



# VIBRATE --- HIGHER --- DAILY

LIVE YOUR POWER

LALAH DELIA





VIBRATE HIGHER DAILY. Copyright © 2019 by Lalah Delia. All rights reserved. Printed in the United States of America. No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles and reviews. For information, address HarperCollins Publishers, 195 Broadway, New York, NY 10007.

HarperCollins books may be purchased for educational, business, or sales promotional use. For information, please email the Special Markets Department at [SPsales@harpercollins.com](mailto:SPsales@harpercollins.com).

FIRST EDITION

DESIGNED BY BONNI LEON-BERMAN

---

Library of Congress Cataloging-in-Publication Data

Names: Delia, Lalah, 1974- author.

Title: Vibrate higher daily : live your power / Lalah Delia.

Description: First edition. | New York, NY : HarperOne, [2019]

Identifiers: LCCN 2019015465 | ISBN 9780062905147 (hardcover) |

ISBN 9780062905123 (trade pb)

Subjects: LCSH: Energy medicine. | Vibration—Therapeutic use. | Healing | Spiritual life.

Classification: LCC RZ421 .D45 2019 | DDC 615.8/52—dc23

LC record available at <https://lcn.loc.gov/2019015465>

---

19 20 21 22 23 WOR 10 9 8 7 6 5 4 3 2 1

# SELF-ASSESSMENT

---

## Let's Identify the Vibes

1. What's contributing to your current mood and vibration, and how?
2. Do you feel a sense of disorientation after eating a particular food or having contact with a particular person, place, or thing?
3. What choices and behaviors served you well or did not serve you well today or this week?

4. For what didn't serve you well, what corrective measures can you take?

5. Are there peak times of the day when you notice a shift in your vibration, both positive and not so positive? If so, when?

6. What can you begin doing to optimize your high vibrational peak times and nurture the not-so-high peak times?



## Reflection Time

1. What is the vibrational quality of your overall well-being and life?
2. What raises your vibration and what lowers it?
3. Do a quick introspective scan of your habitual mindset, behaviors, character, habits, and lifestyle choices. Are they working for you, or against you?

4. Are you living toward your higher good, higher development, and healing, or away from them?

5. In what areas of your life do you feel a calling to transform and live in a higher way?

6. How have you, or how will you, honor the daily process of vibrating higher daily and vibrational-based living?

7. Is there anything holding you back from feeling free to vibrate higher daily?

8. What steps can you take to liberate yourself in order to move forward and thrive?

## Vibrational Inventory

What kind of vibration are you reinforcing through your habits?

What kind of vibration are you reinforcing through the foods you eat?

What kind of vibration are you reinforcing through your daily lifestyle choices?

What kind of vibration is feeding and influencing you through the things you listen to, watch, read and consume mentally?

What kind of vibration is emanating from the relationships in your life?

What kind of vibration is emanating from the work you put out into the world?

What kind of vibration are you creating with the words you use about your life and yourself?

What kind of vibrations are you exposing yourself to?



Here are some of the many ways to shift and harmonize your atmosphere:

- Pay attention to your home and space, because whatever is in your everyday view matters.
- Make sure everything in your space nourishes, serves, and supports you, from the placement of furniture to the pictures on your walls to the food in your pantry and fridge to the items on your nightstand.
- Since all things and objects carry a vibration, let go of what is creating disharmony. Decluttering and cleansing your space are purifying spiritual practices.
- Changing your space doesn't always have to be big. You can start small, making incremental, yet noticeable, shifts where and how you can.
- Saturate the atmosphere with relaxing music and the aroma of your favorite balancing essential oils, incense, candles, and burning woods.
- Place inspiring, beloved things where you can easily see them.
- Take five minutes each morning to set the intention for your interaction that day with life, your environment, and your goals.
- Realize when a space has become toxic and take the necessary steps to correct it, or to remove yourself and cleanse from it.
- Stay open to positive and necessary solutions and change.
- Be kind and gentle with yourself in the process.



## A friend is someone who:

- invests in your healing
- gives you space to work on your vision and goals
- pauses to check in on you
- asks how they can best support you
- calls you out on your *mess*
- genuinely celebrates your progress

## The Wrong People

- Make you compromise your truth and higher good
- Are repeatedly unreliable and inconsiderate
- Don't check in on you
- Downplay your opinions, feelings, ideas, and good news
- Don't want to see you grow and rise above, and instead keep you stuck in negative cycles with them
- Can reverse your progress and self-care
- Don't respect your boundaries
- Don't work on their inner lives in any progressive, productive, or deliberate way
- Don't grow with you in a harmonious way
- Don't reciprocate the energy, support, and love you give
- Don't live with integrity
- Discourage and distract you from vibrating higher and living in your power

## The Right People

- Naturally bring your soul medicine
- Listen and sincerely lean toward you in supportive ways
- Give you the sweet or hard truth, or both, when necessary
- Are reliable and considerate
- Check in on you
- Inspire and positively challenge you out of your comfort zone
- Respect your boundaries
- Grow and vibrate higher with you
- Work on their inner lives in progressive, productive, or mindful ways
- Don't downplay your opinions, feelings, ideas, or good news
- Genuinely celebrate your success and progress
- Reinforce your need for self-care
- Reciprocate the energy, support, and love you give
- Live in integrity
- Encourage you to vibrate higher and live your power

## How to Pour from a Restored and Full Cup

- Set intentions and regularly check in with yourself.
- Set vibrational boundaries.
- Take stock of everything on your plate and decide what you give your attention to each day, what can wait, and what you can say “no” to.
- Return to what fills and restores you in a nourishing and empowering way.
- Repeat daily.

## Taking care of yourself can include

- Routine wellness checkups
- Physical fitness, dancing, massages, and other ways of discharging accumulated energy from the body
- Slowing down to rest or unwind
- Nourishing meals
- Spending time with supportive people
- Supportive adaptogenic herbs that help you *adapt* to the task at hand
- Spending set apart time doing daily spiritual work

# REFLECTIONS

---

- How do you become aware of the vibrational harm being done to the earth, to ourselves, and to others? In what areas can you become more educated and cultured?
- What parts of your community nurture and foster love, support, and higher vibrational power? How can you get involved?
- What gifts do you offer your community or another community?
- In other words, how will you live your power in service to the world around you? How will you vibrate higher daily and live your power?

