

# **RAISING YOUR VIBRATION: THE PATH TO HAPPINESS**

63 Simple Tools to Live a Happy Life  
on a High Spiritual Frequency

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## INTRODUCTION

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For many years, I have been searching for and testing ways to feel more joy, happiness, and fulfillment that would help me survive a difficult life situation and get out of a stressful emotional state. Sometimes I make lists of these “secret recipes” that I have discovered. I remember them all and continue to add new ones; every day I practice filling my life with positive emotions.

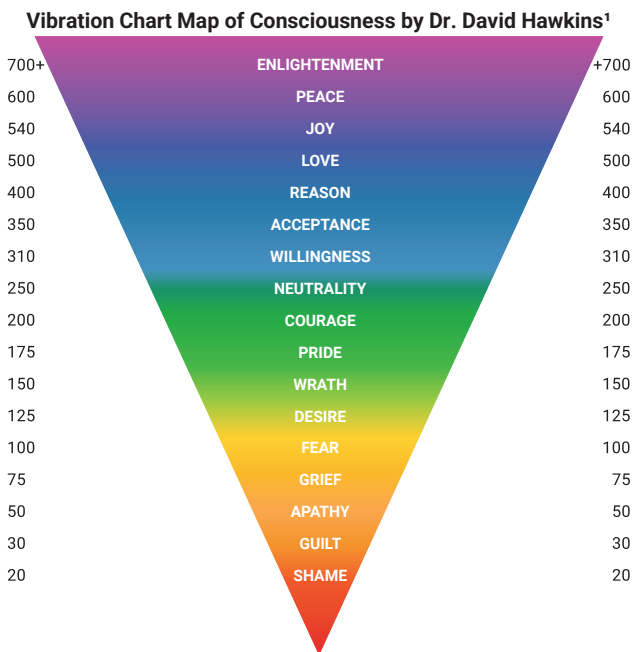
The idea for writing this book came to me when I began sharing these methods with my friends and received feedback on their effectiveness. I wanted to create a tool for girls (and we are all girls from 9 to 99) that you can use to fill your life with joy and satisfaction, improve your mood, and raise your vibrations.

Our vibrational level is significant because everything that surrounds us—people, situations, material things—corresponds to the vibrations we emit. You should not expect changes in life for the better without changing your vibrations. How can you change them? By changing your state! How can you change your state? By changing the emotions that you feel most of the time.

Each emotion corresponds to a certain vibrational frequency. At the bottom of David Hawkins’ emotional scale are fear, guilt, resentment, apathy, anger, and pride with low frequencies. Higher frequencies correspond to acceptance, joy, and love. You can find a detailed table based on Dr. Hawkins’ scale on page 147.

One should learn this scale by heart to eliminate the emotions that drag us down and replace them with those that lift us up.

It should be conscious work. Besides emotions, our thoughts, words, and actions influence the level of our vibration, so we should choose them consciously as well.



It just won't happen that one day you wake up and feel unconditional love, joy, and happiness. You have to work diligently for it, but the result is worth it.

Especially when your life situation is stressful and difficult and a depressive mood haunts you, it is worth cheering yourself up and taking actions that will improve your emotional state, change your vibration, and, accordingly, help to create (attract like a magnet) situations that will correspond to a joyful you.

<sup>1</sup>Dr. David Hawkins, in his Map of Consciousness, which he first introduced in *Power vs Force: The Hidden Determinants of Human Behaviour*, 1995, used a notional scale from 1 to 1000 as a logarithmic representation of the energetic levels of consciousness. Each level on the scale is a symbolic numerical indicator reflecting the energy at which a person's consciousness vibrates. The shift from level 200 to 300 is not merely a 100-point increase—it represents a tenfold rise in energetic power.

## HOW TO USE THIS BOOK

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Each page has an activity or topic to think about. All of these activities and topics are not accidental. For many years, almost 20 to be exact, I have been looking for something that brings me joy (and raises my vibrations). I have tried all of these tools myself. So, I suggest you ask yourself, "What can bring more joy into my life today?", choose a number from 1 to 63, and read the corresponding topic, or simply open the book on any page.

Read the text and take this action. If it is not possible today, plan when you have spare time to complete it, and choose another number for today. It's like a game. This is a request for a bit of advice for the day. Our subconscious works so magically that you will open the book on a particular page and read exactly what will help you now. And tomorrow will be a new day, a new you, a new tip.

