

Mamalilikulla First Nation Mission Statement: Working together to build a strong, proud, healthy, informed, and respectful Mamalilikulla community to meet the needs of our people together

MAMALILIKULLA FIRST NATION

In order to create a strong, self-sufficient and independent Mamalilikulla Nation, we seek opportunities to bring our community together and build capacity amongst members through joint interest of our land, language, and culture



WORD OF THE MONTH

(your) language / yaḱandas

A'AXSILA

Meaning: take care of someone or something, to

PRONUNCIATION [a] ('ax) (si) (la)



WHAT'S NEW AT THE COMPANY:

MMIW - MFN Danielle Jack

Report from Darlene Cook

Find Your Health Authority

*Vaccine Appointments for
COVID 19*

Mental Health Resources

*17 Ways to Raise your
Vibrations*

Merritt woman urges RCMP to take online reports seriously after attempted abduction

BY ASH KELLY AND HANA MAE NASSAR

Content warning: This report contains content some people may find disturbing. Discretion is advised.

MERRITT (NEWS 1130) – An Indigenous woman in Merritt is coming forward with a horrifying and recent account of what may have been an attempted abduction last month.

She says it happened on Jan. 14 at about 9:30 p.m. Danielle Jack was walking just two blocks to her car when the only other person on the sidewalk — a tall man — blocked her from passing by. In that moment, she remembers a red van pulling up slowly and the rear door opening.

“And the guy in the back was the one that was actually like really, really trying to, like, grab me and get a hold of me. And while the one on the street just kept trying to shove me and I kept shoving back and I was yelling a lot. I was not quiet,” she recalls.

Jack was finally able to escape after tackling the tall, thin man on the sidewalk. She ran as fast as she could to the home she had come from and stayed there the rest of the night.

She shared her story on social media. It quickly spread through the many Indigenous communities of the Nicola Valley, as friends and family tried to get word out, but she didn't report it to police.

Jack says she's uncomfortable dealing with RCMP because she was abducted as a child, and police didn't seem to care.

“When I was 12, I was abducted, raped, and beaten and thrown in a ditch and it was reported,” she tells NEWS 1130.

“It was reported and everything went by the book and nothing happened. And my mom was the one that told me about how everything works because we're Native or Indigenous, it's something that we're identified as ... So when this time it almost happened I thought, you know what, I'm not going to go through all that embarrassment again and I just decided not to say anything and just kind of carry on living my life,” Jack adds.

Over the weekend, the Coquitlam RCMP called recent social media reports of potential abduction attempts on the Lower Mainland “rumours.” The force came under fire for its response to the viral TikTok video, leading the BC RCMP to issue another statement saying it regretted causing anger and upsetting people.

RCMP are strongly encouraging everyone to contact them as soon as possible in the event of a serious or violent incident.

However, numerous experts tell NEWS 1130 that women are more likely to take to social media to share their experiences, out of fears they won't be believed and because they face a difficult stigma that's been associated with victims. Jack agreed.

“It's just really sad and it's really heartbreaking that they would say something like that and publicly, to say that it's rumours when it's the people that it's happening to who are sharing it on Facebook or social media. And to say that it's rumors and it's just kind of like, who do we trust then? We have nobody that we can trust or turn to. And it's kind of scary,” says Jack.

Melissa Moses, a self-defence instructor and the elected women's representative for the Union of B.C. Indian Chiefs, says she was called back to Canada by elders as the National Inquiry into Missing and Murdered Indigenous Women and Girls brought to light how serious the issue was.

Indigenous women are three to six times more likely to be killed than non-Indigenous women depending on where in Canada you're looking.

According to the Native Women's Association of Canada, “16.5% of offenders are strangers with no prior connection to the woman or girl (in contrast, Statistics Canada reports that, between 1997 and 2004, only 6% of murdered non-Aboriginal women were killed by strangers).”

“So the statistics are very high for Indigenous women and girls,” Moses explains. “[The elders] said, ‘Melissa, could you come home and start teaching self-defence to our Indigenous youth and women?’ And that was the reason why I came back home. I had a set of skills that I can back and help empower my people.”

Moses is the owner and chief instructor of Nicola Valley Muay Thai and Self-Defence. She says in the first year of her business launching, she taught about 600 Indigenous women and youth how to defend themselves. But she notes her work is also about empowering women, using culture to do so.

