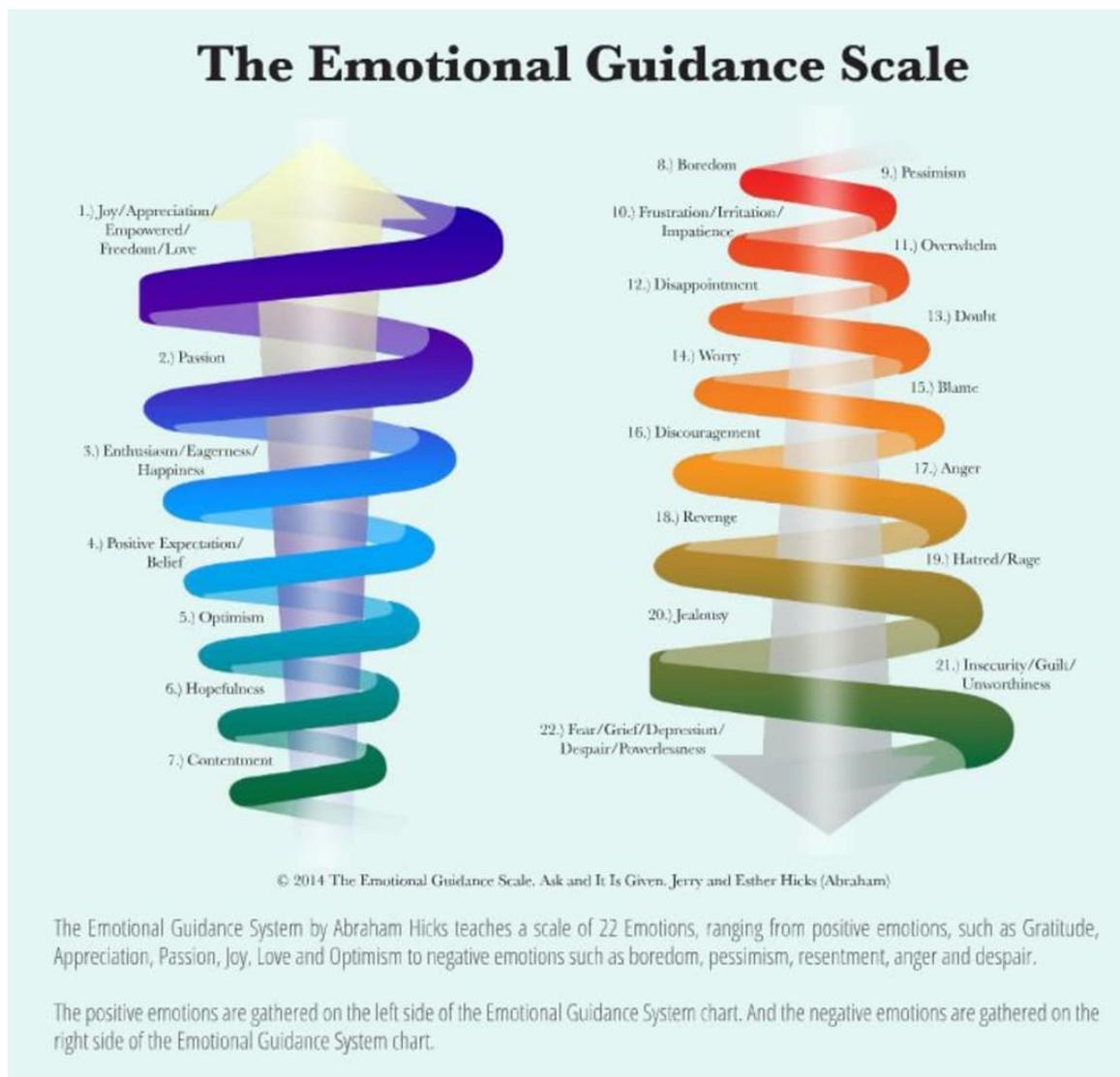


The Vibration of Emotions

So what does the vibration of feelings mean? According to science, everything is made of atoms, which are in turn made of subatomic particles, and those vibrate at certain frequencies, on an ongoing basis. Everything has a vibration. Not only objects! It's been proven that our thoughts and feelings produce energy, which is intrinsically vibrating.

