

## IMPROVE YOUR EMOTIONS BY CHANGING YOUR VIBRATIONS

Our body is made up of atoms. These atoms vibrate. Higher vibrations have been linked with positive emotional states. Learn and experience several ways to increase your vibration and experience an improvement in how you feel. We will go over a vibration chart and confidentially identify the level of your specific vibration. Learn some techniques that will allow you to identify your clients' vibration and ways to help them increase their vibration so they can experience an improved emotional state.

### Learning Objectives

1. Learn how to help your clients identify and acknowledge their states of emotion
2. Explore how to apply concepts of vibration and frequency to help your clients shift their emotion for the positive
3. Teach and empower your clients on how to improve emotions independent of therapy using vibration techniques such as meditation and mindfulness.
4. Learn techniques to increase your own vibration in between sessions, so that you're refreshed and emotionally ready for your next client.