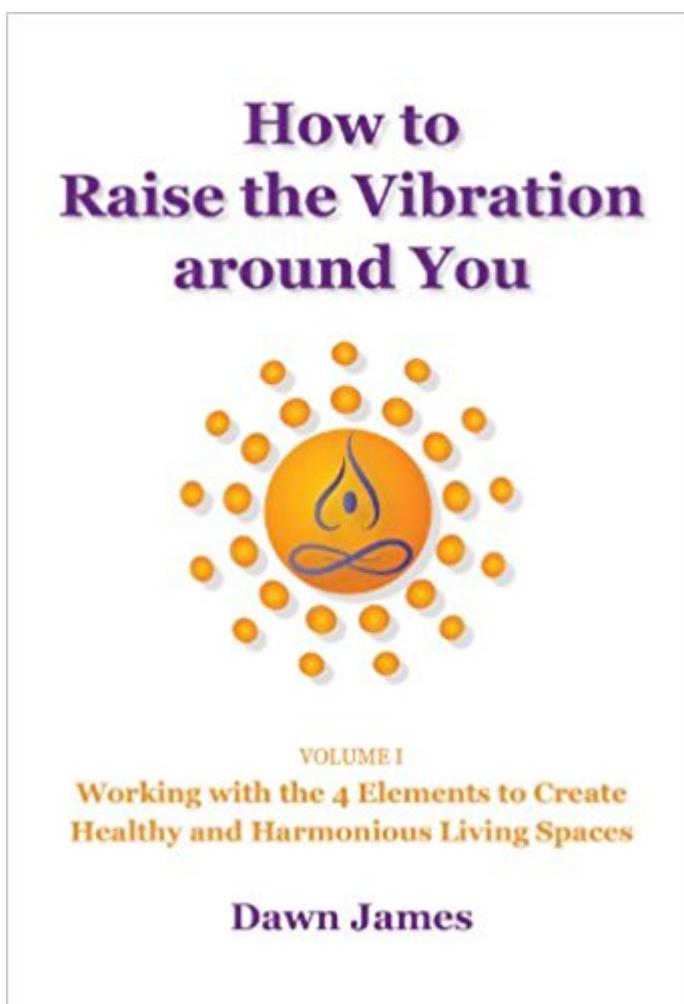


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# How To Raise The Vibration Around You: Volume I: Working With The 4 Elements To Create Healthy And Harmonious Living Spaces



## Synopsis

This book will change the way you look at your home and work environments and all spaces you occupy as you realize the power you have to change and improve your surroundings naturally, while working with the 4 elements. Nature has provided us with a bounty of natural ways to maintain health and harmony, and in this new release-How to Raise the Vibration around You, Volume I. Author Dawn James eloquently shows you how to raise the frequency in your home, work space and general surroundings using the elements of Air, Light, Water and Earth's gifts. As in her first book Raise Your Vibration, Transform Your Life, Dawn James leaves no stone unturned as she offers readers hundreds of practical ways to raise the vibration around them. In How to Raise the Vibration around You, Volume I, Dawn shows you how to do this by improving air quality, physically and aesthetically; being aware of beneficial and harmful lighting; working in harmony with the sun and the moon; raising the frequency of your water, for drinking, bathing and cleaning; and working with Earth's gifts to positively transform your life and connect to the elements that we rely on for sustenance and well-being. Above all, Dawn guides us to our ultimate goal of living and being in harmony with all aspects of life and with the planet through conscious thinking and action.

## Book Information

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## Customer Reviews

"Earth, Water, Air and Fire (Light) are a means of representing the Universe in many traditions. The sequence describes the principle of interconnectedness and is the metaphor organizing this

excellent book by Dawn James. These four elements provide the basis to understand our patterns of life and well-being. Dawn offers a practical set of guidelines to create harmony and balance within the self and in the work and home domains. From crystals to essential oils and the common sense of our ancestors eco-friendly direction is there in abundance. What resonated strongly with me as a reader was the notion of 'sound' as the vocabulary of Nature. Dawn uses a profound template to organize this work." --Dr. Ian Prattis, Professor Emeritus, [ianprattis.com](http://ianprattis.com)

"Dawn James presents a practical and insightful roadmap on how to shift the vibrations around us. Her book How to Raise the Vibration Around You provides a real-life understanding that everyone needs to help us anchor Heaven right here on Earth, and our homes and offices too!" --Susan Kern, MSc, [magicalifeinstitute.com](http://magicalifeinstitute.com) "In an increasingly complex world, Dawn shows us how we can use simple and natural solutions to help keep our bodies, homes and work spaces healthy. I highly recommend this book for people who feel sick and tired. The tips and guides in the book can help anyone who's 'tried everything' actually find ways of healing that work!" --Tash Jefferies, Television Host, [tashjefferies.com/tvhealthy.com](http://tashjefferies.com/tvhealthy.com) "Dawn takes us on a journey of the four natural elements (Air, Light, Water and Earth) and gives us great insight as to how we are interconnected with these elements, even when we don't realize it ourselves. She reminds us that, with busy lives, it is so easy to forget the effects of the positive and negative vibrations/frequencies within and around us. This insightful book provides the reader with necessary and important information, as well as resources, on how to rebalance the mind, body and spirit." --Lisbeth Fregonese, EHP, [luminousenergeticpathways.com](http://luminousenergeticpathways.com) "This book is practical, powerful and purposeful! Dawn breaks down complicated information in an everyday fashion to help the reader to understand the importance of raising the vibration in their environment and how to do it in a mindful and soulful way." --Rev. V. Ophelia Rigault, BA (Soc.), BMS, CTA-CC, RRP, [vophelialrigault.com](http://vophelialrigault.com)

Dawn James is the founder of [raiseyourvibration.ca](http://raiseyourvibration.ca), an organization dedicated to providing education, inspiration and support related to understanding and enhancing vibrational frequency for overall health and well-being (personally and globally). Dawn became a sound healer and writer following a series of spiritual events in 2003 that opened her eyes and heart to the world of spirituality, higher consciousness and vibrational frequency. In that moment, she realized her soul purpose to usher in a new world, where peace and harmony would be the norm. She accepted her new role as "teacher." Today she shares her knowledge and gift of healing through sacred sound circles, workshops, home-study programs, radio, TV and retreats. She is an international speaker, green-living advocate, musician and author of several books on vibrational

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Love this book and it came in wonderful condition, thank you!

As a PTSD suffer I am always looking for new ways to help me cope with my ups and downs. I wish I had this book in paperback so that I can have it on hand to help me get myself centered more quickly then looking thru my ereader.

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