



## How Do You Emotionally Vibrate?

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Over the weekend, I got up and was out and about. I had a great night sleep the night before and felt really refreshed and was loving being off on a Bank Holiday Weekend, as I usually would work the bank holidays. I drove to the shops with the windows down and the music playing really loud. I was feeling great. I went into the shops and decided to buy a scratch card and I had won €25. My mood was great, my emotions were clear and I was emotionally vibrating at a high level.

Fast forward an hour and I had to drive to another shopping centre and while I was pulling into the car park, a girl walked straight out in front of me...I got such a fright and slammed on the breaks and as I drove forward again her friend walked out in front of me. I shook my head at her because I had got such a fright and wasn't happy. She then proceeded to shout in the window at me and swore at me for "being so rude". I instantly went into a place of fear.....I parked the car and didn't want to get out. When I eventually did and I went into the shop a man pushed into me and then another person skipped me in the queue. As I was standing there I recognised instantly that my emotional vibration had changed to a low level.

When vibrating emotionally at a high level - I attracted back to me great circumstances.

When vibrating emotionally at a low level - I attracted back to me negative circumstances.

How many times do we switch emotionally from negative to positive and not even realise? How many times after that does it affect our day, our week.....our month? When we become aware of this, we can work on changing the vibrations.

When that happened to me, I came out of the shops and sat in my car and just processed all the swaying of emotions and came back into balance.

Years ago I took a class based around a wonderful Scale of Emotions developed by Dr. David Hawkins where he shows a scale from 0 - 1000 and how our emotions vibrate on that scale.

When we become aware of our emotional vibration, it can dramatically affect our lives.

How do you emotionally vibrate? You can look at this wonderful scale below. Enjoy :)

