**A Guide to Caribbean Vibrational Living**

**Your Best Life In these Challenging Times**

**Margaret A. Joseph**

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My most heartfelt and

**Getting Tuned In**

We often tend to think that challenges are unmovable shut doors and in doing so succumb to the erroneous belief that emotional harmony and inner peace and healing are impossible. I once held that same belief, until my journey as an **energy healing therapist** led me to a deeper understanding. I learnt that nothing exists outside of vibrational energy and that it is innate to **all** aspects of life. Everything is energy, everything vibrates, and everything is connected. Every cell in our bodies along with the way we think, feel, and act, produces energy. That energy forms our own personal energy field (aura). That field then interacts with everything in our environment, including objects, people and nature.

We face challenges daily, the majority of which—as we say—are beyond our control, for example, economic uncertainty, natural disasters, and health issues. Fortunately, the Divine has gifted our Caribbean region with natural resources we can use to overcome those challenges and sustain growth, not just as individuals but also as a people. This results in us turning those negative experiences into something uplifting rather than discouraging, something of growth and healing rather than suffering and stagnation.

Tailored to the unique cultural context of the Caribbean, the following practical techniques can be easily incorporated into your daily life. You’ll be able to raise your vibration, nurture your well-being and affect positive change in diverse areas of your life despite the circumstances. During this process, you will learn to cultivate behaviors by utilizing the rich cultural and natural resources found throughout the region, such as nature immersion, rhythmic movement, energy healing, culinary therapy, gratitude practice and more. These practices will become indispensable and significant tools as you continue along life’s pathway.

**Nature I****mmersion**

Nature immersion requires more than just standing next to a tree. It calls for complete engagement of the senses with the natural environment. Nature’s imagery, sounds, smells, and textures must be part of the experience.

Nature provides us with oxygen, food, microbes that strengthen our immune system, etc. Twenty minutes outdoors is enough to lower cortisol levels (stress hormone). Contemporary scientists now acknowledge many similar physiological and psychological benefits in what is called the *Attention Restoration Theory (ART)*. Our grandparents referred to it simply as *“go outside an take some fresh breeze”*. Our ancestors also had ancient knowledge about nature and its impact on our bodies and energy systems. That’s part of the reason why most activities were done in unison with nature.

Connecting with nature decreases fatigue and stress, improves mood, and floods the body with positive energy. This results in an induced deep relaxation state which permits the quieting of the mind, harmonious bonding with nature, and raising of vibrations. Below are some examples of nature immersion activities:

**Beach Meditation** - Living in the Caribbean provides us with the miraculous opportunity of being surrounded by the ocean. Whether it’s a few steps or minutes away, the beach is always within reach. Its soothing imagery alone can be enough to relax the body.

Try sitting or lying down on the beach with your eyes closed. Allow yourself to feel the warmth of the sun on your skin. Inhale the salty sea breeze and listen to the rhythmic sound of the waves. Let your senses bathe in the moment. After some time, you will notice a calm feeling throughout your body, an improved mood, and a more relaxed mind. These are all signs of a great start to increased vibrational energy.

**Rainforest Hike** - Walking through the lush rainforests of the Caribbean can be a rejuvenating experience. Towering trees, vibrant foliage, the sounds of birds and insects, all foster a sense of awe and wonder. To be fair, not every island in the Caribbean has a rainforest, but there is always some type of vegetated area we commonly refer to as *“de bush”* or *“garden”.* Either way, a hike or walk through whichever that is available will suffice quite nicely.

Surrounded by fresh air, feel the leaves and plants with your hands as you walk by. Try hugging a tree for a few minutes. I know it may sound silly, but trees are filled with positive energy flowing from the earth and sun. When we come in direct contact with trees, this energy flows through us and recharges our bodies, minds and vibrational energy. Think of trees as a free gift from nature. All you have to do is accept it.

**Waterfall Swim** – Have you ever felt ill and, after taking a shower, felt much better? Well, water does more than cleanse and hydrate. Scientific studies have proven that water is a natural healing element, and it has the ability to store and transmit information to and from the environment. Our ancestors were well aware of this centuries ago. For instance, the indigenous tribes of Dominica and Saint Lucia used springs and waterfalls in healing and cleansing rituals. Some even understood the characteristics or patterns of different water bodies and used this knowledge to predict environmental changes.

