



## **Glitterfy Your Vibe!**

**Your Glittery Guide to playing with intention, energy and vibration.**

**By Veronica Parker**

**This playful & practical guide can help you connect with the wholeness of your being. It can empower you to align with the infinite power of Source within. In this wonderful way, you can create on purpose what you truly love, enjoy and desire in Life. The best part of it is that you get to feel great!**

Let's start by defining useful terms and dive right into practicing these important concepts:

**What is The Law of Attraction?** In case you are not familiar with it, the law of attraction states: Like attracts like and it operates in our Universe whether we are aware of it or not. So, why not put it often into practice?

We live in a Universe based on The Law of Attraction, which means, there is no exclusion. Everything is included! So, when you say or think NO, you actually get more of it. How many times have you said to yourself or out loud: I don't want to hit any traffic this morning. Or, I don't have enough time to get everything done. Or, I don't want to feel stressed today? See, the Universe doesn't hear the word NO, so it just gives you more of the same.

How could you re-write the above statements in a more positive manner without using the word NO? \_\_\_\_\_.

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**Pay attention to what?** Attention is what we choose to focus on consciously or unconsciously. For instance, if you are driving your car to work in the morning, you might choose to focus on the road ahead, your hands on the steering wheel and/or the nagging thought in your head that is tormenting you with whether or not you turned your coffee maker off before leaving home.

What are you paying attention to right now? \_\_\_\_\_.

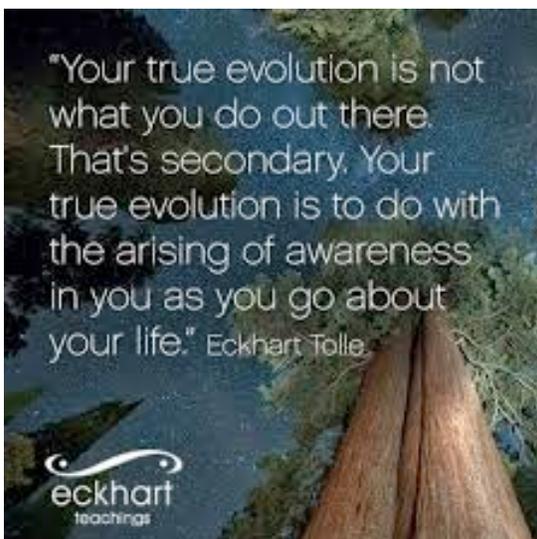
**Awareness:** My dictionary defines awareness as the state of being aware. Having knowledge or consciousness. It's similar to paying attention but it involves not just our body and humanness but our Spirit, Soul, Source or Consciousness.

See, you are more than just this body you can feel, see and touch. The majority of your being is made up of this non-physical fluffy stuff defined as Spirit, Source, Soul, Divinity, I AM or Consciousness (to name a few).

How would you like to call this inner sparkly part of yourself?

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Can you doodle this part of you right here?



**Note to Self: It's not so important what you call this part of your being. It is, however, essential that you connect with it as often as you can. Meditation and conscious breathing can help you do just that!**

**Intention:** This is your purpose or aim for anything you are doing or being. Often we act, think or believe by default, without being aware of our true inner intention. In life and during meditation it is important to set your intention or your aim. What is your intention? How would you like to feel during your meditation and after it?

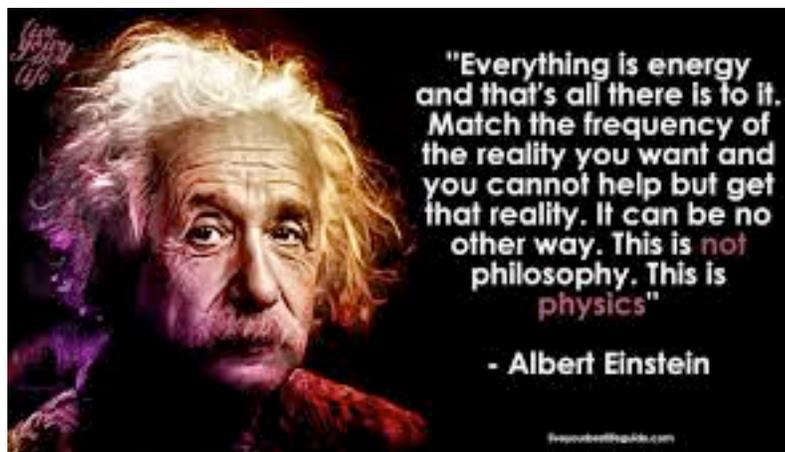
**Energy & Vibration: Everything in our Universe is energy & vibration.**



Your thoughts, words, things, emotions and all of you is vibration. Your senses are the means through which vibration is translated.

What vibe are your eyes translating? How about your skin? and your ears?

