standing at.

2. Bring in light

As you breathe in, imagine divine white light coming in and filling your entire body. It's godly, it's pure, it clears. Then golden light from the sun pouring into the top of your head, rejuvenating, life force energy, fueling you up. I know if I bring light in, it's going to raise my vibration.

You can do this anywhere. In line at the grocery store, at a red light, waiting for the kids at pickup. Nobody needs to know you're doing it.

3. Serve

For me, serving is one of the quickest ways to get into a higher vibration. When you're serving, you're making a difference, you're adding positivity to humanity. It puts you in a different frequency where manifestation happens quicker and simpler.

◆ WHAT THE RESEARCH SHOWS

Researchers Elizabeth Dunn, Lara Aknin, and Michael Norton found the same thing with money. People who spent more on others were happier, and when they randomly gave people money and told some to spend it on themselves and some to spend it on someone else, the ones who gave it away came out happier. Serving doesn't have to be big. Helping a friend move, a phone call to someone who's struggling, buying someone's coffee.

4. Time with the ones you love

Spending time with your kids or your pets can put you in a freaking high, elevated state. Notice who does that for you and give yourself more of it.

PICTURE THIS

Ten minutes on the floor with your dog, no phone, just being there. Or letting your kid show you the thing they built. Watch what happens to your number.

5. Gratitude, every day

Gratitude is more than counting your blessings. It's one of the quickest and easiest ways to remove energetic tension between you and what you want. When you keep doing it and it becomes a habit, it has such a positive effect. The full exercise is in the rewiring section.

◆ WHAT THE RESEARCH SHOWS

In 2003, Robert Emmons and Michael McCullough ran a set of experiments where people were randomly assigned to write down either what they were grateful for or what was bothering them. The gratitude groups felt better about their lives and more optimistic. The college students in it exercised more, and a group of adults living with neuromuscular disease reported sleeping longer and waking up more refreshed. Something as simple as writing down five things a week moved real things in people's lives.

6. Nature, movement, salt baths, journaling

A walk in nature. Working out. A 30 minute salt bath. A little journaling. A little self care. When you've got a big decision and you're not clear, schedule a block of time, like four hours on a Saturday, just to raise your vibration with these before you decide.

◆ WHAT THE RESEARCH SHOWS

At Stanford, Gregory Bratman and his team sent 38 people on a 90 minute walk, half through a grassy area with oak trees and half along a busy street with traffic. The nature group came back ruminating less, that loop of repetitive negative thoughts about yourself, and a brain scan showed less activity in an area tied to that kind of thinking. The street group showed no change.

7. Put your energy into the future

When you put your energy into your current situation, you build that situation. When you put more of your energy toward the future you want, you pull it closer, faster. Spend more time there and you'll start feeling good, and the old situation starts becoming a thing of the past.

PICTURE THIS

You're in a job you've outgrown. You can spend your evenings replaying everything wrong with it, or you can spend twenty minutes feeling into the version of you already doing the work you love, how you'd dress, how you'd talk, how you'd feel on a Monday morning. The replaying just keeps building the job you already have.

8. Bless your food

Before you eat, clear the food, infuse it with love and life force energy. Be grateful for the people who prepared it and where it came from. Set the intention that as you take it in, you become more of a vessel for a higher power, more filled with love. When you infuse your food with high vibration, it changes everything.

9. Honor your body

Drink water. Rest. When you've been doing a lot of energy work and you're floating, ground yourself, eat something like potatoes or rice, sometimes something salty. Whatever your body craves after intense work is usually what it needs. No guilt, no shame.

Think of a kite. The higher you want it to fly, the more you need someone on the ground holding the string. Grounding is what lets you go high without floating away.

10. Music that feels light

Notice what music makes you feel light and what makes you feel heavy. Honor your intuition over anybody's list. There's also music in certain hertz you can find for sleep and meditation, like the solfeggio frequencies, if that resonates with you.

PICTURE THIS

Make two playlists. One that lifts you when you're low, and one that calms you when you're wired. Then you're not guessing in the moment.

11. Turn up the love

Imagine another lever, your love lever, zero to 100. Self love, love in general, being present in that frequency. Check where it is. If things aren't working, amp it higher and higher until it's the highest you can go. A lot of things in life can be solved right there.

