

Good Vibes, Good Life – King, Vex

Self-love is often misunderstood. Self-love encourages acceptance, but many people use this as an excuse to remain unchallenged. Self-love consists of two essential elements that must be balanced. First, it encourages unconditional love towards yourself, and the focus is on mindset. Second, it encourages growth, and the focus is on taking action. Self-love is empowerment and liberation. (xxi)

Law of Vibration: All matter and energy are vibrational in nature. Reality as we perceive it occurs through matching vibrations. (15)

To bring an idea to existence/your perception, you must match its vibrational frequency. The more ‘real’ or solid something is to you, the closer you are to it vibrationally. Be in energetic harmony with that which you desire. Our thoughts, emotions, words, and actions must align with what we want. (17) Your emotions show a true reflection of your energy. (18)

Self-love and raising the level of your vibration go hand in hand. (22) Energy doesn’t lie. (28)

Doing one of three power poses for two minutes per day increases 20% confidence hormone, testosterone, and decreases 25% stress hormone, cortisol. (31)

Spreading gossip preys on our ego. (39) When we discuss others in a negative way, we send negative energy into the universe. (40)

Your ego is your self-image created by thought. (42)

The key to showing gratitude is to feel thankful first and foremost. (51) When practicing gratitude, imagine how different your life would be without that particular thing you’re showing thanks for. (53)

Instead of directing our energy towards our fears, focus your energy on solutions. (55)

Our dominant thoughts significantly influence our emotions. (56)

Transform negative emotions: 1. Identify; 2. Challenge; 3. Understand; 4. Replace; 5. Visualize. (61)

Meditation is a conscious awareness of the present moment through concentration. (70)

It’s through breath that we reinforce our vital force. (74)

Your longest relationship is with yourself. Only when you manage this relationship well can you manage your relationships with others. (77)

Shift blaming is pointing out what’s wrong with someone else to avoid taking responsibility. (83)

Even your most dominant thoughts aren’t necessarily your intuition speaking, because they could be rooted in fear or desire. Intuition is a calm feeling and gives you a reassuring sense of detachment. (90)

Many of the thoughts in our heads aren’t originally our own. (92)

Try to understand intentions. To recognize love despite criticism, you have to understand that everyone’s perspectives – including your own – are limited and subjective. We all constantly gather information from everywhere, and everything we learn has an impact on what we believe and how we think – but this depends on exactly what information we’ve picked up. (99)

Your competition is you. Your comparison should be directed at the person you were yesterday. (141)

If someone judges you for your past, it's their problem. They're the ones who are living in a place that no longer exists. When you forgive people, you don't improve the past, you improve your present and future. Those who cannot forgive people who've hurt them will only fall victim to them. (157)

Feelings are returned on a like-for-like basis. (161) Positive thinking is about favoring the one that moves you forward. (164)

Our perception of the world is rooted in our beliefs, so believing in something is the key to seeing it. (167)

Events are neutral, but we give them labels. (173)

If you want to change your belief, you have to disprove your current belief by finding enough evidence to support the belief you want. (181)

Repeating affirmations is a conscious process. (183) Affirmations should be spoken in present tense. (184)

Write down your goals in present tense in your own handwriting from a positive stance while including as many details as you can. (193)

Intention without action is just a wish. (202)

Beating procrastination: 1. Get rid of every distraction possible; 2. Give yourself incentives to complete the task; 3. Take breaks to do something enjoyable; 4. Get creative; 5. Get help if required; 6. Give yourself consequences for not taking action; 7. Announce your intentions to someone trustworthy. (224)

Both faith and fear ask you to believe in something that cannot be seen. (232)

Rejections are just redirections to better things. Setbacks are pauses. (235) Everything that happens to us also happens for us. (242)

When you pray for a situation to change, realize that you're in that situation so that you can change. (245)

Money is simply energy. Money is simply an amplifier. Greed works on the basis that there's a limited supply of a particular thing and that you want the majority, which will consequently be at the expense of another person's wellbeing. (259)