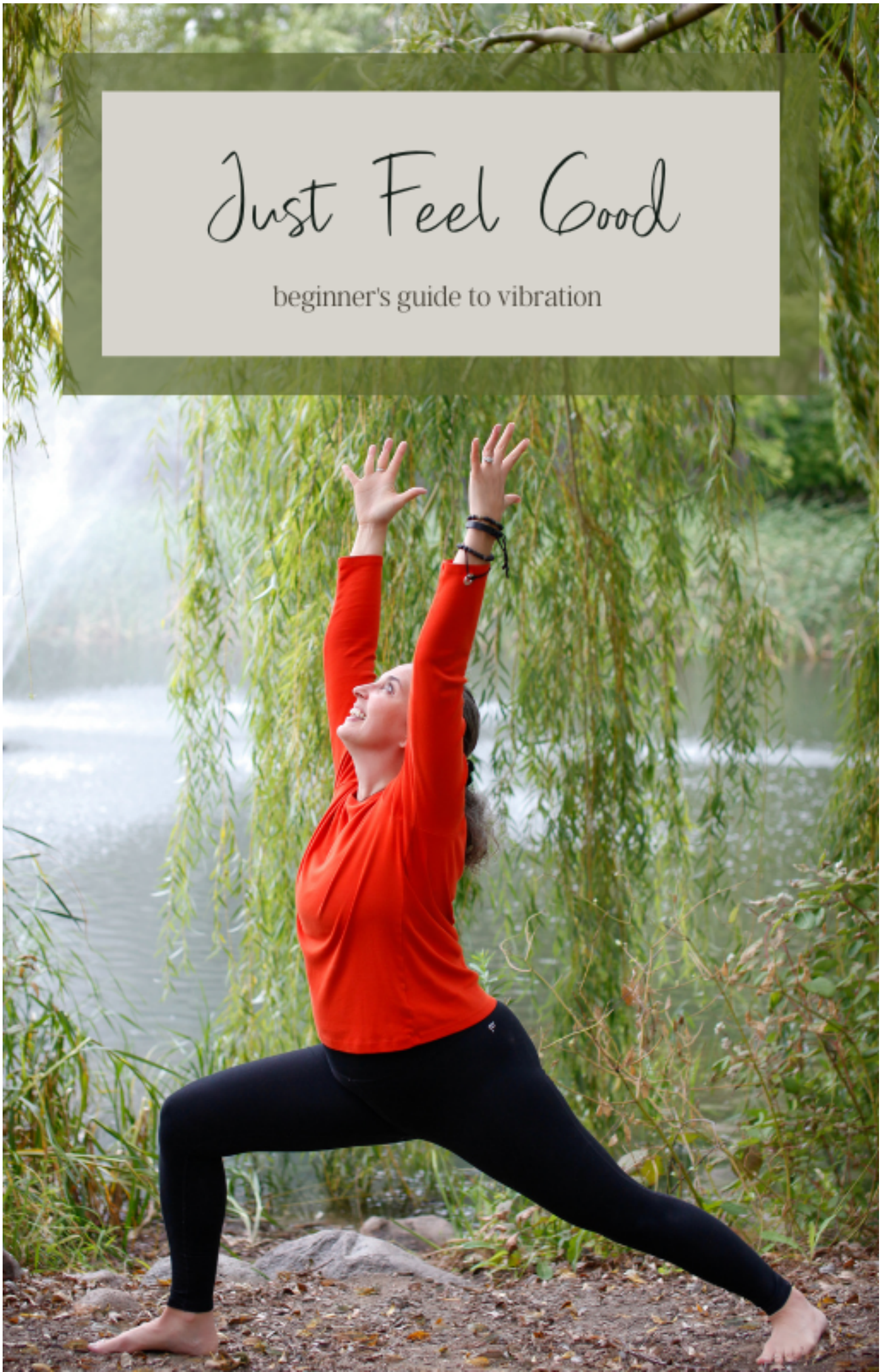
Just Feel Good

beginner's guide to vibration



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A quick intro…

Years ago, when I had just started teaching Law of Attraction concepts a student said:

"*So, basically what you're telling me is all I need to do is* just feel good."

Honestly, I had to pause and think but the essence of it was completely true!

When we feel good, we are more likely to take action steps toward our dreams. We are more likely to take better care of ourselves, taking healthier actions which help us feel even better.

So a really good use of our time is to focus on what would help us feel better right now!

