

Dina Cramer

How To Raise Your Vibration

And stay on your High Flying Disc!

Table Of Contents

Meet Dina Cramer:	2
Introduction: You Are A Creator	3
Creating Your Container of Consciousness	4
Excercise: Creating Your Container of Consciousness	6
Understanding Your Emotional Guidance System	9
How To Move Up The Vibrational Emotional Scale	11
Excercise: Moving Up the Vibrational Emotional Scale	15
The Importance of Being "Self-Centred"	16
Exercise in Being Self Centred	17
Integrity: The Fuel For Success	18

Meet Dina Cramer:

Hi, I'm Dina Cramer.

I have an Honours Degree in Psychology; am an internationally qualified professional coach (ICF PCC); soft skills facilitator; energetic healer; business owner; author and single mom to 4 boys...



I have been working with the *Teachings of Abraham* for many years now and am skilled in assisting people working with the Law of Attraction to understand and implement it into their lives successfully and impact-fully.

I am a published author and have written articles for The Citizen newspaper and magazines such as Health 24, All 4 Women, Psychology Magazine and Health Encounters. I have also been a guest on various television and radio stations, such as 702, Morning Live, 3 Talk, SABC News International, and CNBC. I have worked with executives at some of South Africa's top multinational companies and government departments doing contracted leadership development and training, as well as coaching.

I am a subject matter expert on all areas of leadership, coaching and soft skills development and am known for my intuitive style in discovering blockages in the energy system, which cause physical, emotional, and spiritual dis-ease.

I have successfully integrated my psychological and spiritual healing knowledge in order to create dynamic personal development programmes aimed at bringing spirituality into everyday life, thereby bringing about healing and empowerment. I also facilitates the full range of corporate soft skills and wellness workshops, and facilitates team building sessions.

To find out more about Dina or to book a session, [click here](#).

Introduction: You Are A Creator

The whole world is made up of energy, and we are energetic beings.

Yet, we are taught not to believe anything we cannot see- and energy is unseen, therefore we do not live our lives according to energy principles. We look at our world and what is happening around us and to us and believe that this is objective reality and then we react to that perception and call it reality.

The reality is that we are magnets. We are constantly attracting and repelling- creating our reality. This attraction comes from the energy or vibration we are giving off- from how we feel, what we say, think and do. Therefore, we need to become conscious of how we are feeling and what are we thinking, saying and doing that is creating our reality.

An important step on this journey is taking responsibility- which means that at every point in our lives, we need to say: **"I created this!"** – to the good and the bad things that happen in our lives. This is not a judgement. This is an empowered place, because you are acknowledging that you are a creator and that you can change your reality and create a new and different reality.



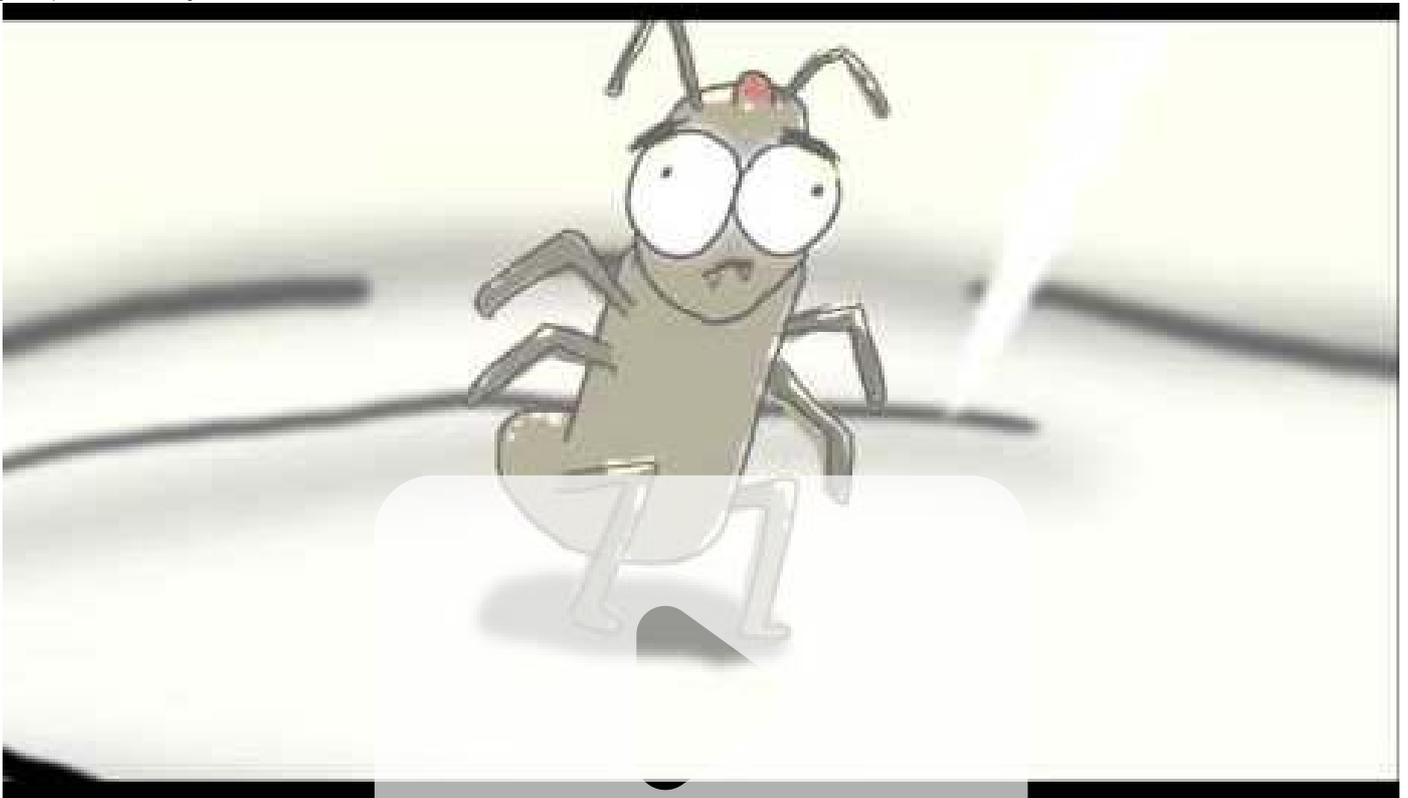
Creating Your Container of Consciousness

