

Your Internal Guidance System: The Emotional Vibrational Scale

Joy | Knowledge | Empowerment
| Freedom | Love | Appreciation
1, 2, 3, 4, 5, 6, 7, 8, 11,

MORE GOOD

Passion 1, 2, 3, 4, 5, 6, 7,
8, 9, 10, 11

Enthusiasm | Eagerness | Happiness
1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11,

Positive Expectation | Belief 1, 2, 3, 4, 5, 6, 7, 8, 9, 10,
11, 12, 13, 14

Optimism
1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 10, 11, 12, 13, 14

Hopefulness 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 16,

Contentment 4, 5, 6, 7,
8, 10, 11, 12, 13, 14, 16

Boredom 4, 5, 6, 7, 8, 10, 11, 12, 13, 14, 15, 16, 17, 18

Pessimism 5, 6, 7, 8, 10, 12, 13,
14, 15, 16, 17, 18, 19

Frustration | Irritation
| Impatience 5, 6, 7, 8, 10, 12, 13,
15, 14, 15, 16, 17, 18, 19, 20, 21, 22

Overwhelm 5, 6, 7, 10, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22

Disappointment 5, 6, 7, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22

Worry | Doubt 5, 6, 7, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22

Blame 5, 6, 7, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22

Discouragement 5, 6, 7, 13, 14, 15,
16, 17, 18, 19, 20, 21, 22

Revenge 6,
7, 20, 22, 23

Anger 6, 7, 15, 17, 18, 19, 20,
21, 22, 23

Jealousy 6, 7,
20, 22, 23

Hatred 6, 7,
20, 22, 23

Insecurity | Guilt |
Unworthiness 6, 7,
20, 22, 23

Source – **You** – Is
Fixed in Well Being.
The expanded version
of You. Calling You to
Align with It. It is the
Fulfilled You. Your
Godmind. Your
Godself, True
Authentic Self.
Unlimited. Eternal.
Infinite.

Human Mind

Any thought, belief,
idea that is not in
alignment with
Source. Range of
“**negative**” feelings
telling you that
thought is bogus.
Limited. Finite.
Either/Or. No way
out. No
options. Doom

Fear | Grief | Depression | Despair | Powerlessness
6, 7, 20, 22, 23

**Warning: The Law of Attraction is Matching Your Vibrational
Countenance and Making It Bigger in Your Experience**

All Processes are Taken from the [Book, Ask and It Is Given – Part II; The Processes](#)
by Esther and Jerry Hicks (The Teachings of Abraham) ©2005 Hay House

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