She recalls being overwhelmed by reports from the women she was teaching when she first got back home.

“Indigenous women would share their stories and I even heard stories from our young ladies and their moms. They're so young and they're being targeted at such a young age, it's very disturbing and it's heartbreaking and just hearing these, it's such an overwhelming feeling that it's, you want to cry and you want to be enraged because there's just so much going on,” Moses says.

“And to hear when they have reported to the police that there's not a lot that the police do or can do depending on the situation and the particular stories in each case. So it discourages a lot of women from reporting,” she adds.



(MMIW Walk co-ordinators Shavonne Mountain (left) Danielle Jack (center) and the Women's Representative for the Union of BC Chiefs Melissa Moses (right) were among those who participated in the Nicola Valley Walk for MMIW on Saturday.)

Through this discouragement, Moses believes we're losing a lot of data, noting there are more women who have been in these kinds of situations than police may actually know of.

"A lot of Indigenous people get discouraged. You'll hear a lot of Indigenous women that say, like, we can't trust the police sometimes in some of the cases, some of the assaults, sexual assaults are from some police officers," she says.

"When we hear of missing Indigenous women and girls going missing a lot of the time, even a ... the first things that the RCMP say is 'Was she out drinking? Was she partying? Was she doing drugs?' ... versus like she's just a mom who was walking home and it was late at night and these three guys, they knew what they were doing, they knew what they were targeting," Moses explains.

Meanwhile, the Union of B.C. Indian Chiefs calls the RCMP's response "alarming."

In a statement, the UBCIC says Mounties failed to address the reasons women have come to depend on social media to report these situations.

"In their response, the RCMP failed to address the fear, mistrust, and colonial forces that compel women to depend on social media mobilization instead of the police for their safety, and ultimately dismissed the deeply rooted fear and trauma that plagues Indigenous women as a result of the ongoing Missing and Murdered Indigenous Women and Girls (MMIWG) crisis," the statement reads.

"The RCMP missed an invaluable opportunity – rather than berate vulnerable, fearful women for and dismiss their reasonably founded fears, they should have called attention to the systemic issues of violence, discrimination, and misogyny that have fueled the MMIWG crisis and contribute to the growing number of missing women cases in Lower Mainland," reads a statement from Kukpi7 Judy Wilson, secretary treasurer of the UBCIC.

"By putting out a statement that fails to respect the real concerns and experiences of the women in our community, the RCMP are greatly discouraging people from coming forward in the future to share their stories of violence, victimization, and discrimination," Wilson says.

"Furthermore, they are contributing to the silencing of the issue of sexual violence that has long infiltrated our community and made women, girls, and people of marginalized genders fearful and hyper-vigilant. As an active member of the Coalition on MMIWG2S, UBCIC is committed to ensuring the National Inquiry's Calls for Justice are implemented and honored by law enforcement, and that colonial tactics are never used to deny or discredit the experiences and truths of our women," the statement adds.

'These guys picked the wrong person to try and abduct'

Moses spoke with Jack and told her, *"In order to help other people, we first have to help ourselves,"* hoping it would encourage her to seek healing and guidance.

Moses prefers healing through traditional and ceremonial Indigenous methods but says the first step on the healing journey for women is they need to be believed.

Jack is a fighter, says Moses, and she's convinced the men may have mistaken the petite woman as a child, which makes her escape that much more breathtaking.

"I think these guys picked the wrong person to try to abduct and didn't realize that she was a grown woman, a very empowered woman. And she said she has overcome a very traumatic incident when she was abducted at 12 years old," says Moses.

Jack admits she's experiencing PTSD, panic attacks, and anxiety. Her doctor has requested she take time off work.

She hopes informal reports, such as those made on social media, will be taken more seriously going forward.



Ash Kelly
@AshDKelly

RCMP are likely to even face more pressure to find answers as we hear from an Indigenous woman who was the victim of what appears to be an abduction attempt, just weeks ago. She says three men worked together to try to force her into a van off the street at 9:30 pm, January 14th.

