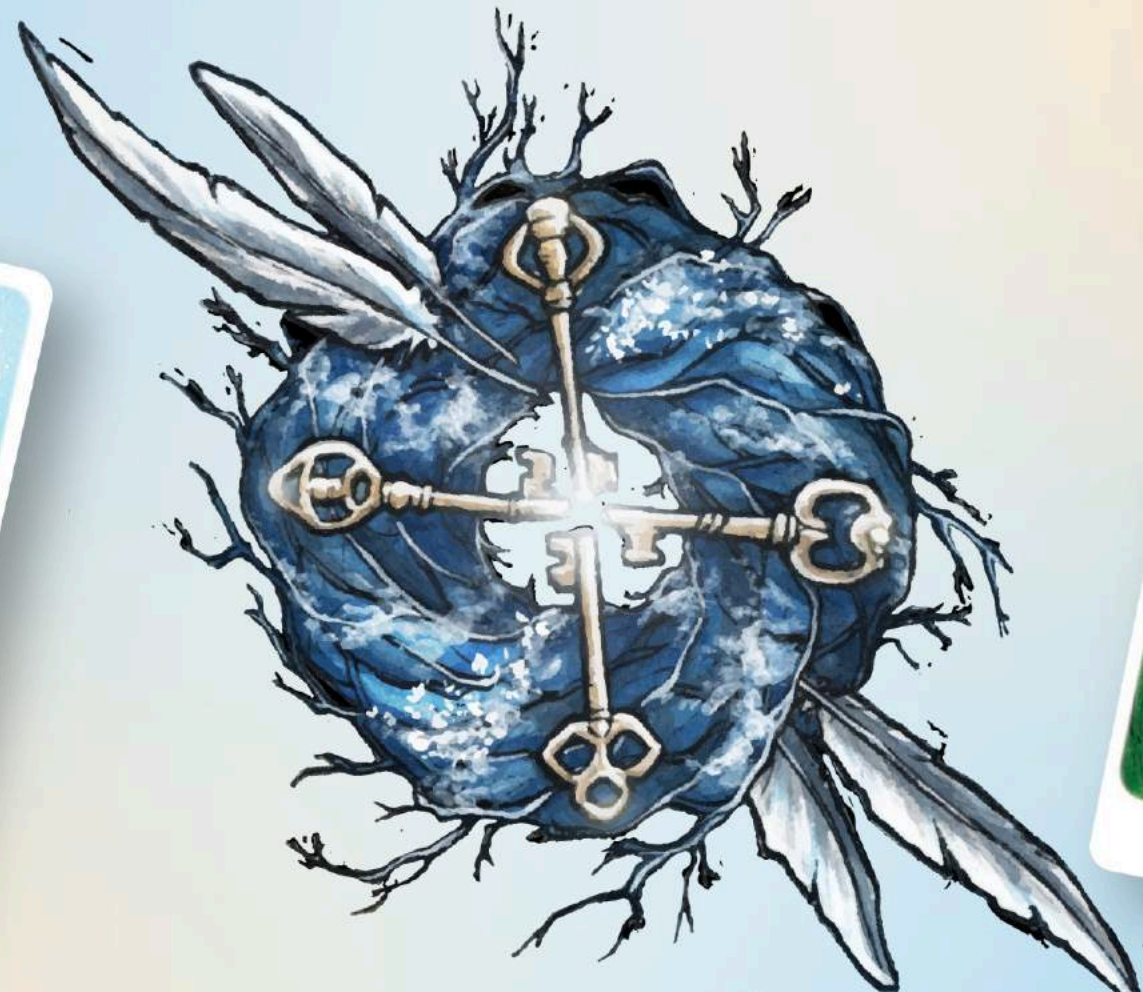


# Raise your frequencies in 7 days

with



# Nest of Light



I am so happy to share with you this challenge of 7 days to help you raise your vibrations. It has been created by many participants and feel free to suggest prompts using any oracle or Tarot deck.

The world we live in is made of energy and we are all the time dealing with it; these energies may have a good or a bad impact on our physical and mental health.

These simple exercises will help you to take few minutes each day to :

- Breath
- Put into practice some tools to raise your frequency
- Reflect on deep questions while having fun and using oracle and tarot decks...

