

## **Lifestyle on the Road to Transformation**

Lifestyle is more than a luxury of choice or an outward expression of who we feel ourselves to be; it is the framework from which we manifest our Selves and our vision into reality. Lifestyle can be an energy sapper or a nurturer of our dreams. Do you know which one is yours?

For individuals on the transformation path, one of the fundamental principles to live by is the awareness that everything is energy. This one realization alone can shift how we live our lives in countless ways.

As we learn that everything has and is vibration, we find ourselves in the seat of responsibility for the people, places and things that we have in our lives. We're responsible because vibrations have magnetism, and there is a *law* and a *process* that says, "we draw to us that which we put out." We can learn a lot about where we're at energetically when we take notice of what we surround ourselves with. By the same token, we can make a choice to actively support our lives to shift into a higher vibration by consciously changing our environment, the things we indulge in, or the company we keep.

### **Why is it important to raise our individual vibration?**

Raising our individual vibration not only affects the quality of our own life, but also the lives of others. It is important because it is the way to World transformation. When we each do our part individually, global change happens as an automatic by-product. That's why sages and wise ones throughout time have often delivered the message that the most important person to put our attention on and heal is ourselves. Through our personal journey of healing and Self-discovery the world is transformed.

Choosing a lifestyle for transformation means zeroing in on what will help us to continually increase the vibration of our own energy and then maintain it. Another way to look at it is to say that the deeper our transformation goes, the clearer our understanding becomes, and we rest in the inner-peace and light of that understanding. Clarity, inner-peace, light and understanding are all synonymous for a very high vibration of energy. So, what supports that kind of an atmosphere?

There are many answers to that question, but the one thing that all the answers have in common is their "quality" or caliber of presence. If what we want is inner-clarity, then lifestyle changes for clarity in as many areas of our lives as possible will assist the manifestation of the clarity we seek. We may look at our diet, for instance, and realize that there is a lot of fast foods and over-processed ingredients that aren't necessarily supporting clarity and strength in the body. So, in the area of diet we may feel inspired to make a change in support of a "higher vibration." We may start to recognize the variance in vibration or "feeling" that seems to occur with particular music that we listen to. When we have a goal to lift our vibration, then considering something as simple as the music we listen to can make a significant difference, especially when you add that to a dietary change and then perhaps a shift from wearing a lot of

dense colors, to wearing something a little more colorful and buoyant—one of those colors that makes you feel vibrantly alive every time you put it on.....

We are the creators of our lifestyle, yet by some crazy law of paradox, our lifestyles are also creating us. Surely inner-peace must already exist somewhere inside of us when the choice to create lifestyle changes in support of inner-peace comes from “within.” Through honoring the aspect of ourselves that is peace, we draw it out of us, to the forefront to who we are, and we begin to be led by the clear calm seeing of a peaceful presence. We are supporting ourselves to become “more” of who we really are through our lifestyle choices, and so our style of living can reveal much about where we’re living from as well as what we’re transforming into. As we transform, so does our style of living—the outward expression of what’s on our inside. One begets the other, and the other begets the one.