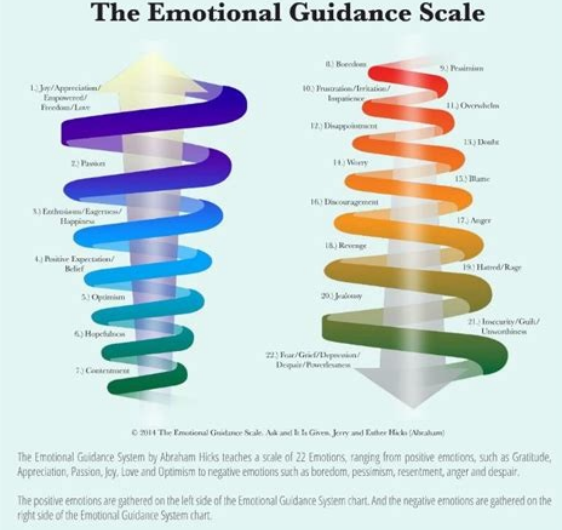


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1

What does the process of empowerment, freedom, love, and appreciation feel like?

2

Calmness, patience,

3

Boredom, anxiety

4

Blame, anger,

5

Guilt, unworthiness,

6

Depression,

7

acceptance, contentment, inner peace, hopefulness, forgiveness, compassion,

8

frustration, irritation, impatience, worry, stressed, disappointment,

9

self-righteousness, stoicism, arrogance, vengeance, jealousy, need to control,

10

feeling trapped, controlled, insecurity, martyrdom, loneliness, rage, hatred,

11

grief, despair, fear, disempowerment,



EMOTIONAL GUIDANCE SCALE		PROCESS NUMBER:																					
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
1	Joy/Knowledge/Empowerment/Freedom/Love/Appreciation	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
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	"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	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*

PROCESS LEGEND:

1

Rampage of Appreciation

2

The Magical Creation Box

3

The Creative Workshop

4

Virtual Reality

5

The Prosperity Game

6

The Process of Meditation

7

Evaluating Dreams

8

The Book of Positive Aspects

9

Scripting

10

The Place Mat Process

11

Segment Intending

12

Wouldn't it be nice...if?

13

Which Thought Feels Better

14

The Process of Clearing Clutter for Clarity

15

The Wallet Process

16

Pivoting

17

The Focus Wheel Process

18

Finding the Feeling-Place

19

Releasing Resistance to Become Free of Debt

20

Turning it over to the Manager

21

Reclaiming One's Natural State of Health

22

Moving up the Emotional Scale

This tool is based on the Emotional Guidance System and 22 Processes as outlined in the book:

Ask and it is Given, Learning to Manifest Your Desires by Esther and Jerry Hicks

www.abraham-hicks.com



Abraham hicks emotional guidance scale pdf. Emotional scale abraham.