TRY THIS

Pick three of these eleven that called to you. Do one every day for the next seven days and rate your vibration before and after each time. Keep the one that moves your number the most.

JOURNAL ON IT

What are your vehicles? List every person, place, and activity that reliably lifts you. How many of them did you do this week?

07

Energy practices you can do on your own

These are the energy tools I use most for raising my vibration. Mix them, customize them, and let your intuition guide how many rounds you do.

The vibration lever visualization

This one was channeled to me, and it's the quickest way I know to consciously raise my frequency.

- 1 **Cut cords.** Cut the cord of will, cut, cut, cut. Remove, and replenish with white.
- 2 **Scan yourself** and ask, what vibration am I in? Imagine the lever, zero to ten. Put your hand on it where you are, a two, a three, wherever it is, and imagine holding it.
- 3 **Call on higher power**, whatever matches your beliefs. God, universe, divine source, archangels, angels, my guides, please help me raise my vibration and my frequency. Help me raise it higher.
- 4 **White light.** Breathe in for three, imagining divine white light filling your entire body. Hold for three, and feel it spread across your whole body. Exhale for three and move the lever up. Repeat three, four, five times, whatever feels right.
- 5 **Gold light.** If you need more, breathe in golden light from the sun pouring into the top of your head, rejuvenating life force energy fueling you up. Pause and let it spread even quicker. Exhale and move the lever up. Three, four, five times or more.
- 6 **Purple light.** Last, breathe in purple, divine unconditional love, through the top of your head, flooding your body. As you pause it expands and becomes more potent. As you exhale, lift the lever as high as you can get it.

Then notice how you feel. You'll feel different. In that moment you've consciously raised your vibration to a place where you're ready to go back into your day.

◆ WHAT THE RESEARCH SHOWS

Some people ask, does imagining it actually do anything? In 1995, Harvard neuroscientist Alvaro Pascual-Leone taught people a simple five finger piano exercise. One group practiced on a keyboard two hours a day for five days. Another group sat at the keyboard and only imagined playing. When he mapped their brains, the area controlling those fingers had grown in both groups. Imagining it changed the brain. What you visualize is real practice.

Cutting cords, before and after

Whenever you've been connected to someone, a healing, a heavy conversation, a crowded room, cut the cords. It's a good practice before and after any clearing on yourself too. When I wake up groggy or heavy, I treat it as normal. This isn't mine, cut the cords, clear, remove, boom, refuel, and I'm back.

Think of all the apps running in the background on your phone. You're not using them, you might not even remember opening them, but they're all draining the battery. Cords are like that. Closing them gives you your energy back.

Shields

If an area keeps getting full or feels sensitive, like your third eye or your heart, clear it first, then shield it. I might put three shields on. White, then a gold bubble on top, then purple. Then program it with an intention, something like this:

I only want to pick up energies of love and light and positivity that are for my highest good right now. Everything that's fear based, lower frequencies, things that don't serve my soul or my purpose work, please block them out. Thank you.

You can even put a timer on it. Program this for the next 8 hours, or the next 24.

Think of it like sunscreen. You still get to enjoy the sun, you still feel the warmth. You're just not going to come home burned. And just like sunscreen, you put it on before you go out, and you reapply.

The gold

Gold is one of my favorite energies. Over ten years ago I was shown a sacred geometry of gold that I teach in my certification and use for all my healings. It's like a magnifying glass. It amplifies everything and makes the work more potent. You don't need the geometry to work with gold, though. Breathing in golden light from the sun, like in step five of the lever, brings that rejuvenating life force energy right into you.

After a healing or any energy work

Cut the cords. Ground, outside in nature or inside. Maybe light some sage or incense, or take a salt bath and just relax, and let Mother Nature and God's tools clear you. Drink water. Eat something grounding if you need it. You did your work, now let yourself rejuvenate.

Athletes don't finish a race and sit straight down in the car. They cool down, stretch, hydrate, eat. Your energy body needs its cool down too.

Repetition makes it automatic

There was a time when, before every event, I was cutting cords, going up, doing gold, surrounding myself with angels. Nowadays I barely do any prep. When you do it enough, you become familiar with that frequency, it becomes a part of you, and it shows up when you need it, even before you know you need it.

