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
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. ‘Over-whelment’
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

High-feeling vibrational Emotions.
Positive feelings that you need to create the life you love.
Conjure up these emotions in your visualisations.

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

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