We all have a container in which we hold our consciousness. This container holds all our beliefs, attitudes, assumptions, memories etc. This is the foundation upon which we build (attract/ repel) our lives. This container vibrates at a certain frequency depending on what we have put into it.

We all have limiting beliefs and these are often like broken records playing over and over inside our heads. Most of the time we are not even aware of them. It is these limiting beliefs that cause us to fail even when we have great plans to succeed.

Here are some examples taken from various different experiments that have been done:

For example: we all know fleas can jump very high but if kept in a container with a lid for a long enough period of time, they learn to jump just short of the lid- thereby avoiding banging their heads. Once they learn to jump just short of the lid, you can take the lid off completely and the fleas will not jump out the jar.



Another example is how people tame elephants: when the elephants are young and weak, they tie them to a stake in the ground using a rope tied around their leg. The elephant learns that when it has a rope around its leg, it can only walk a certain distance away. Once it learns this, even when the elephant has grown big and strong and can easily pull the stake out the ground if it walks away, it will not stray past a certain diameter.

Sharks love to eat minnows. In one experiment, they put a plate of thick glass between the sharks and the minnows. Every time the sharks lunged to try catch a minnow they would bash their noses into the glass. Eventually, the sharks stopped trying to eat the minnows. Once this happened, they removed the glass between them. The sharks however continued to not try to eat the minnows even though they were now swimming among them.

Firstly, we need to realize that we have been "tamed" and socialized into being far less than we actually are. We are way more powerful and capable of so much more than we think. We just need to take the lid off the container and have the courage to jump.

This often challenges our reality- turns our reality on its head!

The key to success is to create a new container of consciousness. One that aligns to your goal. Think of then example of a radio station. If you are tuned into 94.7 fm you cannot hear what is being broadcast on 91.3 fm. Think about where you want to be in terms of your goals and your life. That is a different place to where you are. So if you want to reach your goal your vibration needs to match the goal. You cannot be tuned into 107am and expect to hear 94.7fm.