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**Key concept. Pay attention! Energy and vibration follow intention.** So, if you set your intention prior to thinking, being or doing, then your energy and vibration will follow your lead. Think of yourself as the conductor of the

symphony. Your cells are the instruments in this symphony. Every instrument in the symphony follows your direction as set by your intention. When you align your intention with that of Divinity within...magic & miracles take place!

### **Consciousness is the state of being conscious, aware.**

“Wake up! Your word is all powerful. Your consciousness is one with Omnipotence. Your thought is infinite. Your **destiny** is eternal and your home is everlasting heaven”. **Ernest Holmes, Creative Thought**

Often in life, we move in a state of unconsciousness, just going through the motions. We think a million thoughts per minute, run, and rush constantly instead of being fully conscious and aware in the present moment.

Ask yourself the following questions to rate your state of consciousness and awareness:

- 1) I ate \_\_\_\_\_ for lunch.
- 2) I saw \_\_\_\_\_ number of cars on my way to work.
- 3) I felt \_\_\_\_\_ inside as I woke up this morning.
- 4) \_\_\_\_\_ is what I’m noticing as I’m moving through this glittery guide.

### **Now what?**

Now that we are all on the same vibe on the definition of important terms and concepts, we can move forward to create a specialized plan to Glitterfy Your Vibe! You can think of this plan as a sacred recipe of essential ingredients and simple steps to help you elevate your vibe and experience what you most love.



If you were creating this sacred recipe to Glitterfy your Vibe! What ingredients would you add:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

Remember to include your magic ingredient called...



**We are the choices we make in every moment!** See, Choice is your special sparkly glitter in this sacred recipe. Choice allows you to select your intention, energy, consciousness and vibration. When you choose how you wish to feel inside, everything on your path can align with your choice. When you choose to align with the infinite Power, Presence and Potentiality of Source within, you can experience freedom and the exciting feeling of being fully present to the magic and miracles in your life.

**Let's play with choice:**

- 1) How would you like to feel during your meditation experience?
- 2) What emotions, feelings, thoughts or beliefs are you willing to release?
- 3) If you could become aware of something new in life, what could it be?
- 4) If you could receive a new attribute, what would it be?
- 5) If you could receive one important benefit from your meditation practice, what would it be?
- 6) Doodle how you wish to feel right now, in one hour, in this week.

Now, that you played with choice and put together your ingredients, let's create your Glitterfy plan!

You are invited to follow these steps to add a little more sparkle and shine to your vibe! In this way, you are feeling aligned and in tune with the sparkly vibration of absolute wholeness and perfection.

**Note: reading the steps is good, but if you would like to experience the results of transformation, you need to take action right here and now and practice this perfect plan.**



**Step 1: Breathe & Get Connected:** Sit in a comfortable position in a place where you will not be disturbed for about 5-8 minutes. Take a deep breath in and begin to relax. Invite your angels/ spirit guides or Divinity to join you now.

**Step 2: Clear the junk:** Before we add sparkle and glitter to our vibe, we need to clear out the junk. So this step is all about clearing everything that is no longer serving you. It's easy, safe and possible for you to do it. This is how: Take another deep breath in and ask your angels to clear everything unwanted: all thoughts, beliefs, energetic chords and attachments. Blow out your breath strongly. Breathe in and out 2 more times. Relax! It's already done. Repeat this step as often as possible. In particular, when you are around people that suck

your energy or share bad vibes. Ultimately, it would be great if you practice this step first thing in the morning and at night.

**Step 3: Get centered:** As soon as you are done with the clearing step, feel free to go right back into breathing. Allow your new vibration to integrate in all of your being. Take a few more conscious breaths. Feel as though you are inhaling through your heart center and breathing out through the bottom of your feet. In this way, you get to feel expanded and grounded at the same time.

**Step 4: Choose your Vibe:** From this place of clarity and conscious connection you get to purposely choose your vibe. You can choose your vibe for your meditation practice, your work day, your relationships or anything else that matters in your life. Start with one vibe and then add a few more choices. Notice how you are feeling and what is changing in the process. Whatever you are feeling during the process, begins to pre-pave your desired destination.

**Step 5: Add lots of Sparks with your very own touch!** After clearing, centering, and choosing your vibes you get to actually become them and experience them fully in your life. So, in this special step you get to add your own spark of magnificence with anything that can allow you to fully be, live and experience your glittery vibe.

You can sing, chant, dance, draw, touch, clap, hug, or \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ to add your very own spark!

Repeat often and welcome your new glitterfied vibe!!!

As you deepen in your meditation practice you will begin to notice your vibes sparkling with more clarity, intuition, purpose, passion, presence, power and possibilities.

Enjoy it all!

May you be infinitely blessed!

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<http://www.TheSacredHealingPlayground.com>

<http://www.TheBreathBlueprint.com>