Swimming under a waterfall will not only cleanse your body but refresh your energy. Before coming into contact with the water, think positive thoughts. Stand under the waterfall in reverence, visualize the water carrying away any blockage, hurt, or pain you may be experiencing. Swim in the refreshing waterfall pool. Feel the cool water all over your body as you listen to the soothing sound it makes as it rushes downstream. Immerse yourself in its purity. Let the water wash away tension and negativity while revitalizing your spirit. How incredibly invigorating!

**Sunset Watching** – Observing the multicolored Caribbean sunset from the beach or a hilltop can be a spiritual experience. The changing hues of the sky and the reflection of light on the water and vegetation, can generate admiration for the wonders of the natural world. Besides the visual allure, the benefits of watching the sunset can also be experienced vibrationally.

Find a comfortable spot from which you can view the captivating sunset. Your balcony or backyard will do. As the sun begins to set, observe the changing colors of the sky and the unfolding beauty of nature. Allow yourself to be fully conscious of the moment, taking in the warmth of the sun's rays. As you breathe in and out, visualize yourself absorbing the positive energy of the setting sun, filling you with a sense of renewal and vitality. Remind yourself of the natural world’s beauty and the abundance surrounding you. Meditate in thanksgiving.

*(This same technique could be used at sunrise).*

**Rhythmic Movement**

Rhythmic movement includes an array of activities which involve repetitive, rhythmic motions of the body. Due to the rich cultural history music has in the Caribbean, many of these activities can be easily introduced into everyday life. With various music genres like soca, reggae, bouyon, zouk, salsa, and more, your choice of musical accompaniment is substantial. A few rhythmic movement activities are as follows:

**Dancing** – Dancing is the most popular form of rhythmic movement in the Caribbean. It engages the body, mind, and spirit. Plus, scientifically, dancing is known to stimulate the release of neurotransmitters called endorphins (happy hormone). So, whether it's the high-energy beats of bouyon and soca, the sensual rhythms of salsa, or the mellow groove of reggae, dancing is a powerful way to raise your vibration.

Any dance style you prefer or choose will be effective. It doesn’t matter what level of dance skills you possess—just be yourself. Feel the rhythm and allow the power of the music to move you. Whether solo or in a group setting, just let your body go!

**Drumming** – Drumming is a traditional form of rhythmic movement in the Caribbean. It connects listeners to the primal pulse of life. From the intricate stylings of the steel pan to the pounding rhythms of various Afro-Caribbean drums, the influence is undeniable. The repetitive beats synchronize brainwaves, promoting relaxation, focus, and a sense of unity amongst listeners. Drums can be found easily at nearby community centers, music workshops, stores, etc. Nevertheless, you don’t necessarily need to buy a drum because you can create one from objects found at home.

Take a large plastic bowl, pot, or pan. Turn it over so that the opening is on a flat surface, for example, the floor or table. Relax the muscles in your body by taking a few deep breaths. Sit comfortably and use your hands to drum your object. Pay close attention to the sound it makes. Every area of the object’s surface may give a different pitch. Have fun and enjoy them all!

**Walking and Running** – Basic activities like walking or running can be considered rhythmic movements. The rhythmic motion of walking or running aids the mind-body connection. This boosts blood circulation in the entire body and promotes mental clarity. The stronger the mind-body connection, the higher the vibrational energy.

To add a sense of rhythm to your walk or run routine, integrate flowing arm movements or gentle body swaying. Incorporate a few dance-like steps, such as, skips, side steps, or light hops. This can enhance the activity by making it more playful and engaging.

While walking or running, recite positive affirmations or mantras. This will establish a rhythmic pattern that reinforces positive thinking. For example, every three to four steps you could repeat the phrase, *“I am who I am, and that is enough.”*

**Spiritual Practices**

With influences from the indigenous peoples, African slaves, Asian immigrants, and European colonizers, spiritual practices in the Caribbean are a true mixture of their rich historical background. Whether you use the term God, the Divine, a higher power, nature, collective consciousness, and so forth, the goal of spiritual practices is mainly to connect individuals with something greater than their conscious self. Spiritual practices continue to be commonplace in the region’s everyday life.

**Prayer and** **Meditation** – Prayer is found in many traditions around the world. It involves communication with a higher power where one seeks guidance, offers blessings, and/or makes requests (hope). Meditation involves observance and acceptance of what is to clear one’s mind (surrender). Both practices help to calm the mind and cultivate feelings of peace and tranquility, thereby raising vibrations. Most people choose to pray and/or meditate in the morning when they wake and at bedtime. However, it can be done at any time of the day and as often as possible.