These activities and themes relate to both the material and spiritual worlds. There must be a balance between them, so we will focus on both.

I also understand that all of us girls are different and have different tastes. You can add your own ideas if some advice does not resonate with you. At the end of the book, there are blank pages for this. If, for example, you are not ready for deep reflection today, leave this topic for later.

In my book, I address you as "my dear friend," which may seem unusual because we don't know each other personally. I want to be a good friend to you, to support you, and to say, "You can do anything, you will succeed,

and I believe in you.” That is what friends are for!

The length of the topics varies from only one page to several pages each. Some of them are very deep and philosophical, so I will only touch on them. If you are interested in one of the topics, it means that it is time to learn more about it. Look for books and information to find your path to knowledge. I wish you success on this path. I wish for you to find the source of your light, harmony, and joy.

So, my dear friend, ask a question and let's go.

# 1. PRACTICE GRATITUDE

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Any transformation begins with gratitude. Gratitude works wonders! Especially in challenging life circumstances, you need to feel grateful that you are doing well, even if it is untrue now. It's a great idea to feel thankful that the situation has already been resolved in the best way. Try to be grateful that you have everything you need, even if you don't, because you will soon. Even when everything is great in your life, don't forget about gratitude. Do not take the gifts of the Universe for granted. Express gratitude and these gifts will multiply.

Gratitude works real miracles. When you thank the Universe that you already have something, it reads your vibration, creates vibrational balance, and gives you what you have already expressed gratitude for. Start with something simple. For example, when you go to a bus stop, express gratitude for the fact that the bus you need will arrive quickly. If you are driving your car, express gratitude that there is a convenient parking space waiting for you.

You can also be thankful for larger things, for example, your car or apartment. You can and should be thankful for intangible things that are important to you, but the Universe will need more time to bring them to you. To be more precise, it's you who needs time to vibrationally match your desire, remove blocks on the way to its materialization, and be ready to accept what you want. How long will it take? It is very individual. Many factors matter. And I wrote a book on manifesting your desires, exploring these factors.

This process seems magical, but many scientific studies already exist that support it. For example, Joe

Dispenza conducted scientific research on this concept; I recommend his book *Becoming Supernatural*.

For manifestation, gratitude plays an important role. When I started consciously feeling grateful every day, my life began to change.

First, you will notice that it works. Second, you will believe that it works. Faith also plays a role in manifestation, because it's important to believe that you can get what you want.

Rhonda Byrne has a book about gratitude called *Magic*. How can one write a whole book about gratitude? One can! I recommend reading it if you haven't practiced saying "thank you" daily, especially for things you don't have yet. It's really hard to imagine at first. Rhonda explains everything in great detail. She gives many examples, and the principle of gratitude seems to be the same for every sphere of life.

Start small. Find five reasons to be grateful. Did you sleep in a comfortable bed? Do you have food? We consider these basic needs, but some people don't have those covered. You have a reason to be grateful and not just one. How many can you name?

This practice can be done every morning when you wake up. I like to express gratitude when I walk down the street. I realized later that I always do it on the same stretch of the road. And thus a habit formed.

Gratitude has one of the highest vibrations. To help yourself raise your vibrational frequency, practice gratitude every day.

## 2. FORGIVE YOUR EXs

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Girls, please forgive your ex-husbands and ex-boyfriends. It's not for them, it's for you. Resentment, dissatisfaction, complaints—all of this takes away our precious energy. Free yourself from this burden.

Yes, it happened that they offended you, did something bad, or did something unfair, and you didn't deserve it! Or maybe you met your partner as a result of karma, and he was teaching you a lesson. If the relationship was difficult, then it most likely was karmic. Understanding what you had to learn in your relationship with him is important. Often, we are taught in this very unpleasant way, through tears and suffering.

For example, my first ex-husband taught me to start loving myself. He was a tough teacher. When I got to rock bottom, something broke in me, and I decided this could not continue any longer. It was time for drastic changes. Later on, I understood what exactly I had to learn, and I am grateful for his lesson.

From time to time, the same thought comes to me: In a new state of mind—let's call it a "lesson learned"—you would never start a relationship with your ex. You just don't have the hook anymore. You don't have the internal negative programs that attracted you to him. And on the flip side, if you haven't moved to a new level in this game called life, the next partner will be similar to the previous one.

More than one year passed after my divorce before I was able to feel gratitude and let my suffering go. You can't do it all at once, and there are many techniques you can try.