Here's the thing, most of us don't really know what would help us feel good because we have to think more long-term rather than instant gratification. It's not the 6 pack of beer or 3 chocolate sundaes, it's the starting a running program or figuring out how to sleep more deeply that will make a difference in our manifesting.

And so this ebook was born which then led to the "+1" part of my signature program, Five Steps (+1) for Living Your Extraordinary Life and ultimately, my #UpYourVibe course to really help people dial in what will help them feel good.

Peace & miracles,

Laura

Just Feel Good

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Remember the hippy population talking about someone having "good vibes"? You know what? They knew what they were talking about. We are talking about "vibration" again but what is it exactly?

First we need to take a step back to our high school physics class. Remember learning that everything is made up of atoms and all of those atoms are moving? I remember being shocked realizing the walls, concrete floor, and even my desk was moving. It seemed so hard to conceptualize. What may seem even more amazing is we are made up of those very same moving atoms. We aren't solid either. We are moving.

What quantum physicists have also found is not only are we made up of molecules that are constantly moving, we are 99.99% energy! When they looked very closely at atoms, then quarks, then further, they realized that all there was left, at the tinniest level, was energy. So, our physical bodies, are really vibrating, energy bodies. The vibration of our bodies gives off energy waves, waves that can be scientifically measured and *felt by others*.

Now here is where it gets really exciting. Remember learning that the speed at which the atoms vibrate can change? If a solid heats up, the atoms move faster. If they move fast enough, the object will change its state. Ice turns to water, water to gas, etc. Just like any other object, our vibration changes as well. Although we don't change our state, we do change how we feel. To look at it simplistically, when we vibrate fast,
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we feel good. When we vibrate slowly we feel bad. At the highest levels of vibration, we feel love and deep connection with life. At the lowest, fear, depression, desperation.

So, what changes your vibration? *Anything that helps you feel good.* In fact, you needn't even approach good; just feeling better means your vibration has gone up. Here is the catch: you must feel better on a deep, heart, soul-nourishing level. We aren't talking feel "better" from sitting and gossiping with your friend or drinking a bottle of wine or gorging on junk food. You need to shift into a more loving energy so your feeling better must come from doing something that affects you more deeply. Some ideas may be: eat a good meal, get some fresh air, take a walk, meditate, read something inspirational, call a close friend who supports you.

Do you get it yet? Frankly, it took me some time to fully wrap my consciousness around this concept. It changes how reality is created for you so it can be tricky to accept. What I am sharing with you is *incredibly powerful*. Once you understand vibration, you *will always be in control of how you feel.* Your circumstances, environment, people in your life need never affect you again! You might think I am being far too simplistic. You might think your life is so challenging, it must be the exception. NOT SO!!

We can get so stuck either in just accepting how we feel "that's just the way it is" or in analyzing how we are feeling. "Why am I feeling this way?" "What did I do?" "Why did I do it again?" Then we reanalyze the situation and then analyze the reanalysis. We just get stuck in the mental processes and that is a slippery slope. When you realize how you feel is merely a vibration, you can "objectify" the feeling and take concrete steps toward changing your vibration thereby changing how you feel.

That is not to say you *never* need to analyze yourself or assess a

situation to make changes. But working on issues from a higher vibration makes them easier to see, evaluate, and make changes. I am sure you have experienced a situation that seems absolutely terrible. Then after a good nights sleep, a good meal, a bath, exercise, whatever, the situation doesn't seem so difficult. You might have even "found" your solution.

The following exercise will help you begin to learn more about yourself and what you can do to help yourself feel better, much better! It is incredibly simply, but don't be fooled, there is much for us to learn in simplicity!

Just Feel Good Practice

It is time to discover what increases your vibration. You are going to create a list of what helps you feel good. I call this list your "Just Feel Good" list. The next page has some ideas to get you started. They are divided into four categories: physical, emotional, mental, and spiritual. A balance of activities in all four areas helps our vibration even more. The next page is a blank form for you to use to create your list. You will see this form is divided up in a different way. The directions on the form further describe how to complete it. Have fun with this!

Once you complete it, also find 3-5 things you can do easily when you become conscious that your vibration is low. These actions need to be very simple. They are the ones you reach for when all you want to do is sit in front of the television and not think.

Finally, begin to do one, two, or more of the items off your list daily with the express purpose of helping you feel better.

