

HEY THERE!

MY STORY

Thank you for downloading my freebie! My name is Lauren Lentz and I'm a Certified Psychic Medium, Sound Healer, and Reiki Practitioner.

I'm a wife, mother of two girls, and the owner and creator of Dreamseeker Community and KOKORO.

In my life, I have always been a lone wolf. I have made it my Spiritual mission to help others grow, find clarity, and practice mindfulness.

Most importantly, I'm here to provide comfort and closure and to show you. that your loved ones never truly leave you.



HOW TO RAISE YOUR VIBRATION

The quantity and quality of our energy flow deeply affects our emotions, thoughts and reactions.

Few of us realize the powerful effect of a proper diet not only on our physical health, but also on our emotional, mental and spiritual states.

A clean diet can create greater health, more positive emotional states, clearer mental functioning, and increased spiritual attunement.

If we suspect our emotional state may also be the result of a worn down nervous system, we might benefit from a strong multivitamin and mineral supplement for one month.

Always consult your provider and medical professional when adding supplementations or changing your diet.



We can dramatically improve how we feel with short one-day fasts, or a “mono-diet” in which we eat only one type of food, such as apples, watermelon or grapes.

When fasting, some may experience an increase of symptoms if a “healing crisis” is provoked. A beginner in this process should be assisted by an experienced guide.



Internal Change

Some herbs can be very calming and/or invigorating, offering an extra boost which may give us the needed optimism we need to make internal changes.



Energy Flow

The body is a living machine, and like all machines, it needs to move or it will begin to develop problems.

Exercise is essential not only for a healthy muscular, skeletal, and circulatory system, but also for a relaxed nervous system and balanced endocrine system. This systemic harmony is necessary for emotional and mental peace.

Breathing Techniques are essential for the abundant flow of vital energy throughout the body and mind. Bio-energy is the basis of all physical and mental functions.

Breathing exercises are one of the most effective ways to increase our energy level and keep it steady and harmonious so we will be less susceptible to low emotional states or illness. We should, however, have the guidance of a person experienced in breathing techniques before we begin.



DO SOMETHING
TODAY THAT
YOUR FUTURE
SELF WILL
THANK YOU FOR



Daily deep relaxation will calm the muscles, nerves and all other bodily systems, and thus rejuvenate the body and the mind.

Deep relaxation, in conjunction with the above-mentioned techniques, contributes to the development of a strong and healthy immune system as well as a form of self-therapy from psychosomatic illnesses.

Creative self expression is much more important to our physical, emotional and spiritual health and harmony than most people imagine.

Humans are creative beings. Our purpose on Earth is to create in some way. We might create a painting, a piece of music, a dance, a family, a business, ect. Creative self-expression is essential for our health, harmony and happiness.



Creating Meaning

The quality of our relationships, productivity, creativity and health all depend upon creating a high level of harmoniously flowing energy.



Meaningful activity is necessary for us to feel that our life is worth living.

If we do not see what we are doing as meaningful, useful or helpful in some way, we lose our reason to exist, and our health and happiness gradually deteriorate.

Shiatsu massage, polarity massage, spiritual healing, Reiki and other such energy-oriented types of massage can be especially effective in relaxing the nervous system and reducing negativity.

One simple cleansing method is to increase the number of showers or baths.

Contact with water can be healing and calming.

When experiencing issues with emotional release we might need to partake in a program under the guidance of an experienced professional, who can help us release pent up emotions which undermine our health and energy level.

We need to discover and overcome any fears or beliefs that prevent us from feeling comfortable with others.



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The quantity and quality of our energy flow deeply affects our emotions, thoughts and reactions.

Each of us has their own personal relationship with the universe.

Whether or not we adhere to any particular religion, it is important for our inner balance that we feel and cultivate our relationship with the whole as humanity, as nature, or as Spirit.

We need to understand our own inner mechanisms, needs, desires, fears, expectations, beliefs and subconscious workings in order to free ourselves from the negative emotions, mechanisms, which undermine our health, happiness and relationships.



Enlightening the Subconscious is an aspect of self-improvement usually requires an experienced professional whether that be through a past life regression or someone psychologically trained who can help us reprogram the subconscious with positive, more objective beliefs and perceptions of ourselves, others, and the world.



Lead with Love

Despite all these efforts, when we go back to our soul's essence: Love.

By showing love to ourselves and others, Love, is the ultimate key to a high and harmonious energy flow.



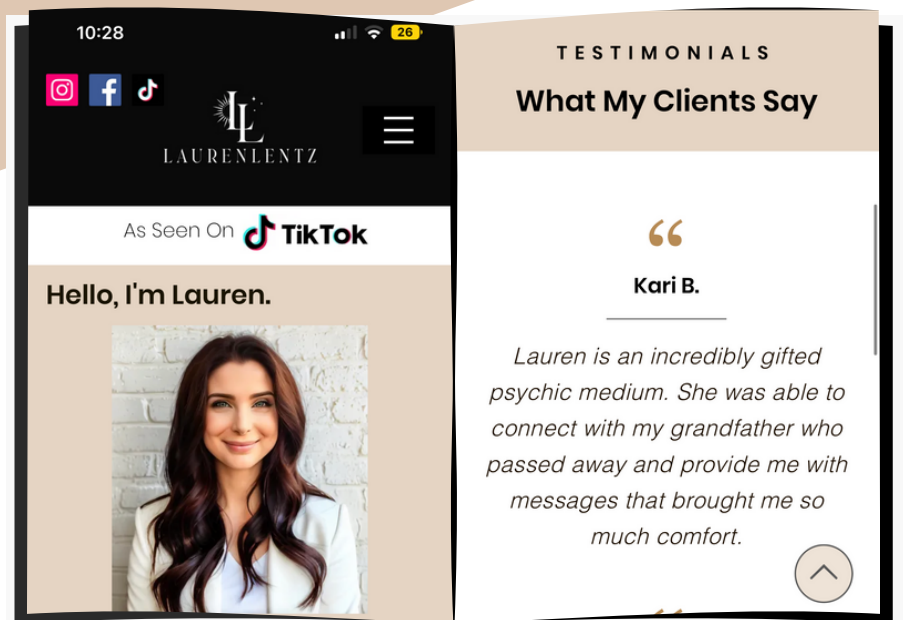


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