

# **Tips and tricks**

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This text gives practical tips for the daily life. Easy tools and processes to achieve the things that the other chapters have talked about, to bring it into experience. The order in which they appear below does not have a meaning. Just try what resonates, and of course there are much more than the ones mentioned here.

## **Raise your vibration**

In the text “how do we create our reality” it is mentioned that we all have a vibration. Here is a simple exercise to raise our vibration. Once a day sit down and intentionally raise your vibration. Create a feeling of peace, happiness, gratitude, joy etc. You can do this by remembering a happy instance in your past or you just create something in your imagination that brings you in this kind of inner state. If your current experience is one of unease or not aligned with the mentioned emotions, please do the exercise anyway. Just pretend that your vibration is high in this moment. Just for the sake and the duration of the exercise. Do this at least for a minute or as long as you like. It is important to do it regularly, every day, just like a habit. After a while, this exercise will raise your base-vibration.

## **Breathing**

In our daily lives it happens that we experience a flat breath. That means that we only use a part of the capacity of our lungs. Additionally the frequency of the breathing is high. It would be better to breath slowly deep in and deep out and to do it consciously. This will bring peace to the system and will make the body more alkaline, which helps to prevent inflammation. You can do this within a meditation or during daily life. There are lots of different breathing exercises out there that might be helpful, for example the Wim Hof breathing exercise.

## **Mindfulness**

Bring more awareness in your daily life. For example, when you dry the dishes, do it with your wholeness, be totally present. Feel the water, feel the dishes, dry them with “elegance”, make an art out of it, a show, a performance. Try this with different things in your daily life.

## **Live and let live**

Don't criticize anybody, don't judge anybody, instead focus on your inner light.

## **Start and end the day in a conscious manner**

Do a little meditation after you wake up, do a little meditation before you go to bed.

## **Let go of negativity**

Recognize when you experience negative thoughts and emotions and give them less energy. Where the focus goes, energy flows. So, that means, give them less attention, change your focus. At the same time, negative emotions should not be suppressed, see chapter "healing".

## **Grounding**

Get in contact with our wonderful Mother Earth. Make yourself aware, that your body is made out of the elements of the Earth, needs the food of the Earth for surviving. Connect with the consciousness of the Earth. In your imagination you may create yourself roots that grow deep inside the Earth. Feel the lower parts of your body, feel the gravity, feel the liveliness that is present everywhere on this planet. Feel the primal strength in all things. You may also walk barefoot at times or lean against a tree or do work in the garden.

## **Water**

Drink lots of purified water. There exist different methods to purify water or you can buy spring water or find a spring in your vicinity.

## **Nutrition**

If possible, try to eat food that has been not processed, or almost not processed. From time to time give your system a break from digestion. For example intermittent fasting. Try to eat alkaline food.

## **Journaling**

Use a journal, write down what is on your mind. What are your main re-occurring thoughts, what emotions do you have, what are your fears, what are your dreams?

## **Gratitude journal**

Use a gratitude journal. Every day write down at least 3 things that you can give thanks for. That can be big things, like your house or your flat, your partner, your job etc. or small things that happened during the day. If you cannot find something then just think about stuff that we take for granted, e. g. the sun, the food, the air that we breath, the liveliness in your body etc.

## **Spend some time with you alone**

From time to time spend some time alone. Tend to your favorite hobby or just make yourself comfortable somewhere. Just be there fully, feel yourself and take fully in your surroundings. Feel the liveliness in things, delight in pure being, in your existence.

## **Change the world**

You want to change other humans, your friends, your partner for the better? That is not possible. Every human being has his or her own soul plan, has the freedom to make their own choices. However you have the power within to change yourself. And by doing so you can inspire other people. So, you cannot change other humans but you can inspire them.

## **Expansion**

From time to time calm down and with all your attention focus inside the center of your chest, the area where your heart and heart chakra is located. Feel the stillness there and forget the world around you. Feel that this place is the source of love that is not bound to conditions. Now sense, that at the same time, an expansion is happening. While you focus on the stillness in your heart, the boundaries of yourself are loosing up, you get wide and stretch in all directions. Your true self, this unlimited Being comes to the forefront.