Just Feel Good: Ideas

Physical

- Exercise
- Yoga/Tai Chi/Chi Gong
- Breathing
- Be in nature
- Garden
- Swim
- Walk
- Eat warm foods
- Drink tea
- De-clutter/Clean
- Take a bath
- Challenge yourself physically: begin a new sport, sign up for a race

Mental

- Learn something new: a hobby, a new language, astronomy, astrology, anything!
- Read good, inspirational books
- Join a new club such as a book club, garden club, anywhere you have interests
- Visit a new country

Emotional

- Spend time with people/animals you love
- Go out to lunch with a friend
- Spend time doing things you love
- Practice contentment and gratitude
- Use essential oils

Spiritual

- Inspirational reading. Find an author that speaks to you. (Here are a few of our favorite ones: Wayne Dyer, Hicks-Abraham, Donna Farhi)
- Yoga/Tai Chi/Chi Gong/Meditation
- Breathing
- Be in nature
- Light a candle
- Go on a retreat

My Just Feel Good List

Directions: Fill in each block items that help you feel good. "Quickies" are activities that are easy and can be done with little or no time. "Some Time" activities may take a week or two to schedule in. "Lots of Time" activities such as vacations or career changes or moves may take a few months or years to bring into your life. With each one, be sure to also schedule when you will be doing them. Have fun, get excited, and most of all feel good!

Quickies:

Some Time:

Lots of Time:

My Super Quickie List

This list is arguably the most crucial. Create a list of things you can do anytime, no matter how bad things get.

We have *all* been in a state when you just don't have the bandwidth for *anything*, at least that is how you feel. That is when we reach for comfort food, vegging in front of the tv or social media, whatever you do when you are mindlessly avoiding how uncomfortable you are.

And the thing is, these activities don't help you feel better. In fact, you usually feel worse!

You want to have a list (yep, *write it down*) of activities you can reach for when you are in this state - and you won't remember what they are which is why you need to write them down.

There is a good chance you will have already embarked on mindless activities because you do it literally without thinking. So whenever you become aware of your mindlessness, reach for this list.

My quickies are: call a friend (one who knows me and knows how to lift me up), get fresh air, and drink water. Whenever I do any of these things I feel better, sometimes just a tiny bit but that is all I need to do more good things.

Here is a real life example of what goes on in my head, "Ugh. I feel awful. Let me open a window and breathe some fresh air. [open window] Hmmm…that felt good. I think I'll go for a quick walk. [once outside] Oooo! This feels good. I'll go for a longer walk."

See where I'm going here?

Now what's YOUR list?

1.

2.

3.

Now What?

When people work with me, their lives change.
Are you ready?

For over 30 years I have coached hundreds of people to live more purposeful, joyful, and fulfilling lives.

Are you next?

Here's your next step…

If you are ready for the ultimate, exclusive experience:
Check out private coaching with me:
Life Coaching with Laura

OR

#UpYourVibe:
the radical self-care tool kit

Take your vibration to the next level with intention!
A GREAT Life Coaching Quick start!

LauraErdmanLuntz.com/UpYourVibe

If you aren't quite ready to invest in yourself, totally cool!

Keep hanging out with me!

If you haven't already, join my private FB community for inspiration:

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Or check out these inspirational resources:

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About Author Laura Erdman-Luntz, MA

Experienced Yoga Educator, inspiring Life Coach, author and Business Entrepreneur, Laura Erdman-Luntz, has over 30 years experience in the fitness and wellness industries. She uniquely blends her Life Coaching knowledge and vast experience with Yoga to create programs, classes and workshops that truly do bring mind and body together for positive change, inspiring people to live their most authentic life. She incorporates New Thought ideas into classes and programs on positive living, manifesting and changing subconscious beliefs. Laura has published four books, including: *Awaken to Joy*, *My Inspirational Year,* and *Yoga Essentials,* co-authored by Jill Barber.

More Praise for Coaching with Laura:

Karen Peterson: "You have shown me that I can live the life I want – one based on my values and dreams – without fear. I feel more confident in everything I do. Everyday is a joy because I am finally living my purpose. Without your guidance and insights, I would never have gotten this far, this fast. Thank you from the bottom of my heart."

Dr. Susan Quigley: "I have so much gratitude for finding Laura and having the opportunity to work with such an inspiring Muse! I highly recommend her workbook, calendar, yoga classes, and retreats! You will find a freedom you did not know was possible in your life!"