

At any time that you are thinking thoughts that cause you to know your true nature, you are in alignment with who you really are, for this is the state of absolute alignment. And the way those thoughts *feel* is the ultimate emotion of connection. When you think in terms of a fuel gauge on a vehicle, this state of alignment would be the same as a full tank.

In other words, imagine a gauge or scale with gradations or degrees, which indicate the position of the (fullest) allowance of your connection with your Source Energy all the way to your (emptiest) most resistant disallowance of your alignment with your Source Energy.

A scale of your emotions would look something like this:

1. Joy/Knowledge/Empowerment/Freedom/Love/Appreciation
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. "Overwhelm"
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Depression/Despair/Powerlessness

Since the same words are often used to mean different things, and different words are often used to mean the same things, these word labels for your emotions are not absolutely accurate for every person who feels the emotion. In fact, giving word labels to the emotions could cause confusion and distract you from the real purpose of your *Emotional Guidance Scale*.

*The thing that matters most is that you consciously reach for a feeling that is improved. The word for the feeling is not important.*

### ***An Example of Consciously Moving Up Your Emotional Guidance Scale***

So, something has happened in your experience that makes you feel terrible. Nothing sounds good, nothing feels good, it seems as if you are suffocating, and each thought is equally painful. The best word to describe your nearly constant state of emotion is one of *depression*.

If you could throw yourself into taking some action, you might feel better; if you could put what is bothering you out of your mind altogether and focus upon your work, you could feel better. There are many thoughts that you could entertain that could free you from your depression. However, vibrationally, you do not have access to most of them right now. But if your intention is to find a thought, any thought, that feels better, and you are consciously aware of how that thought feels, you can begin to move up the *Emotional Guidance Scale* immediately. It is really a process of thinking a thought, any thought, and then consciously evaluating whether the new thought gives you any feeling of relief from where you were before that thought. So, you think and feel and think and feel, with one intention only: to feel even the slightest bit of relief.

Let us say that someone has said something that made you angry, or someone did not keep her word. And as you focus upon this angry topic, you notice that you do feel some relief from your depression. In other words, in the midst of this angry thought, you are no longer having any trouble breathing. The feeling of claustrophobia has lifted, and you do feel slightly better.