It's like building a house. You spend two, three, four years building it, and then it's built. Maybe some maintenance here and there, but you don't rebuild it every day. You live in it.

◆ WHAT THE RESEARCH SHOWS

Research on habits backs this up. Phillippa Lally and her team at University College London had people repeat a new daily behavior and track how automatic it felt. On average it took 66 days to hit its peak, with a huge range, from 18 days for some people to an estimated 254 for others. And missing a single day didn't undo the progress. So if it still feels like effort, that's normal. Keep going.

TRY THIS

Do the vibration lever visualization every morning for 30 days. Write your starting number and your ending number each time. At the end, look at how far the starting number moved on its own.

JOURNAL ON IT

Who or what are you still corded to that drains you? What would it feel like to cut that cord with love?

08

Rewiring your energy for gratitude, abundance, and success

Some of the biggest drops in vibration come from patterns you don't even notice. Rewiring them is one of the most powerful things you can do, because the higher vibration starts showing up on its own.

The pattern that held me back

Every time I saw somebody more successful than me, a competitor, a colleague, someone on YouTube or in the news making a lot of money, I would go internal and criticize myself. Why are you not good enough? You've been doing this so long and you're still here, Oliver?

It didn't matter if I was ten times better than a year before. If there was someone better, I'd still feel like the worst person in the world. That cycle was one of the biggest things that held me back. And if I want that level of abundance, I can't have negativity attached to it, because it repels. Those things are in different vibrations.

What I trained myself to do instead

Every time I heard about somebody succeeding, I'd take a moment and send them gratitude, send them love, and rejoice. In my mind I'd talk to them the way I'd want to be talked to. Congratulations, you did it, all your hard work paid off, you're good enough, you're loved, keep it up. I'd thank them for being brave and courageous enough to embody that level of success.

Then I'd go within and send myself love. Fill myself up with white light, then gold light. I'd think about my favorite moments of accomplishment, things I did right that day, things I did right the day before. I built that into a positive three to five minute routine.

A STORY

It's like the four minute mile. For years, people believed no human could run a mile in under four minutes. Then in 1954, Roger Bannister did it. And within about two months, someone else did it too, and over the following years many more. Their bodies didn't change. What changed was they'd seen it was possible. When you celebrate someone else's success, you stop treating it as proof you're behind, and you start treating it as proof it can be done.

TRY THIS

Think of three successful people you know and send them gratitude every single day for the next seven days. Write down the breakthroughs and realizations that come up.

Future pacing gratitude

This is a big part of my routine for accelerating abundance. The reason the reality you want feels so far away is the emotions that get in the way. Fear, doubt, worry. What would happen if I got there? Who would I lose? Those emotions have energies attached, and they keep you in a different vibration from what you want.

When you match the vibration of what you want with something positive, it collapses timeframes. Here's how I do it:

- 1 At the end of the night, close your eyes and fill yourself up with light.
- 2 Put a figure eight, the infinity sign, in front of you and spin it, spin it quick.
- 3 Set the intention to tap into the version of you already living the reality you want. Say it's living beachfront in Hawaii with rental properties bringing in passive income. Get that specific.
- 4 Breathe it in. Some relaxing music in the background can help.
- 5 Even if it feels like nothing is happening, trust that on an energetic level you're connecting to that reality.
- 6 Start giving thanks as if you've already been living it for six months or a year. Get very detailed.

Do it every day, morning and night if you really want to amp it up, and give it 30 days. See what happens.

PICTURE THIS

Say what you want is a loving relationship. Don't just say, I'm grateful for my partner. Get detailed. I'm so grateful for Sunday mornings making breakfast together. I'm grateful for how safe I feel when I tell them about my day. I'm grateful we laughed so hard last night we couldn't breathe. The more detail, the more you feel it, and the feeling is what matches the vibration.

When life knocks you off

An unexpected bill shows up, a challenge at work, an argument with a loved one. Notice when your mind goes to why is this always happening to me, why am I so unlucky. That question keeps you in that vibration.

