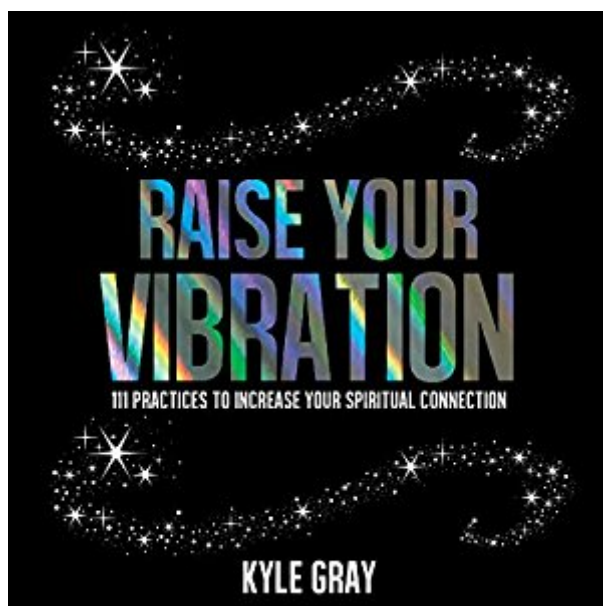


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# Raise Your Vibration: 111 Practices To Increase Your Spiritual Connection



## Synopsis

Kyle Gray's remarkable intuitive gifts have made him one of the UK's most sought-after experts in his field. Now, following huge demand from his fans, Kyle unveils the 111 essential practices that he's been using for over 10 years to develop his spiritual skills. In this audiobook, Kyle explains how you, too, can deepen your connection with the divine. The key is to raise your vibration, and Kyle teaches how you can do this by cultivating practices and habits such as: Trusting and developing your inner guidance Expressing yourself in a way that's filled with the purest integrity Giving and receiving in a way that's balanced Manifesting and creating a life you love and deserve And much more Get ready to shift your energy, access a higher frequency, and start receiving more joy, love, and miracles in your life!

## Book Information

Audible Audio Edition

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Version: Unabridged

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Whispersync for Voice: Ready

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## Customer Reviews

How do you raise your vibrations?Book: "Raise Your Vibration: 111 Practices to Increase Your Spiritual Connection" by Kyle GrayBook Review by Mary Mikawozl have always wondered how to increase my vibration and here I found a book exactly to deal with this subject-matter. It recommends that you do the 111 practices - one per day, however, as I was reviewing this book, it necessitated me doing the practices in a relatively short period of time.Kyle Gray is the young author at only 28 years of age. He has been intuitive for a long period of time. When he was 4 years old, he was visited by his grandmother's soul. He continued to be intuitive into his teens when he developed an interest in spirituality and angels.He covers many of the main topics such as everything is energy and that God is love. He writes that what he discussed in this

book is not contrary to any religious doctrine and that it can be acceptable to all people. The information is basic to becoming a lightworker who does good in society and is trying to make a positive difference in the world. Kyle Gray goes through presenting the practices or vibes according to the main seven chakras plus three others. One is the Earth Star Chakra which is found 6 to 12 inches below the feet. The second is the Soul Star Chakra which is found 6 to 12 inches above the crown or head chakra. Finally, there is the Stellar Gateway Chakra which is found 12 inches above the head chakra and with its connection to the cosmos. When we accept the spiritual gift and mission that lightworker is on, we "awaken and empower ourselves from the inside out." One of my favourite vibes is vibe number 73 which is affectionately known as Cleanse, Tone and Moisturize. It speaks of the importance of cutting or shearing off the negative chords that are connected to us and then to recognize divine light as our inner being and finally to protect ourself with a shield in a colour of our choosing. By surrounding your aura, you can protect yourself against negative influences. The first 90 practices or lessons make up the main part of the book. They are to be done one at a time on a daily basis as if you were doing A Course in Miracles. Then the next 21 vibes are affirmations that you can reflect upon also on a daily basis. Finally, the book ends off with the Declaration of a Lightworker where you sign your name to it. I recommend this book for people who are into New Age Spirituality and specifically as a good training book for Lightworkers. I give this book a rating of 4 out of 5 stars. It was released on March 29, 2016 by Hay House. Tags: vibrations, chakras, energy, love, Jesus, Ascended Masters, Angels, Archangels, Lightworker, spiritual, vibes, practices, lessons, A Course in Miracles, Affirmations, Intuition

This is a light, fun read packed with 111 practices/affirmations designed to increase positive focus and raise your energetic vibration. The small chapters could be used in daily meditation or yoga, or dipped into randomly for guidance and inspiration.

Just started reading this book and I love it already. It's a breath of fresh air. It has great reminders of why should always be grateful and know that you can have anything that your heart desires. Very enjoyable.

Great bedtime reads. Lots of good info here.

The best i've read in a longtime and you feel the effect while reading it. I really, really recommend this book.

This is a great book! I am enjoying reading it and finding new bits of wisdom and inspiration. I'm so glad I got it!

I really love everything Kyle does and this book is no exception. I love his insights and use this book every morning now to focus on my intention for the day. I'm 1/2 way through and will love starting all over again when I'm finished because I know there will be new insights every time. I love Kyle's energy and the pure joy with which he shares himself with us.

Love Kyle and this wonderful book.

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