6:28 AM · Feb 10, 2021 · Twitter Web App

23 Retweets 1 Quote Tweet 27 Likes



Ash Kelly @AshDKelly · Feb 10

Replying to @AshDKelly

She reports the attack happened on Menzies St in Merritt, while she was walking 2 short blocks. She describes her attackers as three South East Asian men. A tall, thin man with a beard tried to push her into a red van, a man with gap teeth/no facial hair tried to pull her inside

3 7 8



Ash Kelly @AshDKelly · Feb 10

Danielle says she won't deal with police again after they let her down when she was kidnapped, raped, beaten, and thrown in a ditch at 12 years old. "So when this time it almost happened and I thought, you know what, like I'm not going to go through all that embarrassment again."

1 5 9

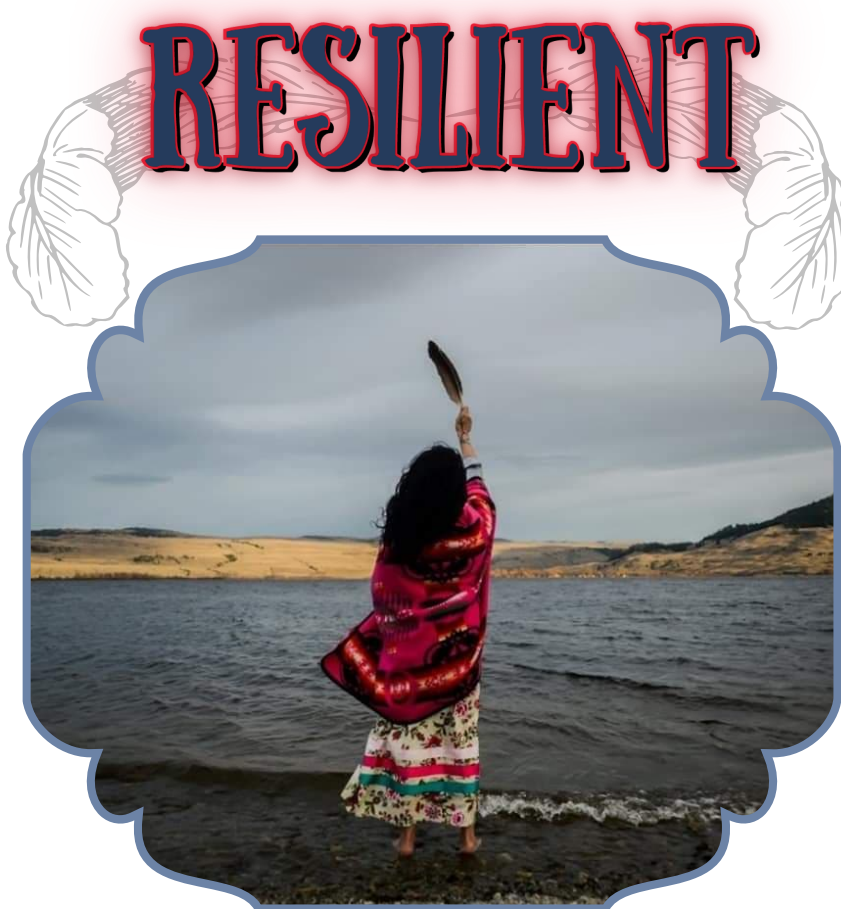


Ash Kelly @AshDKelly · Feb 10

She is one of many women taking to social media instead of reporting to police. Melissa Moses, the Women's Representative for the UBCIC who knows Danielle, says police often retraumatize Indigenous women, and at times have been the perpetrators of violence. More on @NEWS1130

2 3 13

RESILIENT



CityNews

<https://www.citynews1130.com/2021/02/10/merritt-woman-attempted-abduction-social-media/>

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MAMALILIKULLA FIRST NATION

REPORT FROM DARLENE COOK, FINANCE DEPT FOR MAR.31/20 TO MAR.31/21

I would like to report to the Mamalilikulla band members the monies spent on their behalf for this fiscal year as authorized by Chief and Council:

•	POST-SECONDARY (24 Students funded)	LIVING ALLOWANCES @	95,908.00
		BOOKS AND SUPPLIES @	13,484.50
		TUITION @	<u>55,509.26</u>
	TOTAL POST-SECONDARY		164,901.76
•	BAND MEMBER FUNERAL EXPENSE	TOTAL	7,249.43
•	2020 CHRISTMAS DISTRUBUTION TO MEMBERS @		75,100.00
•	2020 COVID-19 ASSISTANCE INCLUDED 2020 XMAS		<u>75,100.00</u>
	TOTAL		150,200.00
•	BAND SUPPORT BRIGHTER FUTURES RE:		
	SPORTS/OTHER		2,627.67
	GRAD FEEs @		900.00
	MEDICAL TRAVEL @		<u>2,907.12</u>
	TOTAL BAND MEMBER SUPPORT		6,434.79
•	FOOD FISH EXPENSE (preparation and delivery) TOTAL		6,097.32
•	COVID-19 FUNDS DISTRIBUTED TO MEMBERS:		
	SHELTER		13,908.60
	FOOD SECURITY		147,462.35
	PPE/SUPPLIES		10,170.02
	30 LAPTOPS STUDENTS		16,323.50
	TECH SUPPORT		<u>5,830.80</u>
	TOTAL		193,695.27

TOTAL MONIES RECEIVED BY MAMALILIKULLA BAND MEMBERS FOR FINANCIAL SUPPORT FOR THE FISCAL YEAR ENDING MAR.31, 2021 IS: \$528,488.57

GILAKASLA

Find your health authority by community name

Community name Health authority:

100 Mile House	Interior Health	Esquimalt	Island Health
Abbotsford	Fraser Health	Fernie	Interior Health
Alert Bay	Island Health	Fort Nelson	Northern Health
Anmore	Fraser Health	Fort St James	Northern Health
Armstrong	Interior Health	Fort St John	Northern Health
Ashcroft	Interior Health	Fraser Lake	Northern Health
Atlin	Northern Health	Fruitvale	Interior Health
Bamfield	Island Health	Gabriola Island	Island Health
Barriere	Interior Health	Galiano Island	Island Health
Belcarra	Fraser Health	Gibsons Vancouver	Coastal Health
Bowen Island	Vancouver Coastal Health	Gold River	Island Health
Bowser	Island Health	Golden	Interior Health
Burnaby	Fraser Health	Grand Forks	Interior Health
Burns Lake	Northern Health	Granisle	Northern Health
Cache Creek	Interior Health	Grassy Plains	Northern Health
Campbell River	Island Health	Greenwood	Interior Health
Castlegar	Interior Health	Harrison Hot Springs	Fraser Health
Central Saanich	Island Health	Hazelton	Northern Health
Chase	Interior Health	Highlands	Island Health
Chemainus	Island Health	Hope	Fraser Health
Chetwynd	Northern Health	Hornby Island	Island Health
Chilliwack	Fraser Health	Houston	Northern Health
Coldstream	Interior Health	Hudson's Hope	Northern Health
Colwood	Island Health	Invermere	Interior Health
Comox	Island Health	Jordan River	Island Health
Coquitlam	Fraser Health	Kamloops	Interior Health
Cortes Island	Island Health	Kelowna	Interior Health
Courtenay	Island Health	Kent	Fraser Health
Cranbrook	Interior Health	Keremeos	Interior Health
Creston	Interior Health	Kimberley	Interior Health
Dawson Creek	Northern Health	Kitimat	Northern Health
Dease Lake	Northern Health	Kyuquot	Island Health
Delta	Fraser Health	Ladysmith	Island Health
Denman Island	Island Health	Lake Country	Interior Health
Duncan	Island Health	Lake Cowichan	Island Health
Elkford	Interior Health	Langford	Island Health
Enderby	Interior Health	Langley (City)	Fraser Health
		Langley (District Municipality)	Fraser Health
		Lillooet	Interior Health
		Lions Bay Vancouver	Coastal Health
		Logan Lake	Interior Health
		Lumby	Interior Health
		Mackenzie	Northern Health
		Maple Ridge	Fraser Health

Phase 3

Timeline: April to May 2021

- People aged 79 to 60, in five year increments:
 - 79 to 75 (D1 April)
 - 74 to 70 (D1 April)
 - 69 to 65 (D1 April)
 - 64 to 60 (D1 April/May)
- Indigenous (First Nations, Métis and Inuit) peoples aged 64 to 18 (D1 April)
- People aged 69 to 16 who are clinically extremely vulnerable (D1 March/April)