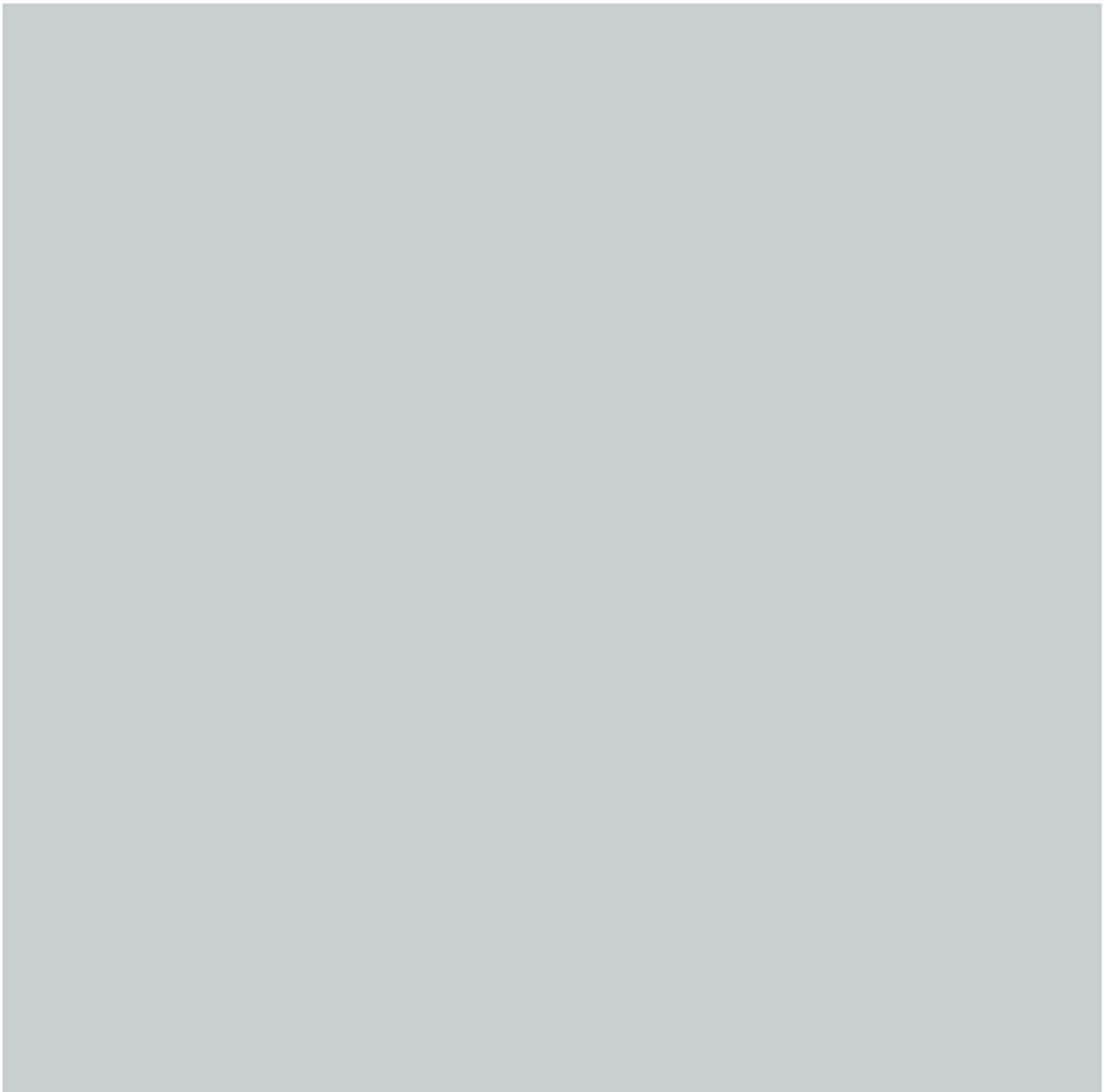
We are human BEINGS not human DOINGS. Our biggest challenge is to stop what we are doing and get in touch with who we are being.

Is who we are being in alignment with what we want to create?

Excercise: Creating Your Container of Consciousness

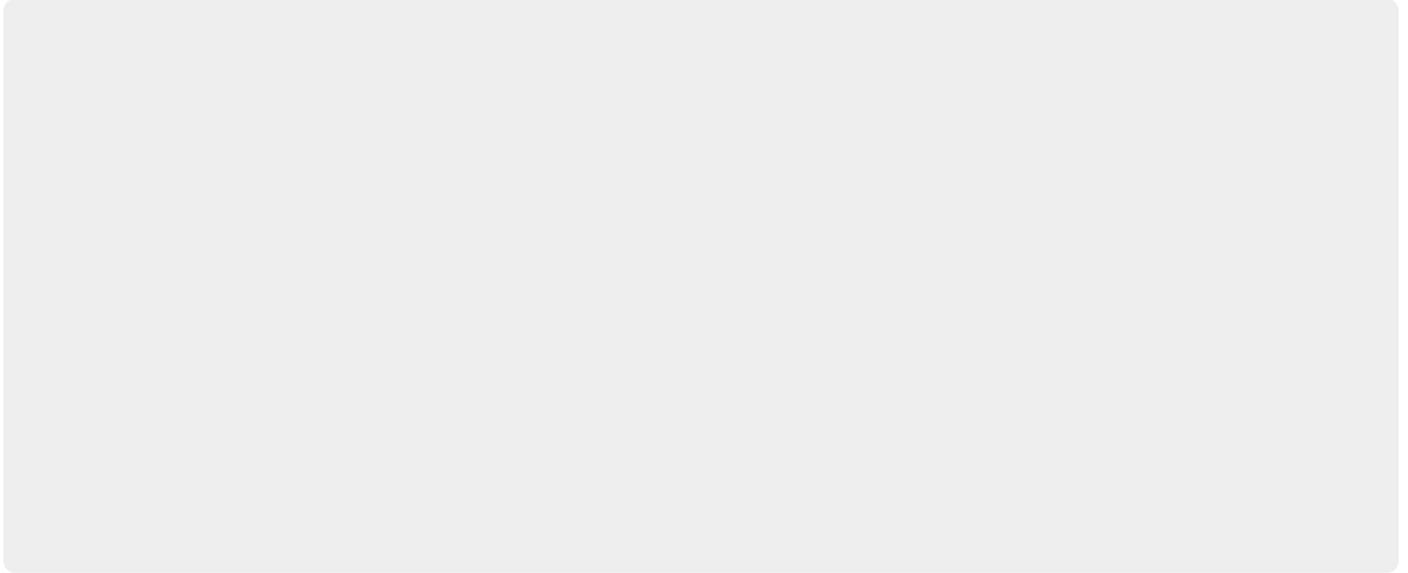
Imagine it was this time next year and you were writing to tell me all the wonderful things you have achieved and attracted into your life reading this ebook:

- *Use positive words only*
- *Write in the Present Tense (as if it has already happened)*
- *Write in as much detail and description as possible!*

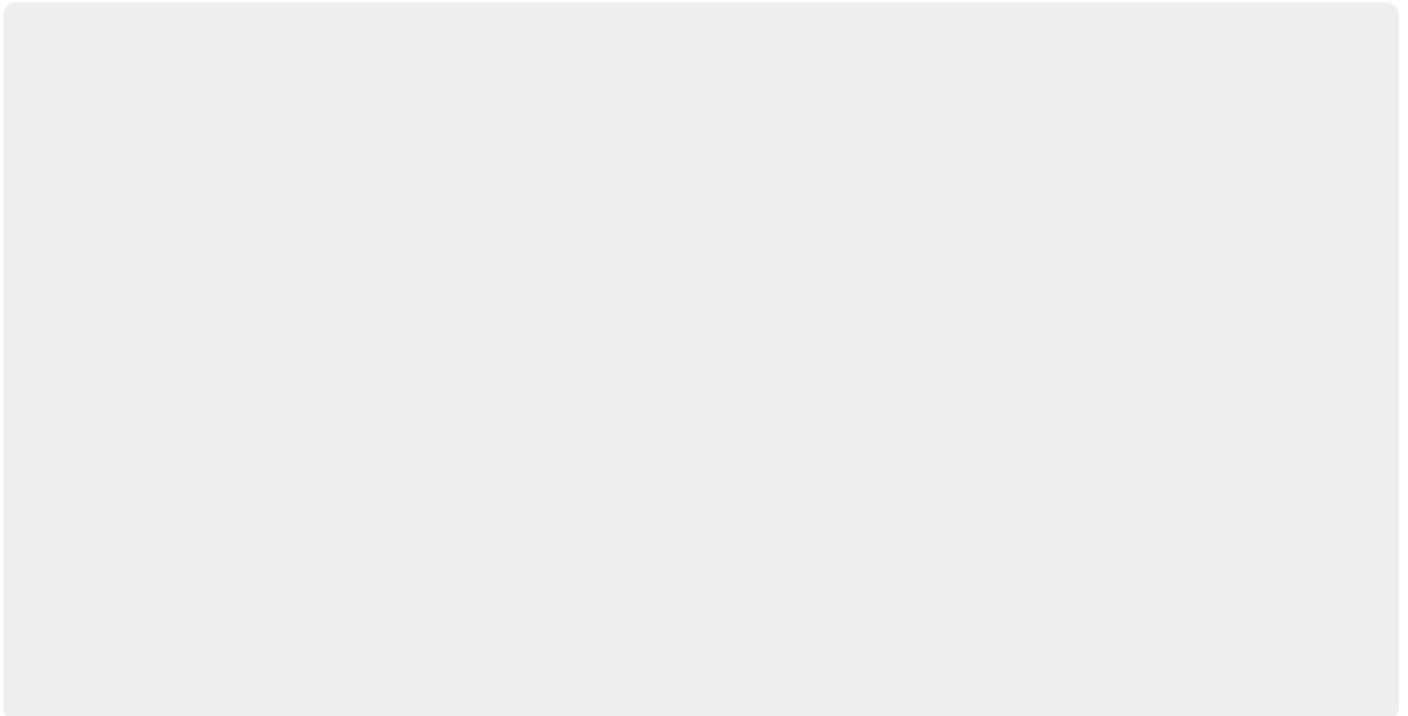


What is the difference between who I am right now and who I am in this picture?

Who (what kind of person) do I have to be to fit into this picture?



What needs to change? What do I need to do differently?



What are some daily deliberate actions that you can take to move in the direction of the person you need to become in order to fit into the picture of your ideal life? Small, deliberate, conscious actions you can take each day/ week/ month that will move you closer to your goal:

Make clear, specific commitments to yourself- What specifically are you going to do? How are you doing to do it? When exactly and how often?

#	What?	How?	When?
1			
2			
3			
4			
5			
6			

Understanding Your Emotional Guidance System

Our emotions are indicators of where we are on the vibrational scale. We need to start taking notice of how we are feeling as this is an indication of the vibration we are giving off. Lola Jones refers to the emotional scale as our “instrument panel”. She likens it to the instrument panel of an aeroplane. She says that noticing where you are on the emotional scale will tell you whether you are pointing the nose of your plane- up or down or whether you are just cruising at the same level.