For example, write a letter to your ex, listing what you are offended by and what you are grateful for. Say everything you want to say. This letter does not need to be sent. At the end, you need to write the following words: "I'm letting you go, and please let me go to my better life." You can burn the letter after that.

In addition, there are meditations on forgiveness. Choose the one you like.

A forgiveness letter can be written once, but I advise you to listen to the meditations repeatedly. How many times? How long does it take to work on forgiveness? You'll feel it. When you mention your ex's name, you will no longer have anger, and you will be able to feel gratitude. By transforming resentment into gratitude for the lesson you've learned, you will do magical work for yourself.

You can do it!

### 3. CREATE YOUR RITUAL TO TUNE YOUR ENERGY FOR THE NEW DAY

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Every morning, probably, like you, I start with coffee. But not just coffee. I sometimes add cinnamon, as I like its taste. Recently, I've gotten a new favorite—lavender syrup—and now almost every coffee I drink is a lavender latte. However, in addition to cinnamon or lavender, books, meditations, motivational videos, the 3-page technique (the description of this technique is in Chapter 23), and day planning add “flavor” to my coffee and help me tune my energy for the day.

You can choose any tuning tools, combine them, or alternate them according to your liking. It depends on how much time you can devote to this process in the morning.

Everyone can free up 10 minutes for themselves. When you do this regularly, you will notice changes. Your day will take a better turn.

I like to start the day by writing three pages in my notebook. By doing so, I leave my worries on the paper, look for ways to solve various problems, or ask the Universe for signs and assistance. I program my day the way I would like to see it going. I can read for 10 to 15 minutes, listen to a mantra to fill with feminine energy, or listen to a podcast or video online. It all depends on when I wake up and how much time I have before the start of my workday. Writing books is my hobby, I have a job that I also love.

Choose techniques that will help you tune in to inner harmony and peace. If we cannot change circumstances

that are beyond our control, then the only option is to accept that they are the way they are. The good news is that we can change our inner state. Our inner emotional state and the vibrations we emit will begin to affect our physical world and bend reality. So, we can influence the circumstances. Not directly, but, when we raise our vibrations, the circumstances around our vibrations will adjust. Morning is the best time to tune our energy to a higher frequency.

Girls, you and I are the queens in our inner world of emotions and vibrations. So, let's rule there and create a world of harmony, joy, and happiness.

The first step is morning practices!

## 4. SORT YOUR STUFF IN ONE DRAWER OR SHELF

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I enjoy decluttering very much. I read Marie Kondo's book *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing* and also watched her Netflix show in which Marie visits houses and helps people with decluttering.

Her main principle is that your belongings should radiate joy. When you take an item in your hands, it should evoke pleasant emotions.

If you look at this principle from an energy point of view, it makes sense. I came to this conclusion only recently.

There are 3 types of objects in our homes:

1. Radiate positive energy—we use these items often; they are clean, fixed, and without defects; and we enjoy using them or looking at them.
2. Have neutral energy—we use them sometimes, we have a neutral attitude towards them, and they do not arouse any strong emotions.
3. Have negative energy—we don't use these items; they are stuffed somewhere on a back shelf, spoiled, broken, or dirty; and they cause negative associations and emotions when we look at them or take them in our hands. Food products with negative energy have expired past their end date of use; they have an unpleasant smell and start to rot. And this doesn't add good vibrations.

So, it turns out that decluttering has a “magical meaning.” By cleaning our dwelling of belongings that have negative energy, we raise the energy vibrations of our space. After

getting rid of unnecessary stuff, I always feel a surge of energy.

You don't need to set yourself the task of sorting all your stuff at once. You may think that this is unrealistic and will not start at all.

Today, choose just one drawer or one shelf. Try to follow your intuition about where you are drawn and where the energies have stagnated. Go through the contents of this drawer. Put aside those objects that you don't plan to use anymore or that you don't like; it means they bear negative energy.

What can you do with these things? The first option is to throw them into the trash. However, if you don't need an object and it is in working condition, you can give it to someone who might need it.

You may have a different attitude towards giving away your stuff to other people. Sure, your belongings contain your energy. There are various methods for cleaning energy if you are not comfortable with giving your item away without taking your energy from it back. For example, you can wash your clothes with salt and rinse them under running water.

You decide what to do with the stuff that you don't need, but it definitely doesn't belong in your space.

No, no, don't put it off until later. Start today. Devote at least 10 minutes. Maybe you'll enjoy the process so much you won't be able to stop!

