

### More About Vibration

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Some of you asked me to say more about vibration after reading last week's Tip ([Tip 1.21](#)). I wrote about vibration and how we and everything around us vibrates at a certain wavelength. I also said that like vibration attracts like vibration and that changing your vibration (and therefore what you attract to you) can be as easy as changing the way you think.



As easy as it is to change your vibration by changing what you think about, it's not always so easy to change what you think about. Have you ever tried to put yourself in a good mood when you've just spilled a cup of coffee on yourself in the car? How about if you're on your way to work when you do it? I'm pretty sure I know what you'd be thinking about!

While we're all bound to succumb to bad thoughts sometimes, there is a lot that we can do to change our overall thinking in the direction of good thoughts. So how might you begin to chip away at bad thoughts so that you're feeling good more of the time, and hence vibrationing at a higher frequency? Try these:

- Surround yourself in every environment--home, office, car--with things that naturally cause you to think good thoughts. Paintings, knick-knacks, colors, photos, furniture, aromas, themes, anything and everything that you associate with pleasurable things as a constant reminder to orient your thoughts in this way;
- Present yourself in a way that feels good. Pay attention to the way you dress, how you accessorize, or to how you fix your hair. All of these things affect how you think and feel throughout the day;
- Eat food that you enjoy, rather than eating whatever you can find simply because you feel you must eat; and
- Every week spend some amount of money on yourself, just because you feel like it. Whether it be a candy bar, a movie, or something bigger, the size or cost doesn't matter. But the action itself matters greatly.

As you do these things, something important begins to happen. Thoughts like "I'm fat, wrinkled, short-waisted" and the like are contradicted because you're liking the way that you look when you present yourself well. So, you think negatively about yourself them less; a drab environment is now pleasing and drab thoughts disappear. You're enjoying meals and you feel energized rather than rushed and sluggish after downing a double whopper with cheese.; you begin to eat better. Your thinking that you can't afford little splurges is contradicted and diminished because you're spending within your means on something totally frivolous regularly.

Try these things or use your own ideas, practice them intentionally over the course of the next week, and see what happens. You'll feel different and if you look carefully you will see clear evidence that things are beginning to happen beyond your intentional efforts that please you just as much...all because you're focused on living a more enjoyable life. Now THAT'S vibration and the Law of Attraction at work!

Have a great week, and Enjoy the Journey!

A handwritten signature in black ink that reads "Mark".

