

Abraham's Emotional Guidance Scale

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

High-feeling vibrational Emotions.

Positive feelings that you need to create the life you love.

Conjure up these emotions in your visualisations.

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8. Boredom
 9. Pessimism
 10. Frustration/Irritation/Impatience
 11. 'Overwhelm'
 12. Disappointment
 13. Doubt

Transitory Emotions

You can easily move from the transitory middle emotions, either up or down.

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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

Heavy Emotions

These emotions are deep and heavy and it can be very difficult to lift yourself out of these emotions without some sort of help.

Bach Flower Remedies: Emotional Freedom Technique