Phase 3

April - May 2021

Masset	Northern Health	Rossland	Interior Health
Mayne Island	Island Health	Saanich	Island Health
McBride	Northern Health	Salmo	Interior Health
Merritt	Interior Health	Salmon Arm	Interior Health
Metchosin	Island Health	Salt Spring Island	Island Health
Midway	Interior Health	Saturna Island	Island Health
Mill Bay	Island Health	Sechelt	Vancouver Coastal Health
Mission	Fraser Health	Sicamous	Interior Health
Montrose	Interior Health	Sidney	Island Health
Nakusp	Interior Health	Slocan	Interior Health
Nanaimo	Island Health	Smithers	Northern Health
Nelson	Interior Health	Sointula	Island Health
New Westminster	Fraser Health	Sooke	Island Health
North Vancouver (City)	Vancouver Coastal Health	Spallumcheen	Interior Health
North Vancouver (District Municipality)	Vancouver Coastal Health	Sparwood	Interior Health
Oak Bay	Island Health	Squamish	Vancouver Coastal Health
Oliver	Interior Health	Stewart	Northern Health
Osoyoos	Interior Health	Summerland	Interior Health
Parksville	Island Health	Sun Peaks Mountain	Interior Health
Peachland	Interior Health	Surrey	Fraser Health
Pender Island	Island Health	Tahsis	Island Health
Penticton	Interior Health	Terrace	Northern Health
Pitt Meadows	Fraser Health	Tofino	Island Health
Port Alberni	Island Health	Trail	Interior Health
Port Alice	Island Health	Tumbler Ridge	Northern Health
Port Coquitlam	Fraser Health	Ucluelet	Island Health
Port Hardy	Island Health	Valemount	Northern Health
Port McNeill	Island Health	Vancouver	Vancouver Coastal Health
Port Moody	Fraser Health	Vanderhoof	Northern Health
Port Renfrew	Island Health	Vernon	Interior Health
Powell River	Vancouver Coastal Health	Victoria	Island Health
Prince George	Northern Health	View Royal	Island Health
Prince Rupert	Northern Health	Warfield	Interior Health
Princeton	Interior Health	West Kelowna	Interior Health
Qualicum	Island Health	West Vancouver	Vancouver Coastal Health
Qualicum Beach	Island Health	Whistler	Vancouver Coastal Health
Queen Charlotte City	Northern Health	White Rock	Fraser Health
Quesnel	Northern Health	Williams Lake	Interior Health
Radium Hot Springs	Interior Health		
Revelstoke	Interior Health		
Richmond	Vancouver Coastal Health		

Health Authority
Phone Number
Website URL

Fraser Health Authority	1-855-755-2455	www.fraserhealth.ca/vaccine
Interior Health Authority	1-877-740-7747	www.interiorhealth.ca
Northern Health Authority	1-844-255-7555	www.northernhealth.ca
Vancouver Coastal Health Authority	1-877-587-5767	www.vch.ca
Vancouver Island Health Authority	1-833-348-4787	www.islandhealth.ca/covid19vaccine



How to get vaccinated for COVID-19

Vaccine registration is open for people who are eligible. Register when it's your turn. It's easy and safe. Spread the word and help your friends and family complete their registration, book an appointment and get the vaccine.

There are three steps to get vaccinated

Step 1: Register

First, you register and get a confirmation number. You need that number to later book your vaccination appointment.

Registering also helps health authorities request the right amount of vaccine doses for each community.

Step 2: Book an appointment

You will be contacted to book a vaccine appointment when you are eligible based on your age and our Immunization Plan phases.

You will book your appointment online or by phone. You will select a location, date and time.

Step 3: Get the vaccine

Visit the vaccine clinic to get your vaccine dose.

People who get their first vaccine dose will be notified by email, text or phone call when they are eligible to book an appointment for their second dose.

When you can register and when you can book an appointment

Register

I'm born in 1971 or earlier (50+) or I'm Indigenous and born in 2003 or earlier (18+)

You can register now.

People who are **clinically extremely vulnerable**

You can register now.

I'm born in 1976 or earlier (age 45+)

You can start registering April 16 at 12 pm.

I'm born in 1981 or earlier (age 40+)

You can start registering April 19 at 12 pm.

