

The Emotional Scale:

As offered by Abraham through Esther Hicks

Supplement for **Turn Up Your Vibration** ~ *Consciously Raising the Frequency of Your Life* process by Tammy Braswell.



1. Joy/Knowing/Empowerment/Freedom/Love/Appreciation
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness

~~~~~ Higher Vibrational Emotions Above This Line

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