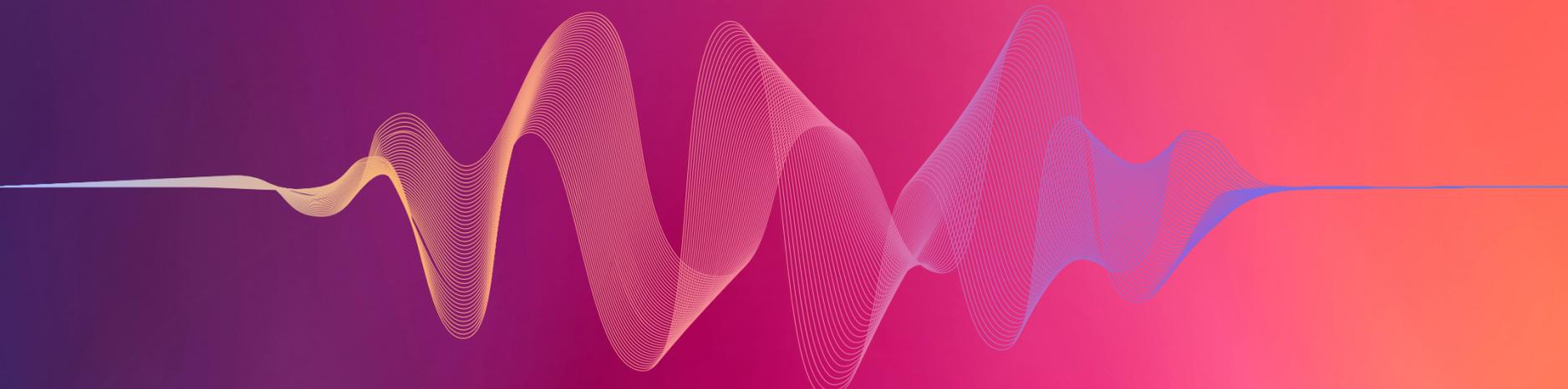


DECEMBER 2022



**VIBRATIONAL SCALE OF
EMOTIONS
FOR CHILDREN
& TEENS**



motherearthcrystalschools.org

WHAT IS THE VIBRATIONAL SCALE?

All of our emotions & feelings are on a scale from lower emotions to higher emotions. All of the emotions we have are normal and okay!

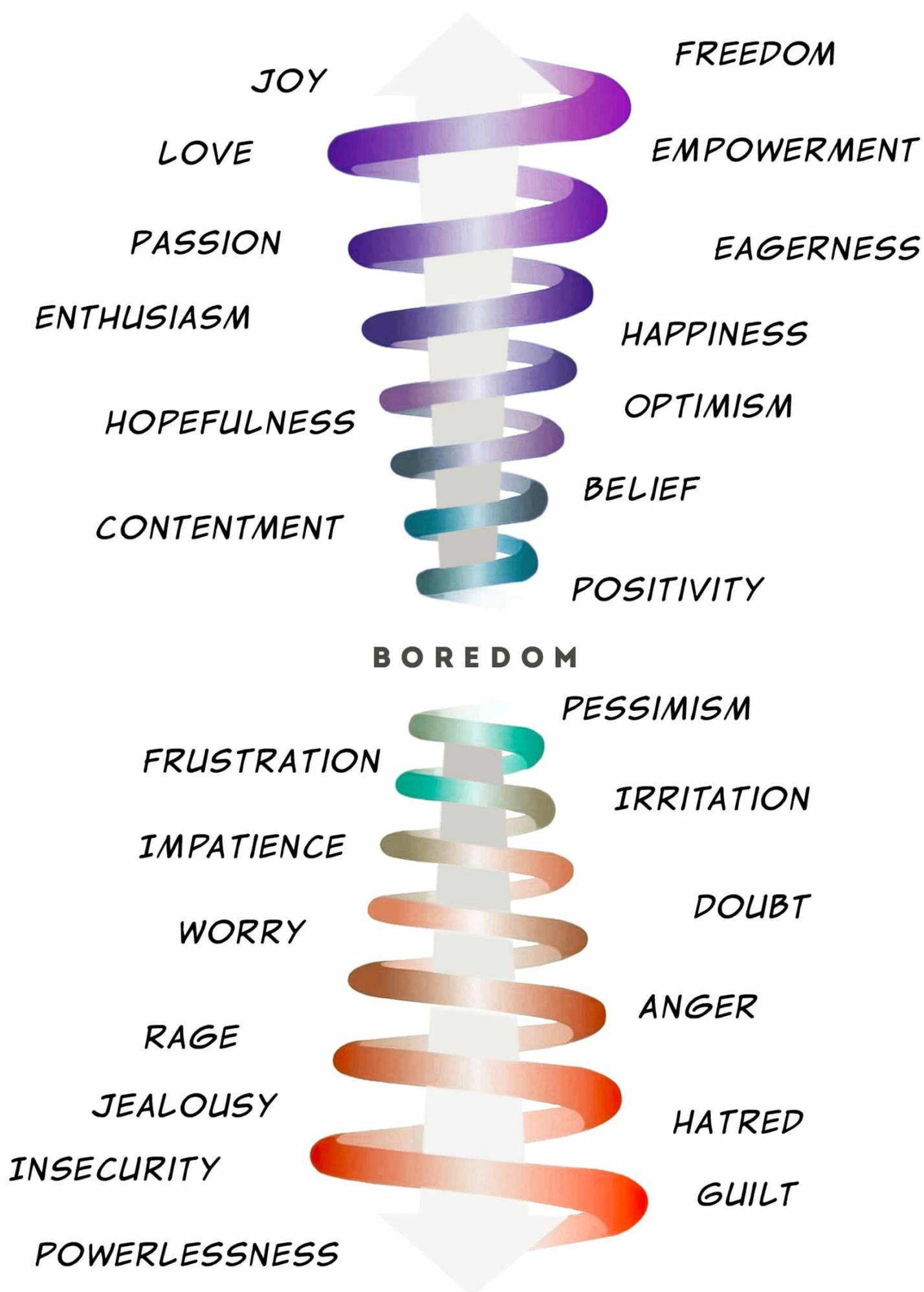
The key is to learn how to process our lower emotions so that we don't stay stuck. No matter what we feel, its important that we:

- 1) Allow ourselves to feel how we feel
- 2) Openly express the emotion that we are feeling
- 3) Use our tools to move through our emotions and transform them from lower to higher

When we are feeling, expressing, & moving through our emotions, we are keeping our bodies and souls happy & healthy so we can be in our natural state of love, joy, peace, optimism, freedom & enthusiasm!

THE VIBRATIONAL SCALE

UPWARD SPIRAL



DOWNWARD SPIRAL

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BOREDOM



When we are feeling bored, our body is letting us know that we are not experiencing joy. We may feel restless, tired, or frustrated.

Whenever we feel bored, its time to move our bodies! We often feel bored when the energy inside our body needs to move & its feeling a bit stagnant.

Do some stretching, go for a walk, run around outside, swim in the pool, climb a tree, play, sing, dance, anything you would like!

As soon as our body starts to move again we feel joy! Then we can refocus on what we can do next.

PESSIMISM



When we are feeling pessimistic, we are focusing on all the "negative" stuff in our life, instead of focusing on the positive and what we are grateful for!

If we are feeling this pessimism and negativity, we can immediately state out loud what we are grateful for in our lives! This helps the body remember that no matter what is going on, there are always beautiful things to be grateful.

As we focus on what is great and positive in our lives, each day we will feel more joy and we will also attract more positivity & happiness! Do something that brings you joy in the moment.

FRUSTRATION



When we are feeling frustrated, we may be feeling unheard or maybe something isn't going the way we wanted or thought it would go. That's okay.

When we feel frustration, we can immediately go outside and stand with our feet on the ground and take deep breaths in through the nose & out through the mouth. Do this as many times as you need until you feel calm and peaceful again.

Remember that sometimes things don't happen the way we want them or think they should happen, but Source is always giving us what is highest and best for us!

IRRITATION



When we are feeling irritation, our bodies are reacting to something outside of us that is causing us to feel irritated. This is usually a sign that we are feeling overwhelmed and we need to take some space to relax and come back to our center.

When we are feeling irritated, it is best to take a break from whatever we are doing and get into a relaxing state. This could be listening to music, lying down with our eyes closed in meditation, taking a shower/bath, or simply sitting quietly with ourselves.

As our nervous system calms down we are able to release the irritation and come back to peace.

IMPATIENCE



When we are feeling impatient it is because we want something NOW and when it is not happening as fast as we want, we become frustrated.

This is a sign that we have to slow down. When we experience impatience and we try to rush something, it ends up creating more frustration and stress.

Instead, we take a few deep breaths, and we state out loud, "I accept, embrace & allow." Repeat this mantra until you feel calm and centered.

Once we are no longer seeking to rush or force, we allow the flow of energy to return in helping us be in divine timing.

DOUBT



When we are feeling doubt, there is a part of ourselves that does not trust. Either we do not trust others, ourselves, love, or Source. We doubt ourselves and our feelings, choices, and actions.

Whenever we feel doubt, we can immediately look in the mirror and repeat the mantra, "I AM Trust". This helps us return to our natural state of divine trust.

Source is always supporting us and always there to assist us. Ask your angels to assist you in whatever you are doubting! You can also ask the angels for signs or synchronicities to give you confirmations of what you are feeling.

