



HFF Raising Your Family Vibration Mini-Toolkit

Feeling the Vibe

Your Family's Vibration

When you enter a room, a home, a space occupied by people other than yourself, you can often feel the emotions of the people in that space. If there was recently an argument, you feel it. If there was laughter, you feel it. If there was a celebration, an inspiring speech, the reading of a bedtime story, well, you get the idea.

Each family member's state of wellbeing affects the others. Families share space, environments, even a microbiome. We communicate with each other through speech, sound, gesture, facial expression, body language, and non-verbal cues. Our bodies interact through the electromagnetism of our hearts, our auras, and the energies we emit that we may not even be aware of on a conscious level.

When we want our families to be healthy, we first think about improving diet, exercising more, getting better sleep, and taking a supplement or two. When we are unwell with bigger challenges like chronic illness, we go deeper into testing, special diet plans, and complicated healing protocols. But what can often be overlooked is how integral energy is to both the onset of illness and disease as well as its perpetuation; what can often be overlooked is both the destructive powers of low vibrations but more importantly the healing that raising your vibration can catalyze. Low vibrations can both create and perpetuate illness and disease, and conversely, high vibrations can reverse and prevent it.

What Is Vibration?

Quantum physics is not really a topic most people want to bend their brains around. But the theory of quantum physics opens up our understanding of reality by breaking down matter to the atomic (and subatomic) level allowing us to “see” that our physical and mental selves are less mechanical than they are vibrational. In essence, everything is made up of energy; and everything is connected.

Quantum physics lays out the essence of matter and how we pass information between cells and each other through light and frequency. It takes us beyond the physiology of what we can see with the naked eye and into the space between the cells, into what we feel and intuit in our environment that exercises more than the five senses. We all have the ability to recognise and feel, for instance, vibration. We just don't always acknowledge this ability or value it the same way we do our vision, our hearing, or the things we can measure in a beaker or observe under a microscope.

In addition, our bodies are not just meat suits we wear around in the real world; also, our minds, feelings, and our very beings are not just abstract concepts. Our physical health and the inputs we receive through our physical bodies affect our mental and emotional health, and vice versa; our mental and emotional states affect our physical health. And again, each and every one of us affect those around us, in particular, our housemates and families.

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Raising Your Family's Vibration

Why a Toolkit?

In this mini-toolkit, I have put together a nice group of simple strategies, practices, and activities that I hope will get you started on your way to a more harmonious, joyful, and healthy family environment.

At the Healthy Family Formula, we don't use cookie-cutter plans for every person or family because we recognize that we are all different--every individual, every family, every community. But we *do* understand that there are foundational pillars to health (we all eat, drink, sleep, and move); we know which vibrational bad guys (the Usual Suspects) that cause most ill health and discomfort; and we are aware of good strategies and practices that work well for most people to raise that vibration. So, instead of creating rigid, unsustainable, and often ineffective protocols, we have created empowering HFF *Toolkits* from which families and practitioners can draw when seeking opportunities to create wellness. The best part? *You* decide which tools to use and when to use them because *you* are the expert when it comes to your family. And when it comes to vibration, you will just *feel* what is working.

Toolkit Objectives

Raising your family's vibration! Create harmony, inspiration, and joy in your home.

<p>Low Vibration</p> <p>Stress on all levels</p> <p>Physical -poor, "dead" food -unfiltered, demineralized, or dead water -malillumination</p>	<p>High Vibration</p> <p>Ease on all levels</p> <p>Physical -alive, fresh food -filtered, mineralized, ionized water -sunlight</p>
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<p>-lack of sleep -manmade EMF</p> <p>Mental -negative thinking -apathy -ignorance</p> <p>Emotional -fearful -depression -opposition -anxiety -disengaged</p> <p>Environmental -mold and contaminants -poor lighting -malillumination -clutter -lack of fresh air -chemicals and cleaning products</p> <p>Behavioural/Relationship -too much screentime -eating on the couch or in the car -family disconnection</p> <p>Results of Low Vibrations -personal discontent -family conflict -reactivity -chronic illness</p>	<p>-good sleep -natural EMF</p> <p>Mental -positive thinking -engagement -awareness</p> <p>Emotional -creative -joyful -cooperative -safe -engaged</p> <p>Environmental -clean air -full spectrum daytime lighting, amber evening lighting -uncluttered space -fresh air -chemical-free</p> <p>Behavioural/Relationship -regulated screentime -eating at the dinner table together -family connection</p> <p>Results of High Vibration -personal contentment -family harmony -responsiveness -good health</p>
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Raising Your Family's Vibration: Practices

The following often simple and often free practices reduce stress on all levels and raise family energy/vibration.

Physical

Eat good food

Drink clean water

Sleep well

Get out in the sun

Balance microbiome and virome

Ground physically

Breathe into the belly and through the mouth

Breathwork such as 4-7-8 breathing, belly breathing, and alternate nostril breathing

Mental and Emotional

Meditate

Ground mentally

Ground emotionally

Practice gratitude

Self-regulate your responses to stress through breathing, awareness, and other stress reduction techniques

Teach children and teens to self-regulate their responses to stress through breathing, awareness, and other stress reduction techniques

Sensory Practices That Affect All Three Above

Biochemical Inputs: essential oils (as a form of phytotherapy), herbs and teas, forest smells.

Sound: singing, uplifting or soothing music, sound therapy, soothing voices, chanting, humming, laughter.

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Movement: play, yoga, qigong, massaging each other, holding hands, gentle play, wrestling.

Visual: art, decluttering, smiling, photos, talismans, altars, memorabilia, eye contact, body language.

Smell: olfactory stimulation, essential oils (aromatherapy), body contact with little ones.

Touch: hugging, kissing, holding, skin to skin contact.

All Senses at Once: forest bathing and time in nature.

Elevating Your Environment

Reduce man made EMF

Make sure your air is clean

Get full spectrum daytime lighting or natural light (open the curtains), use amber light in the evening

Declutter space

Invite fresh air, and open the windows

Eliminate toxins and chemicals

Create quiet, private spaces

Create altars (secular or non-secular)

Use the outdoors, garden, spend time on the beach or at the park, get outside!

High Vibration Therapies, Practices, and Behaviours

Try Emotional Freedom Technique (EFT)

Go for Massage Therapy

Meditate as a family

Spend time together

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- Have many family Adventures
- Cook together
- Cultivate awareness about your family's vibe for all family members
- Have a "No biggie" attitude
- Retreat to safe spaces when there are bad vibes
- Encourage self-prescribed time-outs
- Rest when needed
- Take mental health days
- Allow and seek silence when needed
- Cultivate emotional and energetic self-awareness
- Communicate with each other
- Take baths and showers to energize as well as soothe
- Have regular family movie night
- Have regular family game night
- Regulate screentime
- Eat at the dinner table together
- Make connection a paramount goal

Add Your Own Tools Here:

*Full toolkits with resources and infographics can be found at www.healthyfamilyformula.com/toolkits

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