E-motions are merely energy in motion. We are not meant to hold onto emotions, we are meant to experience them and let them flow through us. They are indicators of where we are pointing our plane and indicators that we need to make some adjustments. Abraham often uses these examples: if you put your hand on a hot stove, you feel pain which alerts you to take your hand off the stove. If the petrol gauge of your car says empty, it is an indicator that you need to put petrol in. It is not an indicator of what kind of person you are or whether you have succeeded or failed.

So the key is to be aware of your emotions and use them as an indicator of where you are focusing your point of attraction. We then need to consciously make sure that we are pointing the nose of our plane upwards.



Vibrational Emotional Scale

Love Joy Passion
Freedom Highest Excitement

Happiness Gratitude Compassion
Courage Spiritual Connection

Inspired Confidence Responsible
Open-Hearted Serene

Empowered Worthy Eagerness
At Ease Light-Hearted

Hopefulness Acceptance Faith
Encouraged Positive Attitude

Neutrality
Quiet Center of Stillness

Doubtful Insecurity Lonely
Rejection Disappointment

Worry Pessimism Frustration
Impatience Irritation

Anger Rage Revenge
Hatred Fear

Sadness Abandoned Ashamed
Anxiety Unloved

Despair Disempowerment Grief
Depression Hopelessness

How To Move Up The Vibrational Emotional Scale

Have you ever noticed that when you are in a very positive state of mind and being- things just seem to flow. This often happens when we are "in love". Everything feels joyful and magical. Nothing seems to gets us down. This is because when you are in love you are on your highest flying disc- at the top of the vibrational emotional scale-on the disc of "Love". When you are on this disc it automatically tunes you to and attracts Joy, Passion, Freedom and Excitement.

Your High Flying Disc

Can you remember a time where your life just flowed effortlessly?

**How did it feel to be in this place?
(Try relive it- really feel and get a sense of it)**

**What was happening in your life?
What were you feeling?**

The same applies to when you are in a negative state of mind and being. Everything seems to feel stuck and blocked. Like the universe is conspiring against you. That is because you are on a low flying disc and are pointing the nose of your plane downwards. That is why the better it gets... the better it gets and the worse it gets... the worse it gets!

The key is to realize that you are the pilot and consciously choose to feel better.

We have the best chance of achieving this at night when we go to bed and first thing when we wake up in the morning. We need to consciously and deliberately focus into a good feeling place:

In the evening when you go to bed, really snuggle in to and appreciate your pillow and mattress.

Decide that you are going to have a wonderfully restful sleep and that when you wake up in the morning you will wake up new and refreshed and committed to keeping your energy in the highest place you are able to. Consciously, decide to let go of your day and any stress, worries or frustrations you experienced in the day.

Then in the morning when you wake up, dedicate some time to get yourself into a good feeling place.

Create a feel good morning ritual!

This has been a practice that has literally saved my life. As a single mom and sole provider for 4 sons, it was important for me to have "me" time. The only time I could find that was very early in the morning.

So, every morning I wake up before anyone else is up. I meditate, listen to something inspirational on You Tube (often Abraham 😊), journal, do some angel cards. Then I put on some music and dance while I am in the shower and getting dressed.

This is my feel good morning routine!

Once you start your day on this feel good note- your job is to try and stay on this disc for as long as possible. It may only last 5 minutes. Each day, try and stay there longer and longer. Notice what starts to get you down.

When you realize that you are focussed on something that is bringing your energy down (you will know this by the way you are feeling)- Stop- and choose to focus on something that makes you feel better.

You can do this is in several ways:

1. You could turn your attention completely away from the subject that is bringing you down. Distract yourself with something else- a topic that makes you feel better; turn on the radio and sing along; watch an uplifting/ funny youtube video; make yourself a cup of tea...
2. Tell yourself you don't want to think about it now- you will think about it later and then decide to think or do something that will make you feel better.

Thinking about or focusing on a problem is a problem in itself because when you think about the problem you vibrate at the level of the problem. You point the nose of the plane there. I am sure you have heard the saying: "You cannot solve a problem with the same level of consciousness that created the problem". If you can get yourself out the way and focus on something different, it allows the solution to reveal itself to you.

A common problem is that most people tend to look at the circumstances in their lives and say that this is reality. The problem is that if we focus on a particular circumstance or problem, we vibrate at that level and therefore create more of the same- remember we are magnets. What we are experiencing today is a result of yesterdays vibration. If we focus on todays issue, it will re-create it tomorrow. We keep regurgitating our negative vibration and saying it is reality.

If we want to change our reality, we need to actively raise our vibration today so that tomorrow we will experience a different reality.

The key to becoming a conscious creator of your reality is to keep your energy in a good space. When you are in a difficult space or are stressing or worrying about something a good way to move your energy in a positive direction is to think thoughts that will raise the nose of your plane and make you feel better.