When something knocks me off my vibration now, I might not know in that moment that it's here to serve me. But when I look back 30 days later, 60 days, 90 days, those things were what I needed to get to where I wanted. So in my mind there's no doubt. I fully trust it. Even what happened on the lows can be elevated in frequency to where it not only heals you, it helps heal humanity too.

Think of how a pearl is made. A grain of sand gets inside an oyster, and it's an irritation. The oyster coats it, layer after layer, and over time that irritation becomes the most valuable thing in the shell.

JOURNAL ON IT

Look back at something that knocked you off your vibration a year ago. What did it end up giving you that you couldn't see at the time?

09

Quick resets when you drop

Everyone dips, me included. The practice is catching it quicker each time. These are for the moment it happens.

Think of this section as your first aid kit. You don't wait until you cut your hand to go buy bandages. You keep them in the drawer so they're there when you need them. Read these now, so when you dip, you already know what to reach for.

In a conversation that's affecting you

Sometimes I'm talking to somebody and what they're sharing is so negative, or I'm tired, and I feel it start to affect me. So I take some deep breaths, the cycle of breath. I gently bring in more light and love to fuel me up while I'm still talking. Nothing intense. Simple stuff, because I know it works.

PICTURE THIS

A family member calls and starts unloading about everything wrong in their life. You can feel your chest getting tight. Keep listening, and while they talk, breathe slow, let your exhale run long, and imagine white light pouring in through the top of your head. You can still be there for them without taking it on.

When you wake up off

First, no fear about it. Take the morning easy, maybe go for a walk. If it feels heavy, ask if it's even yours, cut the cords, clear, remove, and refuel. And be gentler with yourself and your expectations that day.

When you can't decide

Don't make the big decision from a low vibration. Elevate first. Salt bath, nature, journaling, the lever visualization, whatever gets you up. Then look at it again from the helicopter.

PICTURE THIS

You get a job offer and you have to answer by Friday. If you decide on Tuesday night, exhausted and anxious, fear makes the choice. Give yourself Wednesday morning, a walk, a few rounds of the lever, and decide from there. You might land on the same answer, but now you'll trust it.

When you're running on empty

Pause before you push. If you're stretched too thin or burning out, taking care of you first is smart thinking. You wouldn't run a marathon without drinking water. Fuel up, then come back, pick one thing, just one, and do it while you're at a high enough vibration.

When you're about to show up for someone

Maybe a friend is going through something hard and you want to be there for them, but you've got your own stuff going on. You don't have to have every single thing in your own life sorted out to show up for someone. When you're serving, you're on a very, very high frequency, and in that frequency your own stuff doesn't exist in that moment. Does a doctor have to be completely healthy to see you and give you advice? No. Same here. Before you go, do the lever, bring in your light, and drop into your heart.

YOUR 60 SECOND RESET CARD

Someone's energy is getting to you

Cycle of breath, long exhale, bring in white light

You wake up heavy

Ask if it's yours, cut cords, clear, refuel

You're spiraling

Hand on heart, three breaths, the four questions

You have to decide

Elevate first, decide second

You're about to show up for someone

Lever, light, drop into your heart

TRY THIS

Screenshot or photograph the reset card above and keep it on your phone this week. Every time you use one, put a check next to it.

JOURNAL ON IT

What situation knocks you off most often? Which reset will you try next time it happens?

10

What lowers your vibration, and how to work with it

Knowing what pulls you down takes a lot of the fear out of it. Most of the time it's something simple.

Fear, anxiety, jealousy, anger, skepticism

Get curious about where it came from, send gratitude, raise your love lever

Forgetting your routines

Just pick them back up, no guilt, and notice how fast you come back

Low sleep or low energy

Rest, water, grounding food, take the day easier

Being around a lower vibration, or guests vibing in your space

Cut the cords and clear before you sleep, shield sensitive areas

Choosing to step into something lower than you're used to

Notice it, address it as soon as you can

Absorbing energy that isn't yours

Ask if it's yours, clear it, program your shields

Overflow after a lot of activation

Remove the excess energy and ground

When you rise, things get stirred up

When you start raising your vibration, the old frequency leaves along with everything that came with it. Emotions might come up, memories, things you never expected. Some people fall off, some doors close. That's the detox, and there's a lag time before the new comes in. Zoom out and remember the bigger plan.

