

Scale of your Emotions

Below is a summary developed by Abraham, Esther and Jerry Hicks in their wonderful book about the Law of Attraction *Ask and It Is Given*. I highly recommend it.

The scale is a list of the highest & most positive emotions to connect with, going down to the lowest and most negative. This gives you an idea as to where certain emotions lie in the scale. This list is, of course, not a rule, but a guideline. The goal is to always strive for the higher frequency emotions and avoid the lower frequency ones. If you can stay with the top 7 as much as possible and avoid the bottom 8 you will see positive life change in many ways. Be aware daily of where you are on the scale. Give it a try.

1. Joy/Knowledge /Freedom/Love/Appreciation
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. "Overwhelmed"
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Depression/Despair/Powerlessness

Excerpt from *Start the Revolution Within* Brian M Heater
www.transformingourselves.com

Original chart & info from *Ask and It is Given* by Ether & Jerry Hicks