

EMOTION SPIRALS

1. Joyful, Knowledgeable, Empowered,
Free, Love, Appreciated

2. Passionate

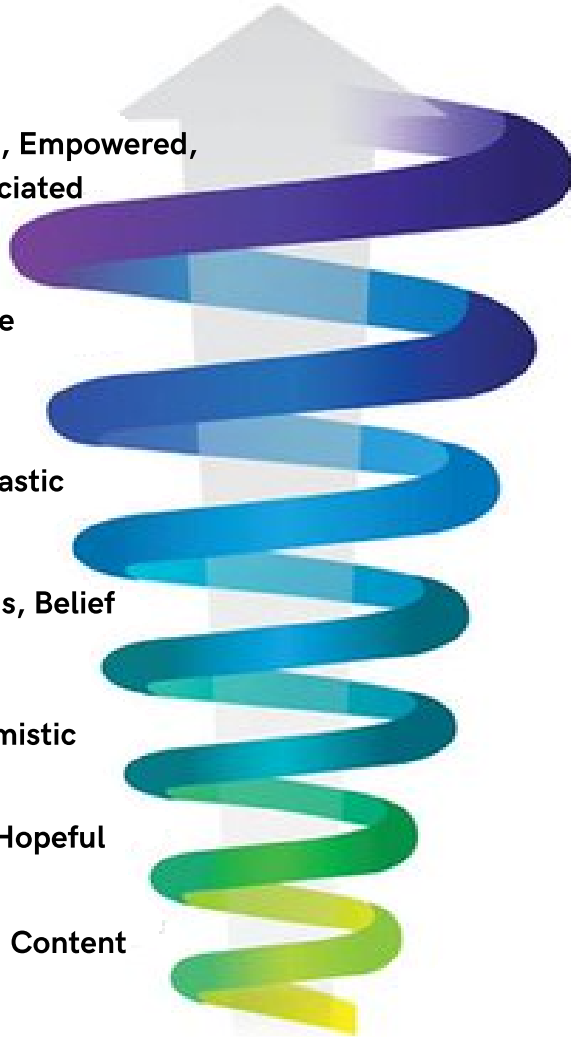
3. Enthusiastic

4. Positive Expectations, Belief

5. Optimistic

6. Hopeful

7. Content



8. Bored

10. Frustrated, Impatient

12. Disappointed

14. Worried

16. Discouraged

18. Revenge

20. Jealous

22. Fearful, Depressed
Powerless, Victim

9. Pessimistic

11. Overwhelmed

13. Doubt

15. Blame

17. Anger

19. Hate, Rage

21. Insecure, Unworthy



EMOTIONAL GUIDANCE SYSTEM

According to teachings on the *Law of Attraction*, the Emotional Guidance System is a scale of emotions ranging from positive emotions such as joy, appreciation, and love (the highest) to fear, despair and powerlessness (the lowest). When you feel good, you are in emotional alignment and moving in an upward spiral. Experiencing negative emotions, on the other hand, sends you on a downward spiral and feeling out of emotional alignment.

SUGGESTIONS TO MOVE UP THE EMOTIONAL SCALE

1. Take one step up the scale at a time and honor yourself for that! One step a day can turn into seven steps in a week. For example, instead of staying angry, try to move to being disappointed.
2. Find self-care practices to shift the energy of the emotions like meditation, energy work, exercise, yoga, or spending time in nature. Try to give yourself at least 30 minutes per day.
3. Be patient with the process and know that you will have good and bad days while moving in upward direction.
4. Acknowledge who you spend time with. When you commune with people that are living in a state of joy (or close to it) it will help lift you up and remind you where you want to be.
5. Express gratitude for as many things as possible and shift any thoughts such as "why is this happening to me?" to "I am grateful for _____."
6. Serve others. By doing acts of kindness for others or focusing on other people's needs, we take our energy and focus away from ourselves and gain new perspectives. This naturally increases our vibration and helps us see beyond our own lives.
7. Have fun. A great way to get out of a "funk" and into a higher vibration is by doing something that brings us joy. If you are having a rough day or feeling overwhelmed, maybe it's time to turn on music and have a dance party! Or maybe fun for you is reading a book outside on your patio or going for some exercise. Whatever brings you happiness or excitement, do that!