Let's look at what the vibrations of our emotions mean. **Higher vibrations** are associated with feelings and emotions considered to be positive, such as happiness, joy, excitement, peace. Therefore, negative feelings, such as fear, anger, shame, and frustration would be associated with **lower vibrations**. The good/bad duality is created by us, as observers. **The universe is neutral and it doesn't consciously make the difference between what is good or bad**, only we attribute it that meaning depending on our circumstances and beliefs.

Here's a diagram of the emotional guidance scale, for better understanding.



The Vibration of Emotions

In this diagram we can observe the following:

- highest feeling (freedom) and lowest feeling (powerlessness) are **complete opposites**
- **boredom** is the most neutral point
- there is an **upward spiral** and a **downward spiral**

First, let's discuss the feelings involved. We can see there's plenty of different feelings and emotions that people can feel, and that might confuse some of us. This acts as a reminder of how important it is for us to be present and try our best to be **mindful** of our feelings.

But being mindful of our feelings isn't always enough. We also need to know how to best **characterise them and express them towards ourselves and other people** in our lives.

As an example, if we believe we're irritated but instead, our anger comes from deeper frustration, we won't know how to solve the issue at hand. So we have to be as honest and open with ourselves as possible, to be able to **deal with any problem** that might appear concerning our emotions, but also to be able to **decide when and how we need to shift our mindset** in order to raise our vibration and be in a state of alignment with our soul.

What's interesting is that boredom is the most neutral feeling or state we can be in, right in the middle of the diagram, and it is also **tucked between pessimism and positive expectations** — also known as optimism.

How can we interpret that? When we're feeling boredom we don't really spread that much energy into the universe, and thus, it won't influence us much — it won't bring back many interesting things.

If you're feeling "meh" you'll probably attract just things that feel "meh" in return. You may ask ... how bad can boredom be? It's most likely not the worst feeling that we can nestle in, but it does have its downsides.

When boredom is continual and surrounds us for an elongated period, **it can lead to lack of fulfilment and the feeling of wasted potential**, which results in feelings of disappointment, lack of motivation and that's something we all want to avoid.

Pursuing our interests might be our key to getting from the neutral point (boredom) into the upward spiral.

The Vibration of Emotions

What the spirals are about?

This diagram shows that the shift from one emotion to the other happens fluently, and they're not completely separated. What that means is that the current state in which we find ourselves influences the way in which our attitude will evolve.

Being in a state of positive expectations, hopefulness, belief, your frame of mind has all chances to evolve into an even more positive emotion, such as enthusiasm, empowerment, or joy.

Being in a pessimistic frame of mind, it would be smoother and easier for your attitude to change into an even more negative emotion, such as frustration, doubt, and worry.

It's simply easier for our emotions to evolve into worse or better versions of *themselves* than to shift to the opposite spectrum.

We attract in our lives the events which we are vibrationally aligned to.

If we're feeling grateful, we're going to attract more of that towards which we can feel gratitude. If we're feeling pessimistic and worried, we will attract more events that will confirm and further strengthen that state of mind.

We attract everything that's around us, either **through thought, or feeling.**

Both are very powerful and decisive when it comes to the outcome of day-to-day situations, although we might not always be conscious about it.

This is why we should be more mindful of what we're feeling and to do "vibe checks" more often — in which we just observe our state of mind and our emotions and decide if we want it to keep going in that direction.

When we are mindful and we consciously observe our feelings, it will be easier for us to shift them into feelings that we perceive to be more desirable in that situation, than if we just let everything spiral into negativity.

If you choose not to let your feelings and emotions blindly guide your life any longer, **be more mindful of how you're feeling, be open and honest with yourself and try to cultivate those feelings which bring you closer to contentment and hopefulness,** and you will attract even more events to facilitate that.

Mindfulness, acknowledgement and acceptance, are the keys to **attracting a positive future** with the help of our emotions and assure the natural attraction of love, kindness, hope and joy which will light up your heart and the people whose lives you touch.