Abraham-Hicks' emotional orientation scale is the perfect tool to help you manifest what you want. Your thoughts create your reality. As long as your thoughts are aligned with what you want, you will manifest your desire. But it is almost impossible to monitor every thought you have every day. An average human thinks more than 60,000 thoughts a day! That's why you must trust your emotions instead of your thoughts. The way you feel is a reflection of the thoughts you're thinking. When you feel good, it's a sign that your thoughts are aligned with what you want. When you feel bad, it's a sign that your thoughts are out of alignment with what you want. So by verifying how you feel, you will always know the degree of alignment of your thinking. What is the scale of emotional orientation? The scale of emotional guidance is a scale of our feelings and emotions, in sequence From our higher vibrational feelings to our lowest. It is divided into 22 of the most common emotions from emotions with the highest vibration (joy) to emotions with the lowest vibration (impotence). is formed by energy that vibrates to a specific frequency. nt / freedom / love / appreciation Presentation of the investment / belief beliefPtimism Featfulness Ć œAstar and is given ". This book will help you learnYour wishes for you to be living the joyful and satisfying life you deserve. Hicks is a master of the law of the Law of Attraction. She channels her teachings from a non-physical group entity called Abraham. What does emotional orientation mean? Emotional orientation means using your emotions as an indicator of your degree of alignment with your inner being, something, its inner being expands and has already created its desire in its vibratory reality. But to receive your desire in your physical reality, you must remain in vibratory alignment with your inner being through the thoughts you think that are aligned with what your inner being is to think, you feel positive emotions. When you think thoughts are out of alignment with what your inner being is to think, you feel negative emotions. So in conclusion, your emotions are one of the most important tools to manifest your greatest desires. What is the highest emotional vibration? According to the scale of emotional orientation, emotions with the highest vibration to GOY, KNOWING, Emerging, Freedom, Love and Appreciation. The scale of emotional orientation? Using the emotional orientation scale is like climbing a ladder. It starts at the bottom (the emotion with which it is currently identified) and reaches the top, one step at a time. He wants to feel better, he can simply identify where he is on the scale of emotional orientation and instantly reach the thoughts of the best moment that lead to better emotions that sit. He climbed through the scale. Then continue the practice of reaching a im noc n²Āicaenila al ed areuf yotse emrartsom rop ,osrevinu ,saicarG" n²Āicaro anu id :lanoicome n²Āicatneiro ed alacse al ralacse arap sojesnoc sĭĀM .dadilaer us ne etseifnam es oesed us euq etimrep euq ol se aicnetsiser ed aicnesua aL .n²Āicarbiv ut odnavele y aicnetsiser ut odneyunimsid sĭĀtse euq ed n²Āicacidni anu se oivila ed n²Āicasnes anu nadnirb et euq sotneimasnep sol sodoT .it a nĭĀrartnocne es sotneimasnep sĭĀm ,rojem sotneimasnep sol secnacla sĭĀm otnauc ... etnemavisecus Āsa y)oido(.Ātart em om²Āc oidO)solec(.sadtitemormmoc selbatse senoicaler ne nĭĀtse euq sogima sim ed osolec nat yotsE)apluc(.ejid euq ol rop elbirret otneis eM)aicnetopmit .n²Āicautis atse ralgerra arap rech adaup euq adan yah oN .oido o solec .apluc ed sotneimasnep rascub arap ajabarT .etnetopmi setneis et y neigula noc odatnemugra sah et euq somagid .olpmeje roP .etnednecsa laripse ase ed acrec sĭĀm zev adac searta et secah euq soibmac sol sodoT .etnematnel esrevom se Āuqa evalc aL ;alacse al ne alia odalsamed Ātse euq n²Āicome anu a etnemataidemi ralais ed ratart noD .lautca odatsE ut ed amicne rop senoicome sal arim y lanoicome n²Āicatneiro ed alacse al a oserger ed rodalacse le etnematnel ehuS 3 osaP .n²Āicasnes rojem anu raznacla ed dadinutropo al eneit y ,avitagen dadilatnem anu ne abtase euq reconocer adeup euq aczedarga .ragul us nE ?elbapluc otneis eM ogah ol o etnetopmi otneis eM" :esratnugerp edeup ,olpmeje roP .detsu a leif sĭĀm etneis es lĭĀuc rev y senoicome sod rarapmoc se alacse al ne ragul us rartnocne ed lĭcĭĀf arenam anU .otnemom onsim ese ne etrap royam al noc enouser euq le ajile orep .zev al a senoicome selpitĭĀm ritnes edeup .etnemlautca artneucne es n²Āicome ed odatse ©Āuq ne euqĭftinedĭ e lanoicome n²Āicatneiro ed alacse al ne lautca n²Āicome us euqĭftinedĭ 1 osaP .n²Āicarbiv royam ed n²Āicome anu a alacse al odneibus y otneimasnep I choose to see peace instead of this. I'll take a step back and let you lead the way. Reflect to see if this is a learning task presented from the universe. Distract yourself and go do something that feels good and brings you joy. Celebrate each small winbe proud yourself every time you successfully climb through the scale. By showing high-life emotions such as enthusiasm and optimism for your practice, you can climb the scale faster. The upward spiral of emotions is like a vacuum, like you, like you Build a momentum towards it, it becomes easier and easier to reach the top. It would be natural for you to achieve emotions of better sense and to vibrate upward toward joy. Abraham Hicks' emotional orientation scale and how to use it on June 3, 2021 before talking about how to use the emotional orientation scale, you should first discuss what it is. According to Abraham Hicks, his emotional guidance is a scale of emotions ranging from positive emotions such as joy, appreciation and love (the highest) to fear, despair