





JOANNA TABAKU



# Raise Your Vibration To Align with Your Desires *Guide*





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**What's your biggest constraint to having the life  
you desire?**

**You don't have to answer that, because  
whatever the answer is - it boils down to  
your vibration...**

**I have been guided by the most recognised and  
sought after coaches and mentors, like Tony  
Robbins, Bob Proctor, Abraham Hicks and so  
many more... and they all have the same  
philosophy, although they don't all call it the  
same...**

**It always starts and ends with the emotion.  
And guess what - emotion rules your  
vibration...**

**Ok, but how do we make it what we want if  
we're already in that emotional boat, going  
upstream and struggling...?**



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Here's a simple solution...

**Follow my map and you will guarantee to step into a High vibration... and stay in it!**

*When we vibrate highly, all there is aligns - seemingly by magic - but what it really is, is YOU aligned, and the rest is magic - but it comes from a high vibration not the mind trying to come up with solutions.*

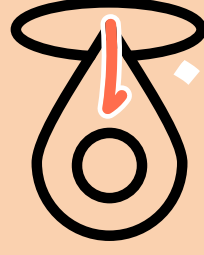
Keep this guide with you at all times, save the map picture as your screensaver, print out and stick this document on the walls and doors of all the places you look at the most...

**Are you ready to break up with bad vibration?**

**Start at the bottom of the next page and work your way up!**

# I DID SAY, START AT THE BOTTOM!

Using a scale of vibration, establish what your dominant emotion / vibration is (when you worry or are anxious about X).



Check - what am I feeling right now, what is my vibration - be honest - it only works if you're straight with yourself



Check - what is my learning style:

- visual - do you learn by reading text, seeing pictures or watching a video?
- auditory - do you learn by hearing an audio or a conversation or when listening to music?
- kinesthetic - do you learn by doing, like exercise or writing or completing a physical task?



Pick and use a **vibration raiser** from your toolkit (all of it available on the next page)



Check, using a scale of vibration - how am I feeling right now?

- If you are **feeling outstanding, congratulations**, keep going about your day!!
- If **higher** but not nearly where you want to be, **go back through steps 2-5**
- If **no change** or worse, **go back through steps 3-5** and reassess your learning style (maybe you see something different or realize it's a combination of two) & review toolkit and pick another tool or a combination of tools that might work better.



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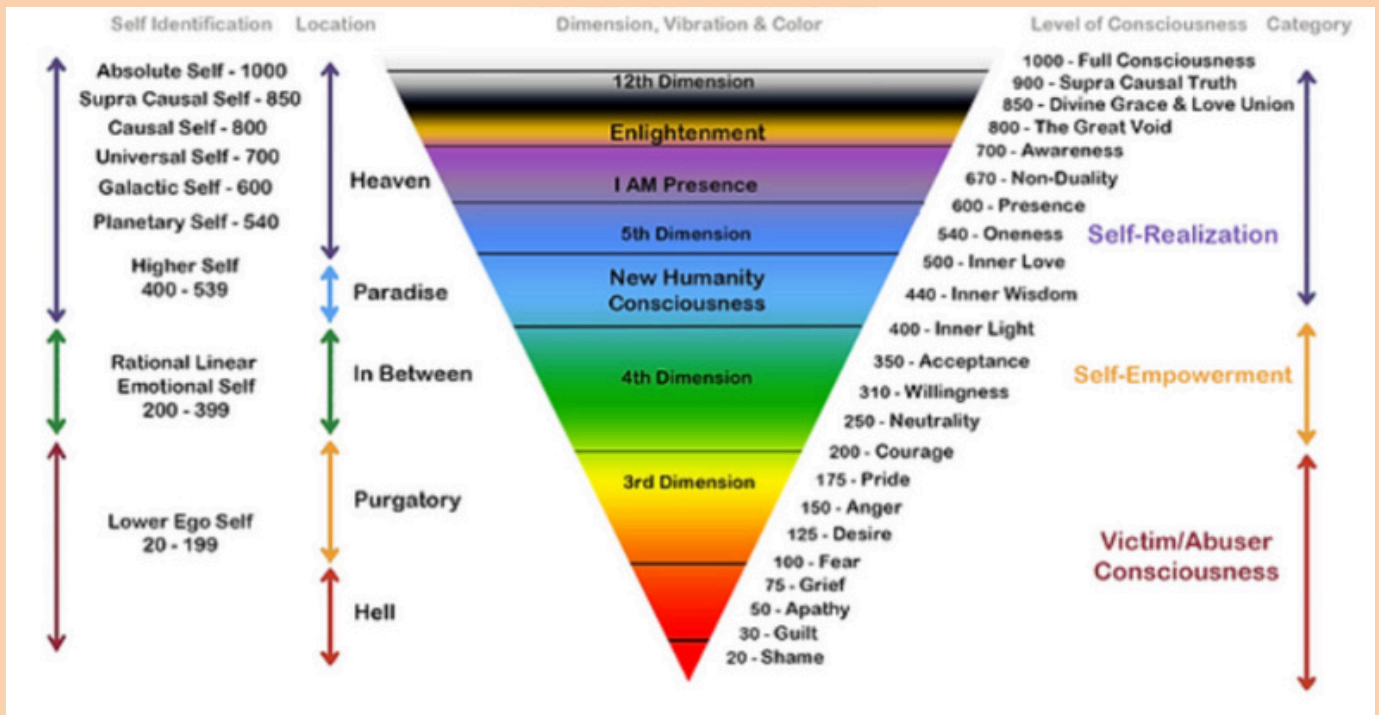




