

LIVING A HIGH VIBRATIONAL LIFE:

Integrating Consciousness, Coherence, and Embodied Frequency for Human Flourishing

A Holistic Framework for Elevating Human Potential Through Vibrational Science and the Subtle Body

By Lori Biesel

As within, so without. Raising our frequency assists in the evolution of humanity, offering Peace on Earth.

ABSTRACT

This poster presents a holistic framework for living a high vibrational life by synthesizing ancient wisdom with modern science. It explores the subtle body, vibrational principles, and practical lifestyle strategies that cultivate coherence, resilience, and human flourishing.

By integrating consciousness, energy medicine, and daily practices, we empower individuals to modulate their frequency, enhance well-being, and contribute to a more harmonious world.

WHAT IS VIBRATION?

Everything in the universe is energy in motion.

Vibration refers to the rate at which energy oscillates. Our thoughts, emotions, and lifestyle choices influence our energetic frequency, which in turn affects our physical health, mental clarity, emotional balance, and spiritual connection.

HIGH VIBRATION IS ASSOCIATED WITH:

- Love, Joy, Gratitude, Compassion
- Clarity, Creativity, Inspiration
- Resilience, Abundance, Alignment
- Health, Vitality, Longevity
- Connection, Purpose, Service

INTEGRATIVE FRAMEWORK
ALIGNING THE 5 BODIES

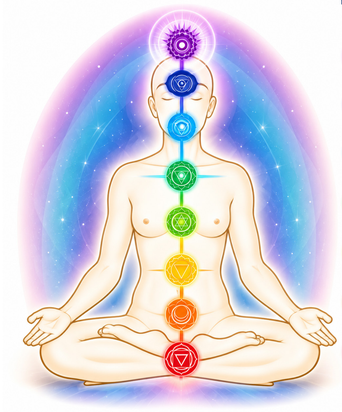
True well-being comes from alignment across all levels of our being:

- **Physical Body -** Care, movement, nutrition
- **Emotional Body -** Awareness, release, forgiveness
- **Mental Body -** Positive thinking, focus, study
- **Energetic Body -** Energy hygiene, frequency practices
- **Spiritual Body -** Connection, purpose, devotion

Alignment across these bodies creates coherence, empowerment, and a life of flow and purpose.

THE SUBTLE BODY SYSTEM

The subtle body is an energetic blueprint that interpenetrates the physical body and acts as the interface between consciousness and matter. It includes a network of energy fields, chakras, nadis (energy channels), and auric layers that regulate our physical, emotional, mental, and spiritual well-being.



THE 7 MAJOR CHAKRAS

- **Crown (Sahasrara)** Connection to Divine
- **Third Eye (Ajna)** Intuition, Insight
- **Throat (Vishuddha)** Expression, Truth
- **Heart (Anahata)** Love, Compassion
- **Solar Plexus (Manipura)** Will, Confidence
- **Sacral (Svadhisthana)** Creativity, Flow
- **Root (Muladhara)** Grounding. Survival

THE AURIC FIELDS (LAYERS)

The auric field consists of multiple layers that extend beyond the physical body and reflect our energetic state.



1. **Etheric Body -** Vitality, physical health
2. **Emotional Body -** Feelings, desires
3. **Mental Body -** Thoughts, beliefs
4. **Astral Body -** Dreams, imagination
5. **Etheric Template -** Blueprint for healing
6. **Celestial Body -** Spiritual connection
7. **Ketheric Template -** Divine blueprint

When the subtle body is clear and balanced, our energy flows freely, supporting optimal health, intuition, and higher consciousness.

DAILY HIGH VIBRATIONAL ROUTINE EXAMPLE

MORNING	MOVEMENT	NOURISH	FOCUS	RECONNECT	EVENING
Gradinude, prayer, meditation, breathwork	Yoga, walking, dancing, stretching, weight training, hiking	Eat whole foods, hydrate. supplements	Mindful work, creativity, learning, play and intention setting	Nature, grounding, stillness, sound healing	Prayer, reflection, journaling, rest, sieep

Small daily choices = Big energetic shifts

THE SCIENCE BEHIND VIBRATION

Modern science is beginning to validate what ancient traditions have taught for millennia.

- Quantum Physics shows that observation and consciousness influence reality.
- HeartMath Institute research reveals that heart coherence improves emotional regulation, brain function, and resilience.
- Epigenetics confirms that thoughts, emotions, and environment can influence gene expression.
- Sound and Frequency Therapy demonstrates measurable impacts on brainwaves, mood, and cellular health.

"The universe is not made of atoms.
It's made of tiny stories."
Muriel Rukeyser

BENEFITS OF A HIGH VIBRATIONAL LIFESTYLE

- **Enhanced physical health and immune function**
- **Emotional balance and stress resilience**
- **Mental clarity, focus, and creativity**
- **Stronger intuition and spiritual connection**
- **Greater abundance, flow, and life purpose**
- **Positive impact on relationships and community**

VIBRATION IN ACTION: THE RIPPLE EFFECT



When we raise our vibration, we positively influence those around us, creating a ripple effect of healing, harmony, and collective elevation.

You are a transmitter of energy.
Choose the frequency you wish to radiate.

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PRACTICES TO ELEVATE YOUR FREQUENCY

DAILY MEDITATION & PRAYER
Quiet the mind and connect with your inner wisdom and the Divine.

KUNDALINI YOGA & MOVEMENT
Activate life force energy (Kundalini), release blocks, and enhance vitality.

CONSCIOUS BREATHWORK
Regulate your nervous system, oxygenate the body, and shift your state.

SOUND & FREQUENCY THERAPY
Use sound, mantra, and technology to restore energetic balance.

NUTRITION & HYDRATION
Nourish your body with whole, high-vibrational foods and pure water.

TIME IN NATURE & EARTHING
Reconnect with the Earth's healing energy and natural rhythms.

GRATITUDE & JOURNALUNG
Focus on what uplifts and expands you. Shift your mindset to abundance.

SERVICE & LOVE IN ACTION
Live your purpose and contribute to the greater good.

KEY TAKEAWAY

A high vibrational life is not a destination— it is a daily practice of alignment, awareness, and intentional living. As we heal and elevate ourselves, we help heal and elevate the world.

ABOUT THE AUTHOR



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