You can use any oracle or tarot deck you have or those you resonate well with, our members have chosen these decks :

- Royal Fez Moroccan & Granny Jones
- Wizards deck by Barbara Moore
- The Moonchild Tarot with the Starseeds Oracle.
- The Gaian Tarot, Majestic Earth, Vision Quest, Wildwood
- Energy Oracle cards, vibrational energy, Trippin waite tarot
- The Janosh deck
- Everyday Witch, RWS and Earth Magic Oracle.
- Stewart Pearce Angels of Atlantis decks
- Rowena Pattee Kryder decks
- Stunning Tarot, etc



Day 1 :

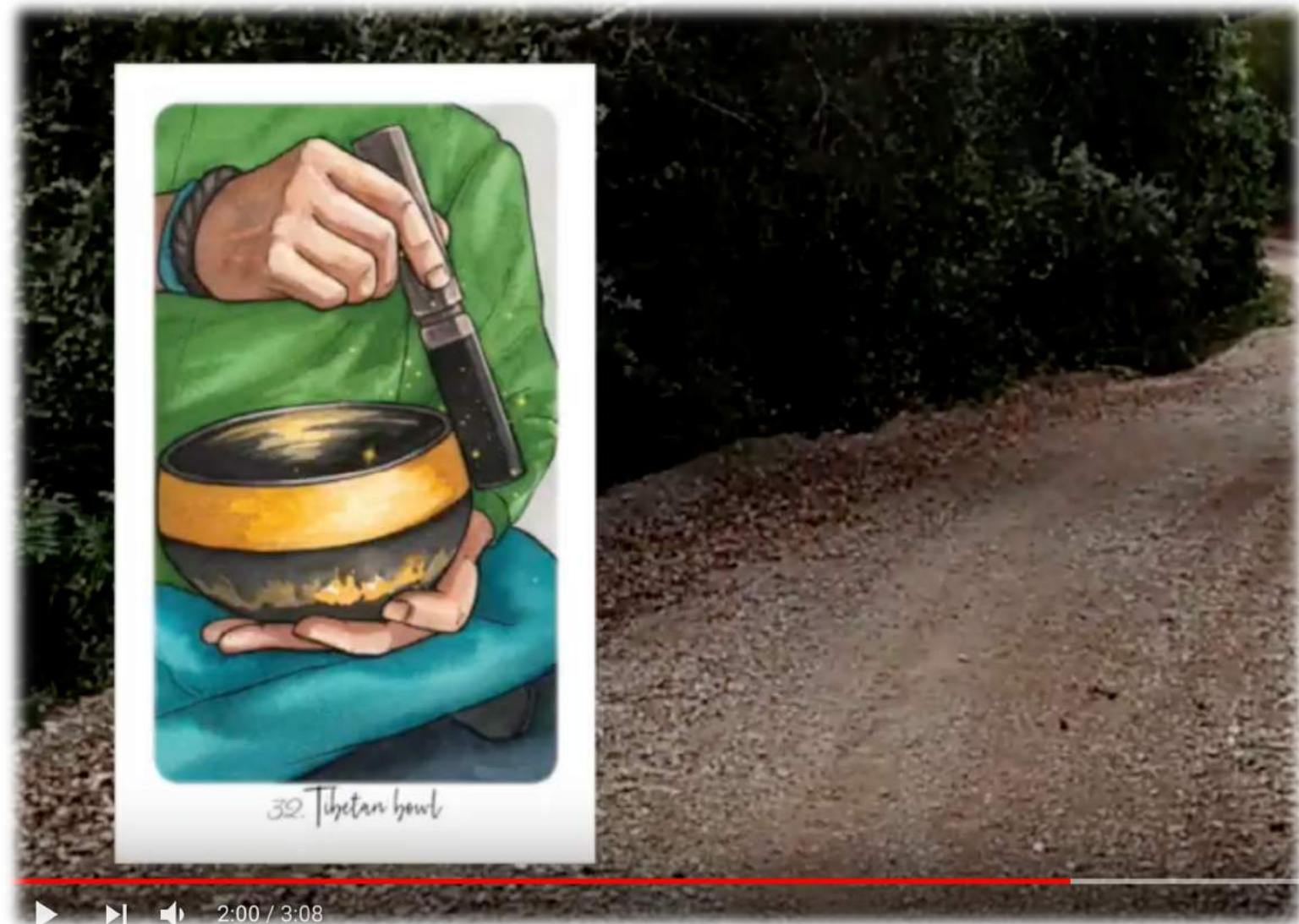
## Contact with Sound

We start today with Sound, instead of creating it, trying just to be receptive to sounds that come to us, notice how these sounds resonate with your heart.