For example:

- By using your imagination- allow yourself to imagine the best possible resolution to the problem; when you do this you trick your mind into thinking it is done. This puts you in a higher flying place.

- By asking yourself, "What if it was possible that... your issue/ problem was solved? And then let yourself feel the possibility.

I am not advocating that you "detach" from "reality". Sometimes we need to accept that we are in a low place. This needs to be done with love, understanding and compassion

I often tell people to imagine they were dealing with a sad/ lonely/ scared 3 year old- what would you do or say to soothe them?

Generally, you would put them on your lap, give them a big hug, tell them you love them and that everything is going to be okay. Sometimes we need to tell ourselves- its okay that you are sad/ angry/ frustrated (with an attitude of love and compassion). Sometimes even just giving yourself permission to feel your feelings starts to move them in a more positive direction.

Once you have acknowledged and accepted that you are in a low vibration space, you could ask yourself:

"What will help me to feel better right now? "

It could be taking a walk, soaking in a bath, having a nap, phoning a friend and venting...

And slowly but surely you move yourself up the scale.

Excercise: Moving Up the Vibrational Emotional Scale

Think of an issue that is causing you to stress or that is tipping the nose of your plane down.

How can you move yourself into a better feeling space about this?

(even if it is just a slight adjustment or a small sense of relief)

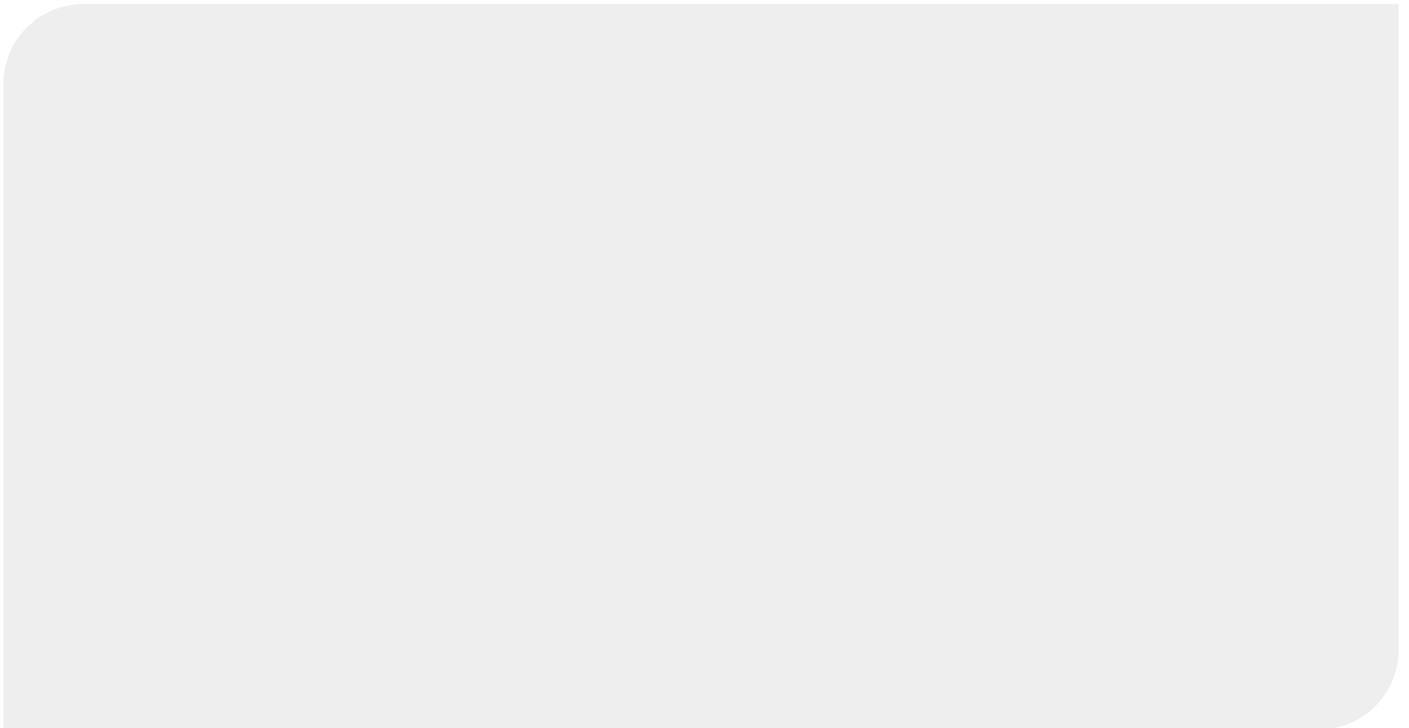
Once you feel some relief, ask yourself again:

"What can I do to feel slightly better?"

Then do that...

Keep repeating this process until you slowly but surely move yourself higher and higher on the emotional scale.

Small steps...



The Importance of Being "Self-Centred"

A fundamental step in mastering The Law of Attraction is to put yourself first!

