



The Emotional Scale from Highest in Vibration to Lowest

Joy/Appreciation/Empowered/Freedom/Love

Passion

Enthusiasm/Eagerness/Happiness

Positive Expectation/Belief

Optimism

Hopefulness

Contentment

The Crossover Point

Boredom

Pessimism

Frustration/Irritation/Impatience

Overwhelming

Disappointment

Doubt

Worry

Blame

Discouragement

Anger

Revenge

Hatred/Rage

Jealousy

Insecurity/Guilt/Unworthiness/Shame

Fear/Grief/Depression/Despair/Powerlessness

Quote: *"The significant problems we face cannot be solved at the same level of thinking we were at when we created them."*

— Albert Einstein

As we know, our body is made up of energy. Each thought and action we choose vibrates at a different energy frequency. The reason this is, important to understand is, that whatever level at which we are vibrating, is what we attract more of, because like attracts like.

So, to shift a situation from where you currently are, to where you'd like to be, embrace and get into gratitude for what you already have, before the situation can shift.

If you look at the vibrational scale as a gauge; imagine you are vibrating at a low frequency, such as in fear or guilt, and your energy level is at a 2. If you have a problem that is at level 5, it would appear to be a big problem and way over your head.

Conversely, if your energy is at a 7 or 8 and your problem is at a 5, then you would view it from a much different perspective; it wouldn't affect you in the same way. As a matter of fact, you may be thinking more from the standpoint of "what problem?"

Gratitude is one of the many ways we can raise our vibration. All it takes is a moment to shift back up from a low vibration, where there are no desirable solutions, to new possibilities.

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