Whenever you feel overwhelmed, angry, or just unsettled, take 5 minutes to yourself. You could be at work or home. Find a quiet or private spot, for example, the bathroom or corner wall. Close your eyes, take a few deep breaths, and exhale slowly. You can now choose to pray or meditate. You can pray silently or aloud. You don’t need to say or request anything complicated, only what you need. To meditate, simply observe your emotions and release them. For example, if you’re feeling unsettled, just repeat the words *“calm, calm, calm.”* After a few moments, you will notice your level of anxiety decreasing. You can repeat this process as often as needed.

*(A more complete meditation method is the Body Scan Meditation)*.

**Gratitude Practice (Mindful** **Living)** – A key element of this technique is acknowledgement and appreciation. Gratitude practice or mindful living involves taking time to reflect on and appreciate all the gifts of life, big and small, pleasant or unpleasant. Making this part of your daily routine will help shift your focus away from negativity and towards a more positive outlook.

Start by using active listening, empathy, and compassion in interactions with family, friends, and neighbors. Acknowledge their feelings without judgment and respond—only when needed—with kindness and understanding. This helps to foster love and deeper connections.

Deliberately search for things in your life or surroundings to be happy and appreciative about. It could be looking at old photos, the sight of blooming flowers in the neighbor’s yard or remembering a funny thing that happened to you when you were younger. There are examples all around. You just have to look. As the Jamaican artist Koffee says, “*Gratitude is a must.*”

**Energy Healing Therapy** – As an **energy healing therapist**, I can confirm the deep roots these practices have in Caribbean tradition and ancestry. Indigenous peoples, along with African traditions often utilized these practices. Their effectiveness has been noted in treating a wide range of emotional and physical ailments and in restoring energetic alignment. Energy healing therapy, sometimes referred to as vibrational or energy medicine, is a branch of holistic medicine.

Different methods are used in energy healing, such as magnetism, Reiki, acupuncture, massage, reflexology, sound healing, etc. In my practice, I use a combination of techniques like magnetism, touch therapy/massage, and traditional remedies. Often, I include aromatic herbs and spices, coconut oil, gemstones, and crystals—just to name a few—to enhance the therapeutic effect.

During a session, the practitioner or healer channels healing energy to the client’s body to restore balance, which in turn supports the body's natural healing process. The healer may use light-touch or no-touch to facilitate energy channeling. Clients experience sensations such as warmth, tingling, pain relief, and deep relaxation. This can be done in-person or remotely.

These practices emphasize the interconnectedness of body, mind, and spirit, with the natural world. The functioning principle is that there exists a universal energy or life force connecting all living things.

The number of healers in the region have declined over the years; however, at least one or two can still be found in some towns and villages.

**Herbal Remedies**

Growing up in the Caribbean, one is exposed to herbal remedies. There’s always a “*bush*” for every problem. In essence, herbal remedies have been used for centuries in various cultures around the world for their potential health benefits. While the concept of "raising vibrations" may have spiritual or metaphysical connotations, herbal remedies can be extremely effective in this process. Many herbs are known for their physical and mental health benefits, which contribute to an overall sense of well-being and positivity. This makes them ideal for use as part of your technique for raising vibrations. Although the list of Caribbean herbal remedies is endless, the following are a few of the most notorious and easily found:

**Ginger (Zingiber officinale)** – Ginger is known for its anti-inflammatory and digestive properties. It can help soothe gastrointestinal discomfort, reduce nausea, improve circulation, and more. It has stimulating and warming properties that can invigorate the body and mind.

Most of us have drunk or heard about ginger tea or infusion. But have you ever tried a ginger bath? Ginger is used in baths for its detoxifying and energizing properties. Fresh ginger root is grated or blended into a paste and added to warm bathwater. Other herbs, like lavender and essential oils may be added. Bathing in a ginger bath cleanses the body, relieves muscle tension, and aids respiration.

**Lemongrass (Cymbopogon citratus)** – Besides its pleasant citrus fragrance, lemongrass aids digestion, relieves bloating, and more.

