

# Lenka

## How To Heighten Your Senses To Become LIGHTer

- Improve your diet to become lighter. Dense food makes it harder to become aware of the lighter vibrations and frequencies. By adjusting your diet to include healthier options, you will change your taste buds, thus changing your vibration. Food vibrates, so you are what you eat. Try to taste food with new awareness and with an awakened sense of gratitude.
- Mental health - Reflect on what you feed yourself on a daily basis. Words, images, and sounds are energy. These energies flow into your energy field, they fill your mind and your soul, and make an imprint on your daily experience and decisions as well as your intuition.
- Your energy body - your soul - works in a virtual reality that also needs to be protected from viral attacks. Have you implemented a security system for your mind, heart and soul?
- Be aware of feelings in certain situations and with people. How do they make you feel? How did you feel after interacting with them? Did you feel energized or drained?
- Detox your environment, declutter, and throw away or donate unneeded things.
- Transform your space with beautiful things to look at. Stimulate your vision by adding colors, shapes, and symbols that trigger positive emotions in you.
- Listen to high frequency music. Try to stay attuned to natural sounds in the early morning, or the sound of the ocean, or of birds singing. Be one with it. See if you can also hear multiple sounds at once, listen multidimensionally.
- Practice meditation, contemplation, journaling, walking.
- Surround yourself with people who love authentically and who want you to be happy.
- Be present. Be in the moment of NOW !



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