



THE KEY

TO WEALTH, HEALTH & HAPPINESS

YOUR EMOTIONAL
GUIDANCE SYSTEM

YOUR EMOTIONAL GUIDANCE SYSTEM

“Negative emotion is your indication that the thoughts or action you are considering are not in harmony with your greatest intentions.”

Abraham-Hicks

Your Emotional Guidance System lets you know if you're directing your life towards what you want or what you don't want. Negative emotion is an indication that you are attracting something you don't want, headed away from your desires. Positive emotions mean you are in the right place to attract what you do want in life, your dreams and desires.

The purpose of an emotion is to give you feedback about the vibrational content of your thoughts. This is crucial information because **the vibrational content of your thoughts determines what you are attracting and creating.**

By referring to the Emotional Guidance Scale you can determine your current vibration or vibrational set point as well as your dominant vibration:

Emotional Guidance Scale (from the book, Ask and It Is Given)

1. Joy / Knowledge / Empowerment / 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. "Overwhelm"
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

Your job, now and for the rest of your life, is to keep moving up the scale. As you continue climbing the emotional scale, you will enjoy the confidence of knowing that you are truly the creator of your own life! As you continue choosing thoughts that feel better, you will KNOW with certainty that **You Can Be and Do and Have and Feel whatever you desire!**