Especially as women, we tend to put ourselves and our needs last.... After the kids, after the boss, after the clients, after the family and friends, after the housework, after the cooking, after everything... There is never enough time for yourself!

Being self-centred is different to being selfish. Being self-centred is a necessity!

We need to be in the centre of our lives! That is the position of true empowerment- in the centre- influencing and managing all the various aspects of our lives- like a conductor in an orchestra.

Selfish is something completely different. Selfish is when we put our needs ahead of others to the detriment of others.

We are taught that being self-centred is selfish... It is NOT!

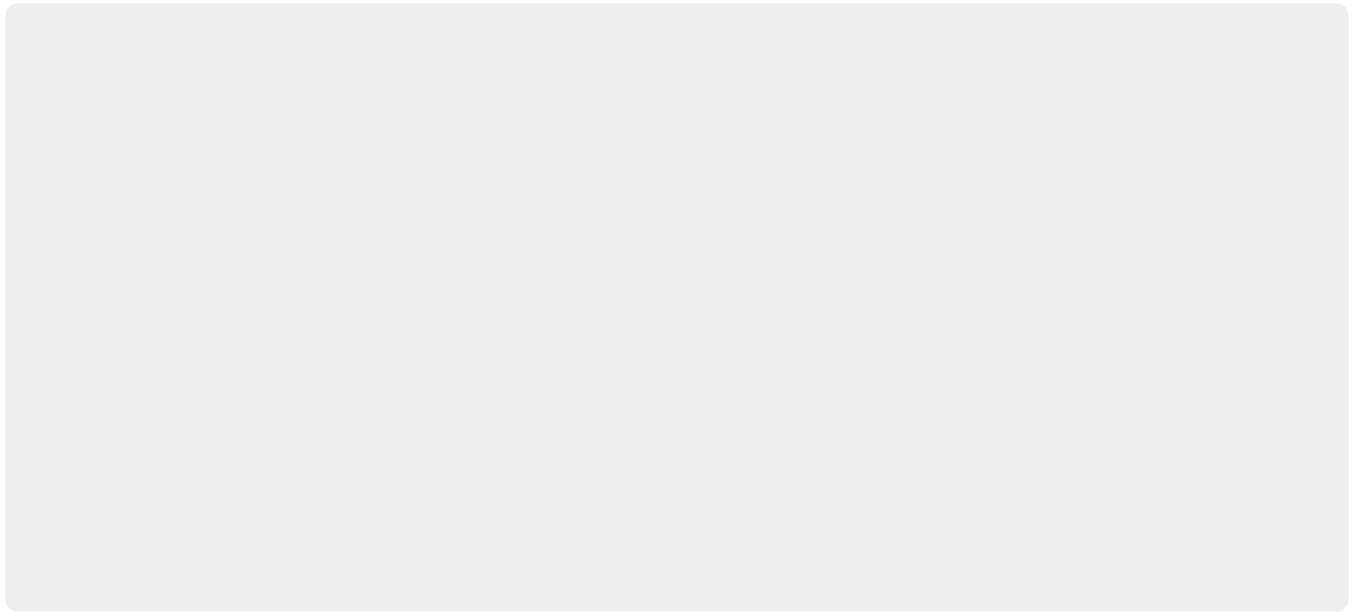
Being self-centred is the opposite of selfish. We cannot give of ourselves if there is nothing left to give- if we exhaust ourselves trying to be everything to everyone else and not taking the time to nurture ourselves and fill ourselves up so that we can give easily, joyfully and freely.

You would never dream of driving your car around without stopping to get petrol- to fill up. We are the same. We need to fill ourselves up so that when we give, we give from a place of fullness and abundance, rather than a place of lack and exhaustion. When we give from an empty space we do so as an obligation or because we want people to love and accept us. This is a disempowered place. A martyr space. We give with the expectation of receiving love or admiration in return, and when we don't get the love and admiration we expect from our sacrifice we feel hurt, angry and betrayed.