PICTURE THIS

Think of cleaning out a closet you haven't touched in years. Halfway through, your room looks worse than before you started. Clothes on the bed, boxes on the floor, stuff you forgot you had. If you stopped right there, you'd think cleaning made it worse. Keep going.

PICTURE THIS

You start doing this work and a friendship that was built around complaining together starts to feel off. The calls get shorter. You might feel guilty, like you're doing something wrong. A lot of times you're just not a vibrational match for that version of the friendship anymore, and that leaves room for one that is.

The same thing happens on a bigger level. As more people wake up and raise the vibration of a city or a country, there's usually resistance at first from people who don't want to change. Everyone gets presented with their biggest opportunities to shift. The ones who bravely heal end up happier and more fulfilled.

Too much at once

If you're opening up fast, you might get dizzy, lightheaded, a little heat in your third eye, or intense dreams. That shows it's working, and it gets more natural with practice. Think of a cup. Filling it up is great. It's only the overflow that floods everywhere, and that excess energy can be removed.

Freedom from the external stuff

My goal is to have freedom from external stuff. If something tells me this week is going to be rough for me, planetary or anything else, I'm like, okay, let me double down on my clearings this week, do more sacred geometry, more self love. Yeah, things can affect you. You have the tools to bounce back, to rise up, and to surf that wave.

Think about the difference between a thermometer and a thermostat. A thermometer just tells you the temperature of the room. It goes up and down with whatever's around it. A thermostat sets the temperature, and the room adjusts. The tools in this guide are what move you from thermometer to thermostat.

JOURNAL ON IT

Look at the list above. Which two show up for you most often? What's your plan for each one this week?

11

Common questions

Do I have to stay high vibration all the time?

No. 100% of the time is impossible in a human world. I'm okay with most of the time. If this week I'm there 80% of the time, I don't feel bad, because 80 is way better than where I used to be. Grant yourself grace.

When life rocks me out of balance, is it just practice, practice, practice?

Practice helps, yes. And look at what's knocking you off. A lot of times the things that throw me off my vibration are connected to what I asked for, more impact, better relationships. They might not feel good in the moment, but looking back 30, 60, 90 days later, they were what I needed.

How long until I notice a difference?

A lot of people feel a shift the first time they do the lever visualization, in that moment. Making it automatic takes longer. That's why I say give it 30 days and track your number. The research on habits found it took people anywhere from 18 days to months for something new to become automatic, with 66 days as the average. So if you're on day 12 and it still feels like work, you're right on schedule.

Do I need to heal all my traumas before I can live at a high vibration?

There are so many traumas in a life, some conscious, some unconscious, even gestational, that it's virtually impossible to heal all of them. When you're serving, you're on such a high frequency that your traumas don't exist in that moment. Keep healing, and keep showing up.

Can music lower my vibration?

Honor your intuition. Music that gives someone else a good vibration might give you a bad one, and the other way around. Notice if it makes you feel heavy or light, and know that it can change as you change.

Does it get easier?

Yes. The more you visit that frequency, the more familiar it becomes, until it's second nature. These days I can set an intention, breathe, or focus on my heart, and it's as if I've done 10,000 sacred geometry practices, because I've done the work.

Think about learning to drive. The first time, you were holding the wheel tight, checking every mirror, thinking about every move. Now you drive to the store and barely remember the trip. Same thing here.

I feel dizzy or lightheaded when I tap into higher energies. Is that okay?

That's normal when you're not used to it. It shows it's working. Once you're used to visiting that vibration, it stops feeling foreign and becomes very natural.

How do I help my kids with their vibration?

Notice what they actually crave spiritually and encourage more of it. The park, reading, play time, being outside, creating things. For kids, the things that drive them are the same things that clear them at that age. My son loves being outside, running, creating, and sometimes even video games, and I lean into that instead of discouraging it.

I can't feel anything when I do this. Is it working?

What we're doing happens on an energetic level, and maybe we're only aware of .001% of it. Right now your body is doing tens of thousands of things you're not thinking about, and they're still happening. Same with this. Your intention and your energy are more powerful than the logical mind saying I can't feel it.