and impotence (the lowest). This scale of emotions will help us identify where our vibration is ... the closer we are of joy, the higher our vibration and the further we are of joy, the lower our vibration. According to Abraham Hicks, here is the scale of emotionsHigh to the most low ... Joy/appreciation/empowermen/freedom/love. Joy/Appreciation/Empowerment/Liberty/Love. Contentment Contentment Boredom Pessimism Frustration/Irritation/Impatience Overwhelment (feeling overwhelmed) Ā Disappointment Ā Doubt Ā Worry Blame Ā Discouragement Anger Revenge Hatred/Rage Ā Jealousy Ā Insecurity/Guilt/Unworthiness Ā Fear/Grief/Desperation/Despair/Powerlessness So How Do We Use the Emotional Guidance Scale? The emotional guidance scale is laid out to help us identify where we are at emotionally. If we are in a low place and want to feel better, it is important to first identify where we are at on the scale and second to give ourselves permission to climb the ladder and reach for a higher vibration. It is important to remember that it is impossible to jump to joy if you are in a state of feeling jealous, angry, or discouraged. So, give yourself grace as you climb upwards and allow yourself to feel every emotion as you move. If you force a feeling of joy, it will feel unauthentic and false and you will not be able to truly move. Joy is the Ultimate State of Attraction When we live in a state of joy, we attract what we desire. Think of it this wayĉĀĀĀwe attract what we put out there. So, if we are living in a state of joy, we tend to attract happy people and positive experiences that match that vibration. However, if we are living in a state of jealousy, hatred, or anger, we will attract people and experiences that match that negative vibration. Ultimately, we choose who and what we attract by where we allow ourselves to stay on the emotional scale. Have you ever heard of the phrase ĉĀĀĀyou are the top five people you spend your time with?ĉĀĀĀ This is true because we attract people who are vibrating at the same level that we are. So, look around and evaluate the people you spend the most time with. Where are they on the scale? Where are they vibrating? Do they uplift you? Do they spend their days serving others, lifting each other up? Or do they spend their time talking negatively about other people and their own And live? How to advance in the emotional scale The ways to advance the scale include simple changes such as ... remember that even a step forward is an improvement. One step to the day becomes seven in a very ripping week. For example, instead of staying angry, try to move to be disappointed. I spend time doing practices such as meditation, energy work, prayer, yoga, spend time in nature. Commit to at least 30 minutes per day. Remember that growth is a process and will have good and bad days. This does not mean that it does not move in the right direction. Change the people with whom you spend your time. When you spend time with people living in a state of joy (or close), they will help you get up and remember you want to be. Begin to practice gratitude and change your thoughts of "Why is this happening to me?" "I am very grateful for the following things in my life." When we begin to feel that we are living far from joy, it helps to serve the other. When doing something for another person and focusing on the needs of other people, we take off the energy and focus on what we are missing and put it to help another person. This naturally increases our vibration and helps us see more of ourselves and our own lives. Diviā © rtete! Another great way to get us out of an "funt" and live in a higher vibration is to do something that brings us joy. If you are having a difficult day and you feel that you cannot handle all things, it may be time to light music and have a dance party with your children. Or maybe fun for you, you are reading a book outside in your patio or connecting the music and going for a walk. Whatever brings you happiness or emotion, you have that! Remember, we manifest things all the day, even when we don't know. We have the power to reach our most properly odneis odneis y senoicome sartseun ed oiratnevi nu odneicah sometse euq of moving towards joy. Make sure to plan a free consultation to dive into your emotional scale with me. me.

23/11/2020 · Any reader can search newspapers.com by registering. There is a fee for seeing pages and other features. Papers from more than 30 ... 4.13.TA Institutions with Pauper Lunatics in 1844 All County Asylums open in 1844 are listed and all Hospitals receiving paupers. Workhouses mentioned in the 1844 report are listed. The table lists all licensed houses receiving paupers in 1844 and shows which were commended and which severely censured in the 1844 Report. In the 1844 Report, all asylums apart from workhouses ... Business Professional Networking Events. Upcoming Events. Build connections one handshake at a time. 95% say face to face meetings are essential for long-term business relationships. BibMe Free Bibliography & Citation Maker - MLA, APA, Chicago, Harvard Professional academic writers. Our global writing staff includes experienced ENL & ESL academic writers in a variety of disciplines. This lets us find the ... Lesser Copyleft derivative works must be licensed under specified terms, with at least the same conditions as the original work; combinations with the work may be licensed under different terms Get 24/7 customer support help when you place a homework help service order with us. We will guide you on how to place your essay help, proofreading and editing your draft - fixing the grammar, spelling, or formatting of your paper easily and cheaply.

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