WORRY



When we are feeling worried, it is our body's response to feeling fear or being uncomfortable. We tend to worry about things that seem outside of our control, or we don't know how something is going to turn out.

Whenever we are feeling worried, state out loud, "I surrender to love! Love will handle all of the details." Worrying only creates more stress which usually makes everything feel worse than it is. When we fully surrender to Love and allow Love to handle all of the details, we trust that Source has got our back and whatever happens is for the highest!

Staying in the present moment of now is where we stay in joy and peace.

JEALOUSY



When we are feeling jealous it is usually because we are comparing ourselves to another. If another has something that we want, we feel jealous. Yet, there is no reason to feel jealous because Source brings us everything that we need when we need it !

Sometimes others have things we "want", but we don't realize maybe that's what they need. We may need something else to help us or bring us joy and this may look different from what others need.

Whenever we feel jealous we can reheart all the things we are grateful for! Celebrate others and their joys too which creates more happiness for all.

HATRED



When we are feeling hatred, this comes from a lack of love. If another being hates us, they are in lack of love. If we hate another, we have lack of love.

Hate is a strong emotion, but we know there is sadness and pain beneath all hate. We can reheart to hold love and compassion for ourselves & all others, as we all go through this journey of life together.

Speak loving words to yourself, tell yourself you love YOU, tell others you love them. Love is always more powerful than hate, and can heal the whole world.

Nothing is ever personal, and how others feel about us we cannot control, we can only control how we respond.

GUILT



When we are feeling guilt, it is usually because we have judged ourselves. Maybe we did something that we think is "bad" or "wrong", and this creates guilt in our bodies.

The truth is that there are no mistakes! Sometimes we do things and we realize there is a better way, another choice that could have been better and that's okay. Now we learned !

When we begin feeling guilt, we can state out loud, "I forgive myself, all others, and all events." Forgiveness heals guilt and allows us to love ourselves and others even when we make choices that we see as mistakes.

HOPELESSNESS

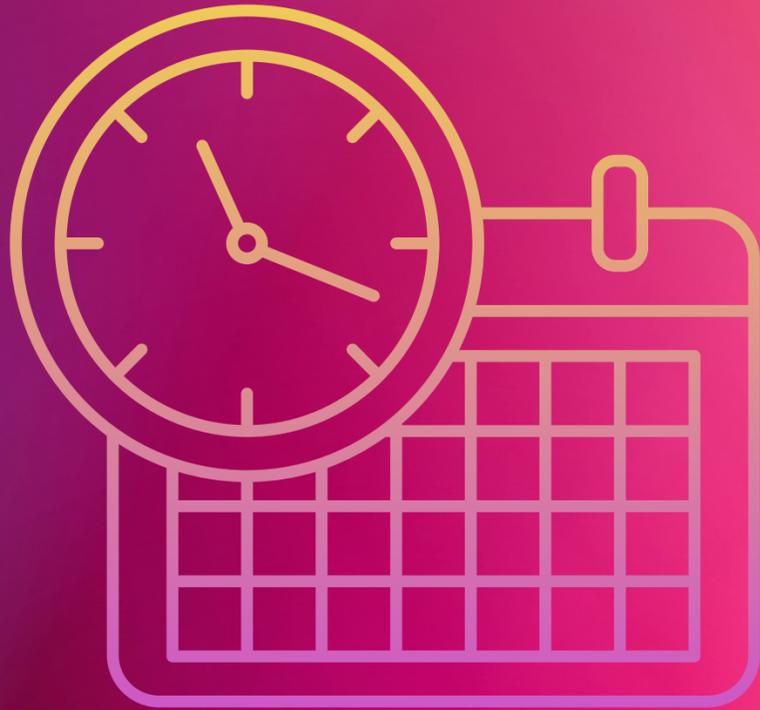


When we are feeling hopeless, our body is feeling powerless and weak. In truth, we are all superheroes and we can do anything! There is always hope and there is always love.

When we feel hopeless, its important that we express these feelings and get them out of our system. Then we can reheart ourselves of how brilliant, powerful, and amazing we are.

Taking one small action can begin to dissolve the feelings of hopelessness. Ask for help, ask for support, and do small acts that get your body moving. When we take the first step, we actually take a leap!

ACTIVITY



Print out the vibrational scale & place it anywhere where you can see it everyday!

Next, make yourself your own calendar.

You can purchase one, or grab some paper & pens/paint and create your own!

Each day, track all of the emotions that you have throughout the day. Then at the end of each day, look at where on the vibrational scale your emotions lie.

Write down the tools & techniques for transforming all of the lower emotions into higher ones and use them when needed! After a week or so, notice if your emotional states change!