In our events, in person and remote, we've had people who weren't sure anything was happening, couldn't feel it, couldn't see it. Then when we checked in after the healing, they'd gone through something really deep. Not feeling it in the moment doesn't mean it didn't happen.

Is there any science behind any of this?

Science doesn't measure vibration directly yet. What it does measure is the stuff you feel when your vibration moves, stress, mood, sleep, focus, how you see the world. And that research lines up with a lot of what's in this guide, gratitude, breath, nature, serving, being present. Our own Sedona research found big drops in stress and big jumps in life satisfaction after five days of energy healing. It's early, and we want bigger and more controlled studies.

12

A simple daily rhythm

You don't need all of this every day. Here's a way to put it together while you're building the habit. Adjust it to your life.



MORNING

Be present and check where you're at on the lever. If you're off, take it easy, go for a walk, cut cords and refuel.



BEFORE ANYTHING IMPORTANT

The lever visualization, white, gold, purple.



DURING THE DAY

The cycle of breath and bringing in light whenever you feel it start to affect you. Catch the spiral early.



MEALS

Bless your food with love and gratitude.



AFTER A HEALING OR ENERGY WORK

Cut cords, ground, water, salt bath or nature if you can.



EVENING

Future pacing gratitude. Send gratitude to someone successful, then to yourself.



BEFORE SLEEP

Cut cords and clear, especially your third eye and crown. Shields on anything sensitive.



WEEKLY

Block real time for self care, more if you've got a big decision coming.

Your first 30 days

If you want a simple way to start, build it up one week at a time.

WEEK 1

Check your number three times a day and do the cycle of breath whenever you're below a five.

WEEK 2

Add the vibration lever visualization every morning.

WEEK 3

Add future pacing gratitude every night, and send gratitude to three successful people each day.

WEEK 4

Add cutting cords before sleep and one block of self care, nature, a salt bath, journaling, whatever lifts you.

Write down your morning number every day. At the end of the 30 days, look back at day one.

In the beginning, I had to wake up and consciously get myself into a high vibration, because my life was going the opposite way and I needed to know how that felt. Now most of my life is in a good place, so if I'm off by a bit, I just take it easy on myself. All the work and all the repetition pays off.



Keep going. I love you all very much.

Sources

Teachings from my GEO Love Healing certification: How to Raise Your Vibration, 12 Powerful Energy Healing Concepts, Rewiring Your Energy for Gratitude, Abundance and Success, Post Healing Routine, Gold Energy Explained, Shielding Chakras, the certification Q&As, and an April 8, 2026 live call.

Our research: Ana Holguín and Michelle Harb, Energy Healing Research Results Phase 1, Exploring the Transformational Impact of Oliver Niño's Sedona Retreats, May 2025.

Outside studies:

- Fredrickson and Branigan, positive emotions broaden attention, Cognition and Emotion, 2005. pubmed.ncbi.nlm.nih.gov/21852891
- Fowler and Christakis, the spread of happiness in the Framingham Heart Study, BMJ, 2008. pmc.ncbi.nlm.nih.gov/articles/PMC2600606
- Killingsworth and Gilbert, A Wandering Mind Is an Unhappy Mind, Science, 2010. news.harvard.edu/gazette/story/2010/11/wandering-mind-not-a-happy-mind
- Yilmaz Balban and colleagues, brief breathing practices and mood, Cell Reports Medicine, 2023. pmc.ncbi.nlm.nih.gov/articles/PMC9873947
- Dunn, Aknin, and Norton, spending money on others promotes happiness, Science, 2008. hbswk.hbs.edu/item/5944.html
- Emmons and McCullough, counting blessings versus burdens, Journal of Personality and Social Psychology, 2003. pubmed.ncbi.nlm.nih.gov/12585811
- Bratman and colleagues, nature experience reduces rumination, PNAS, 2015. pubmed.ncbi.nlm.nih.gov/26124129
- Pascual-Leone and colleagues, mental practice and the motor cortex, Journal of Neurophysiology, 1995.
- Lally and colleagues, how habits are formed, European Journal of Social Psychology, 2010. ucl.ac.uk/news/2009/aug/how-long-does-it-take-form-habit