One of the most popular ways to consume lemongrass is by brewing it into a tea. To make lemongrass tea, fresh or dried lemongrass stalks are steeped in hot water for several minutes. You can enjoy the resulting tea plain or sweetened with honey or sugar. Drinking lemongrass tea is believed to have a calming effect on the mind and body, helping to reduce stress and anxiety. The aroma is uplifting and refreshing, making it an excellent choice for elevating mood.

**Bay Leaf (Laurus nobilis)** – In the Caribbean, we use bay leaves in different ways, such as in culinary dishes, baths, teas, handmade cosmetics, rituals, ceremonies, and others. Today, we’ll focus on its use in aromatherapy and spiritual cleansing.

Burning dried bay leaves releases an aroma which is known to have a calming effect on the mind, reducing stress and anxiety. Simultaneously, it purifies the air and is believed to remove and protect against negative energy. In both instances, it helps elevate your energy and that of your surroundings, promoting a higher vibrational state. Additionally, burning bay leaves is effective in keeping those pesky mosquitoes away.

**Cinnamon (Cinnamomum verum)** – Although cinnamon is frequently used in desserts and treats, its benefits extend far beyond the kitchen. It is commonly called “*spice*” in countries like Grenada and Dominica and “*cannelle*” in the French-speaking Caribbean islands. Cinnamon’s popularity remains steady, and it’s a familiar sight in local Caribbean markets.

Cinnamon has a sweet, warm, spicy aroma. It improves mood, reduces feelings of depression, and helps create a harmonious environment. It also promotes better sleep quality, which is very important in your vibrational journey.

To use cinnamon for its calming effects and as a sleep aid, place cinnamon sticks in your pillowcase, or you could also add ground cinnamon to a sachet and place it under your pillow. The warm, inviting fragrance will aid relaxation and help the mind rest.

**Community Connection**

The Covid 19 lockdowns affected us in more ways than one. Life in the Caribbean still hasn’t—and probably never will—return to the way it was before the pandemic. More and more people deliberately choose to stay alone and isolate themselves. However, connection with others remains an integral part of experiencing life and raising vibrations. Community connection plays a vital role in collective consciousness by providing support, fostering a sense of belonging, and creating opportunities for positive social interactions.

**Festivals and Celebrations** – In the Caribbean, we celebrate quite a few festivals, holidays, and cultural traditions. These events provide opportunities for people to connect with one another, share experiences, and strengthen bonds. The vibrant energy and joyful atmosphere of festivals can uplift spirits and raise collective vibrations. There are numerous options based on personal preferences. The best part is you don’t have to do anything special to benefit from these gatherings. Your presence is the most important thing. Go ahead and attend one every now and then, even if you don’t feel like it. You just might run into an old friend you haven’t seen in a while or make a new one.

**Community Support Networks** – In times of need, we all should rally together to provide support and assistance to those facing challenges. Whether it's helping a neighbor rebuild after a natural disaster, organizing a fundraiser for a family in need of urgent medical care, or offering emotional support to someone struggling through the death of a loved one, the sense of solidarity and compassion within a community can inspire hope and strengthen connections.

Getting involved in support networks is a great way to spend your time helping others and in turn increasing and improving collective consciousness. Official support groups or peer networks, for example, theme-centered WhatsApp groups, provide avenues to connect with others who may be experiencing similar challenges. These could include support groups for parents, professionals in demanding fields, or individuals dealing with specific health issues. The empathy, understanding, and solidarity within these groups can offer both comfort and motivation.

**Local Community Gatherings** – Gatherings such as neighborhood block parties, local church events, or local sports tournaments, provide opportunities for community members to meet and get to know each other. These gatherings strengthen friendships and cultivates the spirit of camaraderie among participants.

**Community Projects and Initiatives** – Working towards a shared goal promotes a sense of purpose and accomplishment. This leads to the boosting of morale and raising of vibrations within a community. Collaborative projects aimed at local community improvement, do just that. For example, during *Community Day of Service* or *May Day*, individuals can freely participate in environmental clean-ups and neighborhood beautification projects.

Overall, community connection can offer support, promote a sense of belonging and shared purpose among individuals. In return, this contributes to higher collective vibrations and a greater sense of well-being.

**Culinary Therapy**

Culinary therapy is the practice of using cooking and food-related activities to promote overall well-being and improve mental health. This practice encourages individuals to slow down, focus on the task at hand, and appreciate the sensory experience of cooking. As a result, it reduces stress, enhances mood, and promotes a sense of calm and contentment. In the context of raising vibrations, culinary therapy can be particularly effective as it engages the senses, stimulates creativity, and encourages mindfulness.

