



# Kasey Claytor



## Ways to Raise Your Consciousness

Meditate  
Practice presence  
Avoid violent shows  
Be mindful of your health  
Witness yourself  
Practice patience  
Try yoga  
Have forgiveness  
Use intention  
Get rest  
Be honest  
Contemplate the master's words  
Read what is a challenge for you in depth  
Journal  
Spend time alone  
Breathe  
Find others with the same goals  
Be in nature  
Feel gratitude  
Show appreciation  
Honor yourself  
Honor the Divine  
Find your purpose  
Give  
Receive  
Nourish yourself with natural food  
Be gentle  
Be reverent  
Laugh often  
Listen  
Love yourself  
Discover your creativity  
Connect with that unchanging part of yourself  
Focus on the highest version of you

**evolve.**