

I Feel

EVERYTHING IS ENERGY. EVERYTHING IS VIBRATIONAL.

IT IS SAFE TO FEEL WHAT WE FEEL. IT IS SAFE TO PROCESS THESE FEELINGS. AS WE PROCESS OUR FEELINGS (FEEL THEM, SIT WITH THEM, SHARE THEM, BREATHE THROUGH THEM, LET GO) WE SHIFT OUR VIBRATIONS THAT WE ARE SENDING OUT INTO THE UNIVERSE. LOW VIBES AREN'T "BAD." ALL VIBES NEED FLOW AND BALANCE.

BREATHE. CHECK YOURSELF. EMBRACE YOURSELF. CHECK YOUR VIBES.

CHECK
YO
VIBES

SHARE THE LOVE



HIGH
VIBES

PEACE
JOY
LOVE
GRATITUDE
WILLINGNESS
EASE
HOPEFUL
ACCEPTANCE
COURAGE
NEUTRALITY

ADD MORE LOVE

LOW
VIBES

BLAME
ANGER
DOUBT
WORRY
FEAR
REGRET
RESENTMENT
APATHY
GUILT
SHAME

