

10 Ways to Increase Your Energy Now!





1. Meditate: When you meditate, your consciousness connects to the universe and your manifestations. This is a great stress reducer and has been shown to reduce blood pressure and increase a person's sense of peace.

2. Detox your body: Master Cleanse, Juice fast, detox tea, natural foods in body and on skin, avoid false energy lifters such as SNAC (Sugar, Nicotine, Alcohol, etc.), Eat high-energy foods/drinks: Raw foods, micro-nutrients, etc.

3. Stop low energy habits and replace with high-energy attractors: Watching negative TV etc., replace with joyous music, inspirational CDs etc. Hang around high-energy vibrations: Includes people and places, Play! Have fun, play energy is the same as pray energy :)



4. Exercise, Yoga, Body Work, Thai Chi, Acupunture/pressure: Naturally increase your energy vibrations, deep breathing while exercising increases your chi.

Exercise can increase your energy and vibration to the universe. Releasing tight muscles and recovery from injuries may release blocks to manifesting.

5. Live the life of your dreams! Write down 100 "Dream-Life" activities and start doing one-ten every year (schedule them into your life)-examples: travel to Africa, skydive, cruise to Caribbean, etc.

6. Give back-Money and volunteering, talk about the trend with organizations, social entrepreneurship, the feelings others get when they observe a good deed.



7. Don't complain or judge others. Come from a place of love and non-judgment.

8. Love yourself, appreciate your own beauty/gifts, Affirmations, Zero state, Inside every person are "counter-intentions" that actually attract the things they don't want and prevent them from getting those things they do.

9. Take divinely inspired action-increase your “vibrational” set point by taking action on the thoughts that can take you to the next level and live a vision that is bigger than you. Express your gifts and share them with the world. Expression is the key to eliminating depression and low energy. Then, release it to the universe and watch it flow to you in wonder!

10. Enjoy every moment (Power of Now), appreciate the gifts the universe gives you, and engage in the law of least effort (Let go).



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Charissa Sims is the host of the International Podcast, “You, Inspired”, #1 Best Selling author of Change Your Energy Change Your Life, Best Selling Children’s book author, entrepreneur, mom, teacher, corporate consultant and spiritual healer. She has studied meditation, spiritual healing and has learned to master her own healing abilities. For over ten years, she has worked as a spiritual healer and has changed people’s lives in the areas of releasing spirits, relationship cord cutting.

In the past, she has been a professor at the University of Southern California. Ms. Sims has worked with Amazon, Google, FOX, NBC Universal, ViacomCBS, and many more thousands of companies, non-profits and schools.

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I look forward to hearing from you!