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## ALIGNMENT S.O.S. TOOLKIT

### Scale of Vibration (Dr D.Hawkins):



### Learning styles assessment tips (for most common styles):

- **Visual** - when people talk and you don't see text or a chart, you're lost, not perceiving much.
- **Auditory** - when you read or watch but there is no sound or no one talking through what you're seeing, you're not having the best time retaining information.
- **Kinaesthetic** - when you have to be doing something, you can't just sit and watch a presentation or listen to someone talk - you can walk and talk or you have to take notes or you have to eat or drink something or you have to fidget with something.
- **You might be a mix:** auditory & kinaesthetic - listen while you run or drive, auditory & visual - listen while you read or watch a slideshow, kinaesthetic & visual - watch while you run on a treadmill or spinning



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## ALIGNMENT S.O.S. TOOLKIT

### Tools for raising vibration by learning style:

Visual	Auditory	Kinaesthetic
Review the scale of vibration, just look at it and see where you are, accept it. Look one up from where you are and ask yourself: remember when I felt that when you do, keep going up and follow this process	Play any audio of Abraham Hicks or Tony Robbins, listen to it and the magic begins to happen just like that	Write out your desires, (as if they already happened - not in future tense), or write out anything that comes to mind, like your vibration now, or the fact you love to feel high vibration and what that makes you feel like that
Read your favorite motivational quotes, look at photos from the times you have the best memories of - fun and high positive emotions	Call a friend or if it's not possible at the time, record yourself a voice note and listen back to it	Try tapping: there are specific meridian points on our bodies which help us reset how we feel, by tapping on them (find YouTube video on tapping for more info - available for adults and kids)
Visualize how you want to feel, how you want your day or your future to look like, stay in this visualization as long as you feel it is time to do something even better (not time to go and take forced action!)	You probably have a playlist of your favorite tunes already but if you don't, then compile a playlist of as many songs as you can think of that are high vibrational - minimum 20 so they don't repeat a lot. Play this and just see if it makes you want to dance, or write or visualize or just on its own puts you in a great mood.	Dance (with or without music!), go for a walk, a run or clean out your sock drawer. Do it until you feel like doing something else - never force it, just feel into what's next - if a plan you had feels great - go for it, if it doesn't move some more until it feels great or change that plan
Print out this guide and put it on every surface you look at during the day (not on your windscreen though!!)	Listen to the audio of this guide on repeat - on its own it's vibration-raising!	Book an alignment session with me and I will take you through some great alignment techniques for a kinaesthetic learner that will reset your vibration like nothing else.



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**Are you up for fully aligning with YOU?  
Be unapologetically and radically YOU?**

**Want to be guided through alignment to ensure you can  
maximise on this experience?**

**Book  
ALIGNMENT S.O.S  
with me here:**



<https://l1nq.com/R3Wo2>

**If you feel like there are things that make it difficult to  
align, that's probably because you have not allowed  
yourself to truly step into your own authenticity,  
you haven't decoded your soul...**

**This session will be all about decoding your unique  
blueprint, based on your own unique parameters and my  
intuitive guidance.**

**Feel like there are blocks to your maximum potential?  
Ready to elevate yourself?**

**Book your  
SOUL DECODING 1 to 1  
with me here:**



<https://l1nq.com/teHjx>





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Book your Alignment S.O.S.  
*now*





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