**Cooking with Intention** – Have you ever tasted a meal that contained all the right ingredients, but still felt like something was missing? You might want to look at the intention, emotion, or energy the cook had or experienced during meal preparation. Remember earlier when I mentioned that nothing exists outside of energy? This applies to cooking as well. Cooking with intention means preparing food with mindfulness and purpose. The cook must be fully aware during the cooking process, choosing ingredients thoughtfully and putting care into the preparation of the meal. Their thoughts, emotions, and reasons for cooking, must be positive. This infuses the food with positive energy, and food infused with positive energy creates meals that nourish not only the body but also the spirit.

**Cooking for Others** – As a child, I remember my grandmother always cooking a bit more than what was needed for the family. Then she would offer meals to other villagers. I would ask her why she did this, and she would always say, *“because it good to do.”*  I didn’t know then, but my grandmother was practicing culinary therapy. Cooking for others is a form of culinary therapy that involves preparing meals with the intention of nourishing and caring for loved ones. Whether you’re cooking for family, friends, or community members, the act of sharing food can nurture feelings of connection, generosity, and belonging. Sharing a meal has a way of bonding people together in an experience of fulfillment and purpose.

**Gardening and Farm-to-Table Cooking** – It is no longer a question that eating fresh, healthy food is essential. Agriculture has been and still is a part of Caribbean life despite a decline in recent years. Many individuals grow their own food, know someone who does, or purchase fresh locally grown food from the local market. With food security being a major concern with global governments, personal farming is becoming more and more vital.

Gardening and farm-to-table cooking involve growing your own food or sourcing fresh, locally grown ingredients and using them to prepare meals. This practice connects you with the natural world, promotes sustainability, and encourages a deeper appreciation for where food comes from, something that many seem to neglect. By nurturing plants, harvesting ingredients, and cooking with fresh, seasonal produce, you can experience a sense of connection to the earth and a greater appreciation for the abundance of nature’s provision.

Culinary therapy offers an approach to well-being that incorporates the physical, emotional, and spiritual aspects of health. By integrating the aforementioned cooking practices into your lifestyle, you’ll not only meet your bodily needs but also enter into a deeper sense of connection with your inner self, others, and the world around you.

**It Is Dawn**

Raising your vibration is an enriching journey and opportunity for growth and transformation. The techniques discussed in this e-book are just the beginning of the things you will learn and experience as you continue to flourish. I hope they serve you as much as they have and continue to serve me. Make it a habit to practice as many techniques as you can, as often as possible.

With the stresses of this world and our own personal ambition, it is easy to neglect the things that we do not see with the physical eye. So please, remember the following: take time to reconnect with nature, allow yourself to be nurtured by the healing energies of the natural surroundings, engage in practices that nourish your mind, body, and spirit. Likewise, embrace the power of community connection. Having others to stand with you in solidarity is significant in living a full life. Everything is energy, and what you put out will come back to you.

Trust in the inherent knowledge and resilience that lies within you, recognizing that you possess the ability to overcome any challenge. Remember your ancestors and those who came before you; draw from their strength and wisdom. Trust in the Divine and know that you are loved and cared for always.

With deepest gratitude,

Margaret A. Joseph

**About The Author**

Margaret A. Joseph was born in 1984 in the Commonwealth of Dominica. From a young age, she developed a deep fascination with holistic remedies and the connection between the human spirit and well-being. Influenced by her maternal grandmother, "Ma Bethel," a revered traditional healer, Margaret began to uncover her own gift for healing.

Throughout her life, Margaret has lived abroad, working as an English teacher and professional trainer. Her passion for alternative medicine remained strong, and she continued to deepen her knowledge in various healing modalities. Her studies equipped her with expertise in curative magnetism, manual therapy (specifically the Knap method), hypnotherapy, massage and more.

Margaret eventually embraced her calling as a healer. Guided by spiritual intuition, she embarked on her journey as an energy healing therapist, integrating techniques in magnetism, touch therapy, and traditional remedies to offer each client a unique and personalized healing experience.

Now residing in Guadeloupe, Margaret continues to teach, write, and help others through her expanding therapy practice. You can connect with her using the contact information below.



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