Being receptive is to Surrender, you observe what is happening deep within you. When you learn how your heart responds to sound, you learn also about the impact words have on you...

This is a key of wisdom and we suggest you watch the video here to learn more about it. Access the video [here for day 1](#) :

- Prompt : How do you respond to sound, to news, to sound sent by the Cosmos and the Universe ?



Raise your  
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Day 2 :

# Gratitude Vs Fear

Gratitude and fear are 2 sides of the same coin ... know more about it in this [video for day 2 :](#)

What is the thing that frightens you today ? Find gratitude in it.

*Raise your vibration*



Raise your vibration in 7 days challenge

# Day 3 : The Indigo Ray

Hi friends !

Stephanie (Journal d'une femme moderne et spirituelle) has prepared a meditation for us with the Indigo Ray, I love the fact that she interpreted the card using her intuition. Also, try to find this **Indigo ray** in Tarot / Oracles you use (see picture bellow), what do they tell you about this Ray ? And how can it help you at the moment ?

Access Stephanie's video [here](#) day 3

The Indigo Ray and Flame : It a flame that helps to make an etheric transformation, it is the closest on earth, so the most accessible. Accessible in particular at the end of the sunset, at the start of the night. This flame helps to connect to our multidimensional origins in order to bring:

- The feeling of security,
- The force necessary for earthly life,
- Values and knowledge to the new planet,
- And the forgotten powers, but essential for the ascension path.

It is a useful ray for material protection, to seal our space and put limits and barriers to other energies.

On the card we chose to place house and car keys, because they are our physical temples on this planet and keeping them protected allows us to find again the feeling of security and to focus on our Creations and our Missions.



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Day 4 :

## Incense, Spirits and Armor

There are two cards that I have pulled from the Nest of Light oracle, created by the beautiful and talented Ouassima, they are: Incense & Spirits + Your Armor. **In what ways can you cleanse your environment in order to protect your energetic body, and thus raise your vibrational frequency?**

At this time, many of us sit in quarantine, but this only distances us physically from illness. **What energetic ailments must you also remove from your environment?** Energetic disease can come in the form of replaying events in your mind that sadden you, hurtful self-talk, allowing others to take from your energy & good nature without reciprocity, etc.

It is time to “quarantine” those energies in order to raise your vibration & shine your light. In this present moment, **what will be your first step?”**

By Tara Egipto, find her youtube channel [here](#)



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Day 5 :

# The Ocean spirit & cleansing

🌊 Today, I invite to balance your Solar plexus chakra and Sacred chakra... Then, bring the spirit of the Ocean to your environment... Enjoy the the video [here](#) 🌊

Ask your deck : what do I need to do in order to be more present and less projected in the future ...



Raise your vibration in 7 days challenge

Nest of Light Oracle

ON KICKSTARTER

# Day 6 : Vibration

Day 6 ALREADYYYY !

1. Where in your life do you see your biggest trigger and experience your strongest Knee Jerk reaction?
2. How can you look deeper into this situation to find the root cause of it?
3. What can you do to raise your frequency so that you can see the bigger picture surrounding it and thus begin to heal the World?

**This prompt has been prepared by Luci Fae, find her course about Manifestation with Tarot [here](#)**



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Day 7 :

