

Emotional Guidance Scale

The emotions that you are feeling is your indicator of your vibrational frequency. The emotion that you are feeling indicates that degree of your alignment with Source Energy. So, basically, the better that you feel, the more you are allowing yourself to align energetically with the things that you desire. When you understand this, then it is easier for you to understand the Emotional Scale and the benefit of having better feeling emotions in order to climb the scale and therefore raise your vibration.

You can liken the Emotional Scale to the fuel gage of your car. When the gage is at its fullest position is the same as you being in absolute vibrational alignment. When you are here you feel the ultimate state of emotional connection. You are residing in the emotions that resonate with your true nature. The emotions of Love, Joy, Peace, and Gratitude are at the top of the Emotional Scale. When the fuel gage is empty, this is the same as your emotions residing at the bottom of the Emotional Scale. At this place, you are disallowing your alignment and connection to Source Energy. All of the degrees in between are all indicators of the degree of your alignment. Our goal is to try to be in alignment as much as we can or to at least try to reside at the top half of the Emotional Scale.

The scale gives words to the emotions, but we all have different meanings for different words. So, I want for you to remember that the thing that matters the most is not the words but what you are feeling. And that you are consciously reaching for a feeling that is improved. A feeling that provides you with a sense of relief and feels better to you.