

Boost Your Energy via an Emotional Vibration Lift

Your emotions have a vibrational frequency.

Darker/negative emotions vibrate at a lower frequency than lighter/positive emotions.

If you can change your emotions, you can effect your entire day, a business transaction, communication and relationships, decisions you make, foods you choose, opportunities you're offered, your mood, etc.

All you have to do is raise your energy one level. You don't have to go from depressed to elated. All you have to do is move from furious to mad, or disappointed to grateful.

Experiment with your emotions and notice the changes around you. Check your mood, your creative ideas, and things that are happening in your current reality before and after the experiment.

You're in charge of your personal energy reserves. Replenish them often. Adjust if needed.

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Emotional Guidance Scale

Joy Passion Empowerment Freedom
Love Appreciation

Enthusiasm Eagerness Happiness
Positive Expectation Belief

Trust Optimism Hopefulness
Contentment

Boredom Pessimism Frustration
Irritation Impatience

Disappointment Doubt Worry Blame
Discouragement Sadness

Anger Rage Revenge Hatred

Jealousy Insecurity Guilt Unworthiness

Fear Grief Depression Despair
Powerlessness

*reference: abraham-hicks

1. Decide where your current emotional state best matches the scale.
2. Choose an energy activity (chart below) and put it into action.
3. Note where you notice any mood changes, new opportunities, creative ideas, better communication, less stress, cravings, etc. etc. Notice how your current reality changes before and after the activity.

Choose an activity that resonates with you.

What lifts one person up can bring another down.

Be mindful of your thoughts. If you're repeating negative thoughts you're depleting your energy levels. When you think positive, try to really feel the thoughts emotionally.

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Higher Energy Activities

- Laughing
- Singing
- Dancing
- Meditation
- Funny Movies
- Being with Kids
- Loving Animals
- Helping Others
- Get Curious About Something
- Self-Care
- Affirmations
- Mindfulness
- Sleep
- Nutritional Food
- De-Clutter a Room, Email, Your Car, Your Purse
- Smiling
- Funny YouTube Videos
- Being in Nature
- Positive Thoughts
- Crying
- Gratitude
- Fond Memories
- Joking with Friends/Family
- Journaling
- Exercise/Yoga
- Being Creative
- Bathing/Showering
- Good Scents
- Have Fun