Book an appointment

We contact you when you are eligible to book a vaccine appointment based on three factors:

- Your age
- [B.C.'s COVID-19 Immunization Plan phases](#)
- Vaccine supply

Don't expect to book an appointment the same day you register.

We're currently sending booking invitations for:

- People born in 1957 or earlier (64+)
- Indigenous people born in 2003 or earlier (18+)
- People who are clinically extremely vulnerable

There are three ways to register

You can register for yourself or for someone else, like a parent or grandparent. Everyone 18 and older in B.C. is eligible to get vaccinated, even if you don't have a Personal Health Number or other documentation.

We protect all information we collect and public health will never share your information with any other agencies or parts of government.

We will never ask you for your SIN, driver's licence number or banking and credit card details.

Register online with a Personal Health Number

Register online **You can register 24 hours a day**

<https://getvaccinated.gov.bc.ca/>

To register online, you **must** provide:

- First and last name
- Date of birth
- Postal code
- Personal Health Number
- An email address that gets checked regularly **or** a phone number that can receive text messages

Find your Personal Health Number on the back of your B.C. driver's licence, BC Services Card or CareCard.



Get your confirmation number after you register

When you submit your information, you receive a confirmation number. **Do not lose the number.**

This number makes it easier when you book your vaccination appointment.



First Nations Health Authority
Health through wellness

Mental Health and Cultural Supports During COVID-19

TELEPHONE AND ONLINE SUPPORT

Virtual Substance Use and Psychiatry Service. A free, referral-based service for First Nations people in BC and their family members. Health care providers, including the [Virtual Doctor of the Day](#) program, can refer you to this service. Available Monday to Friday. [FNHA.ca/VirtualHealth](https://fnha.ca/VirtualHealth)

First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service offers mental health counselling and crisis intervention to Indigenous people across Canada. Toll-Free: 1-855-242-3310 www.hopeforwellness.ca

Kids Help Phone is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to youth. 1-800-668-6868 or text the word "connect" to 686868 to access text support.

KUU-US Crisis Services is available 24/7 to support Indigenous people in BC. <http://www.kuu-uscrisisline.ca>
Toll-Free: 1-800-KUU-US17
(1-800-588-8717)
Adult/Elder: 1-250-723-4050
Child/Youth: 1-250-723-2040

National Indian Residential School Crisis Line supports former Residential School students. The crisis line provides emotional and crisis services 24/7. Toll-Free: 1-866-925-4419

Provincial Alcohol and Drug Information Referral Service provides free referral services to support with any kind of substance use issue (alcohol or other drugs). Toll-free: 1-800-663-1441
Lower Mainland: 604-660-9382

Foundry: health and wellness supports, services and resources for young people ages 12 – 24 and their caregivers. No referral or assessment required. In-person: <https://foundrybc.ca/find-a-centre/>
Virtual: <https://foundrybc.ca/virtual/>

FNHA MENTAL WELLNESS AND COUNSELLING SUPPORT THROUGH HEALTH BENEFITS

Health Benefits provides access to mental wellness and counselling services. All services require prior approval. A list of providers registered with Health Benefits can be found on the [Provider List](#) or by contacting: **1-855-550-5454.**

INDIAN RESIDENTIAL SCHOOL RESOLUTION HEALTH SUPPORT PROGRAM PROVIDERS (IRS RHSP)

Adah Dene Cultural Healing Camp Society
Margo Sagalon: 250-996-3813
Admin.elders@telus.net
Tracey Charlebois: 250-996-1475
Nakazdlieelders@telus.net

Carrier Sekani Family Services
For Vanderhoof: Catherine Lessard: 250-567-2900 or Toll-free: 1-800-889-6855
For Prince George: Rhonda Hourie or Cheryl Thomas: 778-675-0419

Gitanyow Human Services
Wanda Good: 250-849-5651
Wanda.e.good@gmail.com

Gitxsan Health Society
Ardythe Wilson: 250-842-8251
irsmanager@gitxsanhealth.com
Pam Torres: 778-202-1355
irmsupport3@gitxsanhealth.com
Gary Patsey: 778-202-1703
irmsupport1@gitxsanhealth.com

Nuu Chah Nulth Tribal Council
Vina Robinson: 1-250-724-3939
vina.robinson@nuuchahnulth.org
Daily Elliott: 250-720-1736

