

## Emotions are Energy

When offering workshops, I often ask the participants “have you ever walked into a room and met someone for the first time and for some unknown reason you just feel comfortable around them?” I have always received confirmation from my participants that this has happened to many of them. I then ask “has the opposite occurred, where for no reason known to you there is a sense of discomfort when you share space with someone, no prior history, but for some reason you feel uncomfortable or exhausted when you around them?” Once again, this question always receives several nods of agreement.

Perhaps this has happened to you.... ever wonder why? One theory suggests we carry a vibrational force that changes depending on how we manage our thoughts and emotions. When we are in the company of those who share a similar vibration, we are more comfortable and when we are around those who have a different vibration it can create a sense of discomfort. We may be aware of this taking place or we may not be, it all depends on how mindful we are in our moment to moment interactions. In addition, it highly depends on how connected our mind and body are with each other.

Below is a table which demonstrates how our various emotions carry a different rate of vibrational frequency and how this also impacts how we view the world. This is one of the reasons we should learn new self-care strategies to best manage our emotions and keep our energies flowing in a healthy manner. This extends outward and impacts those around us. Furthermore, it highlights the reason many health experts make the suggestion of carefully selecting the people we interact with in our lives. How they feel and think does impact us on an energetic level.

<b>Level</b>	<b>Log</b>	<b>Emotion</b>	<b>Life View</b>
<b>Enlightenment</b>	<b>700 – 1000</b>	<b>Ineffable</b>	<b>Is</b>
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

Power vs Force: the hidden determinants of human behaviour; David R. Hawkins, M.D, Ph.D.