

## *Emotional Guidance Scale of Vibrational Awareness*

\*Love, joy, passion, trust, gratitude, enthusiasm,  
clarity, freedom, intuitive knowing, empowerment

\*Happiness, optimism hope, contentment

Pessimism, boredom, irritation,  
Frustration, impatience

Overwhelm, worry, disappointment, doubt

Blame, anger, control, self-righteousness

Hatred, rage, envy, jealousy, obsessiveness

Guilt, insecurity, feeling unworthy, self-sacrifice,  
feeling trapped or controlled

Fear, grief, depression, disempowerment, despair,  
death



Higher vibrations



Greater resistance



*Romona Myles*

[www.thehealingpowerofwomen.com](http://www.thehealingpowerofwomen.com)

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