Indian Residential School Survivors Society
Stu Mitchell: 604-985-4464 or Toll-free: 1-800-721-0066

Okanagan Nation Alliance
Rachel Marchan: 1-250-470-7048 or Toll-free: 1-866-662-9609
earlyyears@syilx.org

Tsow-Tun-Le-Lum Society
Toll-free: 1-888-590-3123

FNHA TREATMENT AND HEALING CENTRES

During the pandemic, Round Lake Treatment Centre and Gya'waa'Tlaab House of Purification are maintaining a live-in treatment program with additional precautions taken to abide by physical distancing and associated safety requirements. Most treatment centres have moved to providing virtual support to individuals and families.

Carrier Sekani Family Services
Call: 250-567-2900 or Toll-free: 1-800-889-6855
and ask for an ARP Team member
Email: rjohn@csfs.org

Kackaamin Family Development Centre
Call: 250-723-7789 or Toll-free: 1-833-205-6946

Namgis Treatment Centre
Call: 250-974-8015 or Toll-free: 1-888-962-6447 Ext.2152

Nenqayni Wellness Centre
Call: 250-989-0301 or Toll-free: 1-888-668-4245

North Wind Wellness Centre
Call: 250-843-6977 or Toll-free: 1-888-698-4333

Telmexw Awtexw (Sts'ales First Nations)
Call: 604-796-9829

Tsow Tun Le Lum
Call: 250-268-2463 or Toll-free: 1-888-590-3123

Wilp Si'Satxw Healing Centre
Call: 778-202-0162, 778-202-1349 or Toll-free: 1-877-849-5211

All information in this document is accurate as of December 9, 2020.

17 WAYS TO RAISE YOUR VIBRATION FAST



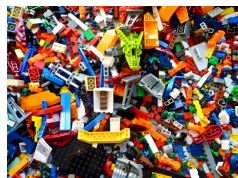
1. State out loud one thing that you are grateful for in that moment.



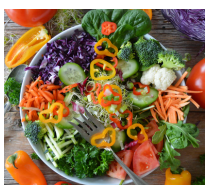
8. Have a tech detox



2. Have a dance party for one



9. Get out of your left brain & into your right by creating something that didn't exist a moment before.



3. Eat more raw stuff: The more organic and unprocessed, the higher the vibe.



10. Breathe deeply: the more oxygen your cells get, the more alive you will feel.



4. Take an epsom salt bath.



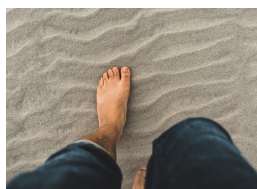
11. Read a high vibe book, like this one (sneaky plug.)



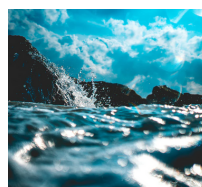
5. Meditate: Light Sourcing is my fave.



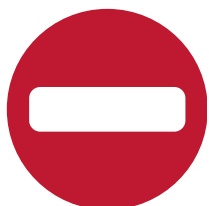
12. Say something nice to a stranger.



6. Find yourself a patch of earth, kick your shoes off and let mother earth do her 'thang.



13. Head to the ocean and let those negative ions do their thing.



7. Say NO to something that drains your energy.

14. Get yourself hugged.



15. Look around and notice something beautiful.



16. De-clutter your work and living space.



17. Call in some high vibe friends who raise you up not pull you down (and maybe do a social inventory while you're at it).



I don't know about you but the past year has been a total whirlwind of crazy energy. In between the eclipse/something always being in freaking retrograde/and all of those full and new moons that just keep coming, I reckon for anyone remotely sensitive it's hard to not let it sway you.

I'm beyond grateful for my daily practice and suitcase full of practical tools learned over the years that have allowed me to bring my vibration back to centre amidst all the increased energy buzzing around.

I believe that our purpose as Lightworkers is to raise the vibration of the planet. I innately knew that when I was younger but had no freaking idea how to do it! But the truth is, it doesn't take a big action to increase your vibration. So this week I've collated 17 of my fave ways to raise your vibration in an instant.



REBECCA CAMPBELL
SPEND MORE TIME WITH YOUR SOUL