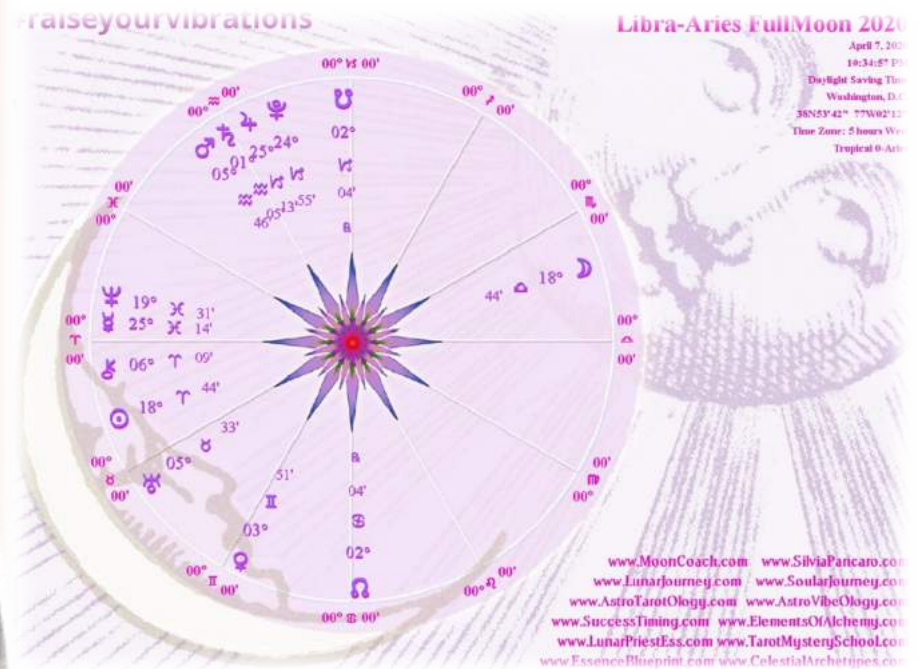
# The Medicine Wheel

Take your cards and pull for the following focal questions:

*\*Medicine Wheel/Earth :* What grounding Mantra or Affirmation, can I use to Harmonize with the Higher Vibrational Beings of the 100% Divine Light (my Guides, Angels, Higher Self, etc)?

For your Mantra/Affirmation, whatever that card is, turn it into a Mantra. For example, if you choose The Wheel of Fortune (associated astrologically with the planet Jupiter, ruler of Growth, Expansion, Blessings), an Affirmation might be: Regardless of outer appearances, I work with every situation Life brings me, as opportunities to grow beyond my old comfort zones & expand my Consciousness, breathing deeply into my Spiritual Core. Or if you choose the 4 of Disks, perhaps your Mantra could be: I am safely grounded on all levels of Being.

Prompt prepared by MoonCoach Silvia Pancaro, find her [here](#)



Raise your vibration in 7 days challenge

## To Go further

Many tools are offered in **Nest of Light Oracle and its companion videos**, [check the project here](#). But we wanted to leave you also with more suggestions and ideas to help you raise your frequency, here are some, given by members of our Facebook group :

“Using your imagination, start and complete a creative project. Write a story or poem, paint a picture, draw your day in your journal, cook a new dish and serve it up on your best crockery ( whether for family or yourself alone). Create something that makes your heart sing.” S.

“Celebration from Flowers of the Night Oracle : The time is upon us to rejoice and celebrate. There is good news coming for us all to have a reason to be joyful. It is a time of giving and receiving as well as obtaining or giving assistance from those close to you. Take time to enjoy your friendships, if there has been difficulties, face them with unconditional love no matter what the eventual outcome. You may find it is a time to reflect on what and who you value in your life, and why, especially if there has been difficulties.

Affirmation : I am open to joy, friendship and unconditional love.” L

“How can we all raise our vibrations as a group? The thinking women card: this card represents a side of yourself that’s ready to blossom and bring clarity and assistance to the world. Find your voice and let your wisdom shine!” B

“The Collective Consciousness in our Group can raise the overall Vibrational Frequency, by stating these affirmations relating to the Arhat: “ I am comfortable with both form & dissolution of form.

I care for all life yet cling to no one and nothing.

I am centered in my own wisdom at any time, in all circumstances.

I go forth now and take action on my calling.”

I believe these affirmation (by Rowena Pattee Kryder for The Arhat) says it all. I would only add one more piece which might be invaluable for us, individually & collectively, which came to mind when I receive The Arhat card & message for the group. It is the Serenity Prayer... “ S.

“How can you raise your vibration now? The Fool... by being totally ready to take the next step whilst remembering that we originate from the Great Central Sun and we burn with the Fire of Spirit's desire...and so every possibility is probable. Go to your Central Sun (The Solar Plexus) and ask it about your possibility and listen to the answer you receive via "gut instinct." The Solar Plexus is the umbilical cord that connects our flesh suit to our Source

..The Great Central Sun.. Our Mother Creatrix's Womb...so LISTEN to the vibration that travels the Cord from Mother to Child. X”L.

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[Support it here](#)

NOW ON  
**KICKSTARTER**



*Nest of Light* Oracle