


A cluster of pink and teal balloons is shown in the upper left corner of the image. A hand is visible at the bottom left, holding the strings of the balloons. The background is a soft, light blue gradient.

# 50 ways to raise your vibe

with  
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Having an uplifted energy field isn't just for the rainbow and unicorn set, it's one of the cornerstones of working effectively with psychic ability. It's also instant protection and helps give more trust in our intuitive self.

*Who doesn't want that? .*

If sitting on a meditation cushion is not for you, or there's 99 other things more important than 10 minutes of stillness, look at the list below and see what else might help raise your vibe fast.

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1. Dance.
  2. List 10 things your'e grateful for.
  3. Create a playlist of favourite uplifting songs.
  4. Drop into your heart. Ask, "what would Oprah do?"
  5. Sing.
  6. Do something nice for someone.
  7. Look out the window and appreciate the beauty in something.
  8. Lie on your back outside and look at the clouds.
  9. Have a bath or shower that includes getting your hair wet.
  10. Detox yourself from gossip.
  11. Do a back bend - even a little one.
  12. Take 5 slow deep breaths.
  13. Practice a Mantra.
  14. Make a silly face.

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15. Say an affirmation bonus points for saying it out loud in the mirror.
  16. Choose decaf.
  17. Practice empathy for everyone.
  18. Hug someone.
  19. Drink a glass of water.
  20. Do Yoga.
  21. Do something really crazy and off the wall.
  22. Find a tribe of other good vibes like this [Facebook group](#).
  23. Spend time in nature.
  24. Adopt a charity or sign a petition something you believe in.
  25. Smile at a stranger.
  26. Someone you don't get on with? Picture them and think of 5 nice things about them.



27. Surround yourself with positive people.

28. Offer someone a cup of tea.

29. Walk.

30. Walk a dog.

31. Watch something funny on You Tube.

32. Give yourself a break.

33. Kick your ego to the curb.

34. Observe and listen to your feelings.

35. Upgrade your friends.


36. Watch psychic development videos on  
You Tube [seen mine?](#)

37. Dare yourself to do something.

38. Be brave enough to change the conversation  
if it's a downer.

39. Drink more water.

40. Ask, "what does my soul want?"

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41. Listen to the birds.
  42. Watch cute puppies and kitten videos.
  43. Notice synchronicities.
  44. Honor your intuition.
  45. Take a nap.
  46. Try a new **guided meditation**.
  47. Eat chocolate (my favourite).
  48. Unplug.
  49. Use aromatherapy oils; Clary sage is said to open the third eye.
  50. Let go of the past it's in the past for a reason.





**Which ones did you try?**

There's a tribe of savvy intuitive women who love to grow their psychic abilities in the Psychic Playground Facebook Community.

If you haven't joined, yet, here's your invitation.

We'd love to hear which ones are your favourite.

**Join the Psychic Playground**