

The Abraham-Hicks Emotional Guidance Scale

When you're feeling off, crunchy or funky it is often impossible to jump to a feeling of love or joy. When in a worry loop or experiencing anger it can be really unrealistic and in trying to force it we can feel shame or defeat when we can't get *there*. So the idea is you reach for the next best feeling and work your way up the ladder. One way to do this is to locate how you're feeling on the scale and then choose thoughts associated with the next feeling up the scale. Once you feel solid in the higher vibration, choose thoughts higher up on the scale and so on and so forth. Another way is to use EFT to shift, Breathwork or movement. Find something to feel grateful for or some way you feel supported or abundant. Follow your Strategy + Authority toward what lights you up. If you can't feel into it then pick something you know always makes you feel better. Find some way to be of service or to show a kindness to someone else. Buy the person behind you in line their coffee, help a friend, etc.. Use this affirmation: I am open to the possibility of shifting my energy to a higher vibration. I am open to ease and magic.

Find your willingness to feel better. If you're feeling something very low on the scale then don't rush it. Be gentle with yourself as you take manageable steps.

Know that the closer we are to joy the more easily we magnetize what we desire.

1. Joy/Appreciation/Empowerment/Freedom/Love
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. Feeling 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/Desperation/Despair/Powerlessness