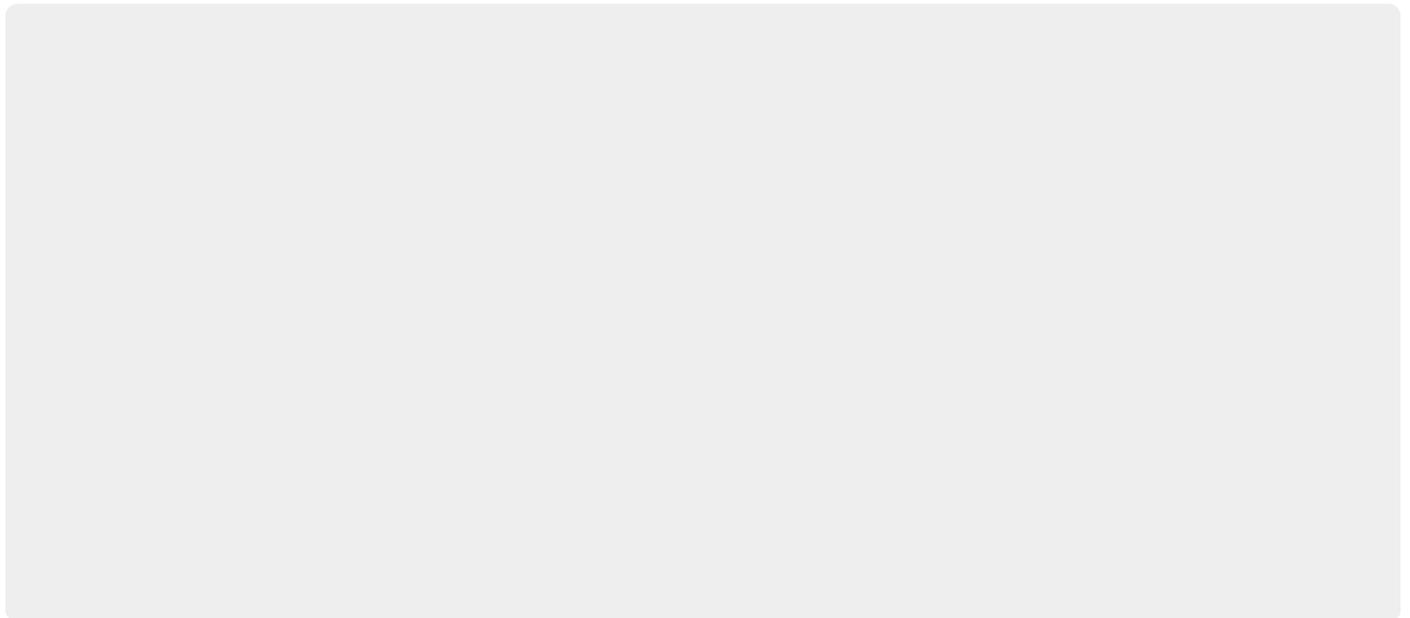
Exercise in Being Self Centred

What do you do on a daily/ weekly/ monthly basis, just for you?

(To love and nurture and fill yourself up)?



How can you be more self-centred? Make some commitments to yourself!



Integrity: The Fuel For Success

Integrity is the fuel that gets us to where we want to go.

We have very little control over our thoughts and feelings. Thoughts just pop into our head whether we like them or not. We also have an immediate emotional reaction to events and it is very hard to control those emotions. The one thing we do have complete control over is our WORDS. We can consciously choose every word we utter. Therefore we can change our current reality by changing our words and committing to them instead of being controlled by our thoughts and feelings.

For example: Lets say I want to create a healthier lifestyle for myself so I decide that I want to exercise every morning. I use my words to create this new reality by saying. "I want to be healthy, therefore I will get up at 5am every morning to exercise." Now, when my alarm goes off at 5am my thinking and feeling immediately come into play: I do not feel like waking up and exercising. I start thinking that I will sleep a little bit more and then get up, or I start negotiating with myself that I will exercise tomorrow, today is a busy day and I'm tired etc.

Integrity means doing what I said I would do by the time I said I would do it.

Therefore, in order to have integrity I need to commit to my word, not my thinking and feeling.

So despite whatever I am thinking and feeling I need to do what I said I would do!

This is important because our subconscious brain is like a computer. It records everything that we say, think and do and keeps stats or records on that. Therefore, every time we say we are going to do something and we don't do it, it records it as not done. This affects our self-rating or self-esteem. Furthermore, this subconscious brain is completely factual and objective. It does not take any stories or excuses into account.

For example, if you say you will be somewhere at 5pm and you arrive at 5:01, were you there at 5? A computer would say No!

Therefore, your subconscious mind notes that you failed to be there at 5 no matter what your excuse was, you were not there at 5.

Our brain then works out the stats and rates us according to how often we keep our word. Then when we set ourselves a goal, our brain works out our proposed success according to the stats.

For example, if you keep your word 60% of the time and your goal is to earn \$10,000 per month, your brain will aim for 60% of that because that is what it sees your capability to be. Therefore, the higher our integrity level, the more likely we are to attract exactly what we want into our lives.

If your goal is to climb up Mount Everest and your integrity level is 50%, your mind is going to tell you that you will only get halfway. It will put doubt in your mind. In this way, integrity is linked to self-esteem and your ability to trust that you can do the things you set out to do.

Therefore, the higher your integrity level, the more likely you will be able to attract exactly what you want into your life.

Commit to your word!

I hope you enjoyed and got value from this Ebook!

Love & Light

Dina Cramer

Resources

Abraham Hicks (on You Tube)

Ask & It Is Given- Esther & Jerry Hicks

Things Are Going Great In My Absence – Lola Jones

Loving What Is – Byron Katie

The Power Of Now- Eckhart Tolle

A New Earth- Eckhart Tolle

The Slight Edge – Jeff Olsen

Healing Your Inner Child- Lucia Cappachionne

Clear Your Clutter- Kate Emmerson