The Shift and Lift Technique raises your vibration which can have an uplifting effect.

You can "feed the field" with higher vibrations which can have an uplifting effect on yourself and others.

**Step 1  Heart-Focused Breathing™**
Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Find an easy rhythm that's comfortable.

**Step 2** Activate feelings of kindness, appreciation, genuine connection or an attitude of deep listening.

*Suggestion: If you can't connect with a heart feeling, try to recall a time when you felt a kind, deeper connection with someone. If that is challenging, just breathe appreciation for something for awhile to help raise your vibration and to help settle your energies.*

**Step 3** Radiate these heart qualities to raise your vibration and help lift the energy field environment that surrounds you.

**Shift and Lift Quick Steps**
1. Heart-Focused Breathing
2. Activate
3. Radiate

**Practice the Shift and Lift Technique:**
- Before and during interactions, team meetings, team practices and conference calls.
- Reset when drama or resistances arise.
- All team members can practice the Shift and Lift Technique to help lift the field environment.