## 5. PRAISE YOURSELF—WRITE 10 TRAITS THAT YOU LIKE ABOUT YOURSELF

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Have you ever felt like a total failure? I have. After my second divorce. I told myself: “I fail every time. I can’t do it. I can’t build that damn relationship. It didn’t work out again.” (I have already changed this belief, thank God.)

A friend of mine recently said that she feels like a complete failure because she can’t find a job and doesn’t know what to do with her life. By the way, she is 35 and she felt that this was rather old to be in this situation. (She has since found a job through trial and error, and she is satisfied with her choice.)

We know that, first of all, every end is a beginning. Without getting rid of the old, you cannot start something new. This release is a very painful process. And when you’re in the middle of it, it’s hard to accept that such changes can be for the better.

It will be helpful to praise yourself, and not just during difficult times. Yes, maybe something did not turn out as you wanted it to. Allow yourself to think that there is a better option waiting for you—better even than what you can imagine.

Praise yourself now. Write down 10 traits that you like about yourself. Perhaps you will like the idea of writing down your achievements that you are proud of. If you have already managed to achieve something, you will be able to repeat your success in the future.

If you get carried away by the process and 10 points are not enough, do not hold yourself back. Take a piece of paper or a nice notebook, or use the blank pages at the end of the book. You deserve to be praised. Start praising yourself now! You are already doing great by trying to improve and devoting time to your development. I am proud of you!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
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6. \_\_\_\_\_
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9. \_\_\_\_\_
10. \_\_\_\_\_

## 6. WASH THE FLOOR WITH MINT ESSENTIAL OIL

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This may sound oddly specific, but let me explain what it is about and why mint essential oil.

In ancient times, every household duty had a sacred meaning. And it is worth saying that a woman's energy field extends to her home. I love the phrase "When there is order in the kitchen, there is order in your head." If some thought is torturing you, and you cannot make a decision, clean up. My motto is: If you find yourself in any unclear situation, clean up. This is a joke, of course, but there is some truth to it. When we clean, we work with energy. It's more pleasant to be in a tidy room; it's more pleasant to look around when the space is clean.

However, let's take a closer look at the meaning of this action.

I once attended a workshop dedicated to the levels of female energy. Each level corresponds to a specific chakra. Well, it was there where I heard that by washing the floor, a woman establishes a relationship with the opposite sex, and peppermint essential oil helps to clean the energy space. This was 10 years ago, around the time after my first divorce. So, I started cleaning the floor much more often, and this activity became much more pleasant when I was doing it consciously.

Even now, when I pour water into the mop bucket and add a few drops of peppermint essential oil, I say to myself, "Well, let's improve my relationship."

It is not important whether you have a loved one or not.

You can imagine how you are working on a relationship with your “perfect” man.

Have I seen scientific evidence that it works?

No.

Do I believe it works?

Yes.

Well, wouldn't you agree that it is much more pleasant to wash the floor when you are doing something useful, such as improving your relationship with men?

## 7. WRITE A LETTER OF GRATITUDE TO THREE PEOPLE

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About two years ago, I took a free online course on Conscious Life Transformation. One of the tasks was to write letters to three people, telling them what I am grateful for and sending them the letters.

This was quite a difficult period for me, but I am happy that there were people who supported me and patiently listened to the same things I told them as many times as I needed to say them out loud to organize my thoughts.

I sincerely wrote what I am grateful for and sent my messages. Everyone answered that they were very pleased to read such words. I literally felt how they were smiling, how warm they felt.

And this warmth filled me as well.

By expressing gratitude, we make our friends happy and let them know that we appreciate their support. I'm guessing you would be happy if your friend said something similar to you, right? Such letters also benefit us because we use them as an opportunity to practice gratitude.

At first, to be honest, I was a little embarrassed. I worried about what my friend would think of me when she received the letter. Would she think I was weird by telling her how grateful I was? I gathered my thoughts and remembered that my task was to sincerely express gratitude and that what each of my friends would think of me didn't depend on me.

In your letter, you can say that this is a task and that you chose her/him because you have something to be

grateful for. It doesn't have to be a handwritten letter. It can also be a text message sent via any messenger.

That's what I did; but handwritten letters take it to the next level. You can decorate the envelope, or draw something on paper. You can use all of your imagination and creativity.

Today, think about who you are most grateful for. Express your gratitude sincerely and send the letter.