

Emotional Frequency Chart



Unity, Source Energy or God	Super Consciousness	Presence	Gratitude	Awareness of I AM Love, Unity, Oneness
"I AM"	Higher Self Creating Purely	Responsible with our own power and to our internal guidance	Joy, Freedom, Love	Frequency of I AM; transparent
			Passion, Excitement	The true frequency of Higher Self embodiment
			Happiness	Peace and joy of what is; presence, authenticity
			Positive Knowing, Patience	An alignment with Higher Self, a feeling of being eternal, connected to intuition
			Hopefulness, Optimism	Allowance of Higher Self in the form of faith, remembering (putting back together again); awareness of intuition
"Myself" , Combination of "Me" and "I AM"	Contradiction, Shadow Effect	Response Yet not responsible with our own power and to our internal guidance	Boredom, Contentment (false comfort)	Lack of desire or inspiration, the belief that I cannot create my reality, unmotivated to create, believe I do not have what I want
			Impatience	I have forgotten I create my reality
			Pessimism	I am not safe to believe in my imagination
			Frustration	Self-sabotage, irritations in one's own belief systems
			Overwhelm	Ungrounded, dispersed energy, not present, in past or future thinking
			Disappointment	Miscommunication between conscious and subconscious minds, lack of trust
			Worry, Anxiety, Doubt	Lack of trust in self, unable to be in the present moment
			Blame	Attempt to shadow shame and guilt and hide humiliation
"Me"	Ego, Density, Absence of Light	Reaction And not responsible with our own power and to our internal guidance	Discouragement	I don't believe in my own abilities to create, lacking in faith
			Anger	Sadness' bodyguard, an attempt to stay in power instead of being vulnerable
			Resentment	Belief in others controlling my happiness, a byproduct of giving my power away
			Revenge	Attempting to take my power back
			Hatred, Rage	A tantrum of grief, long-term separation of self, detached from one's truth
			Jealousy, Comparison	Others are worthy and I am not, judgement of self
			Shame	I am not safe to be worthy
			Guilt, Unworthiness	I am not lovable, I don't deserve to be free
			Fear, Judgement	The absence of love, detachment from love, afraid of loss, lack of freedom
			Humiliation	I am not safe to be authentic
			Grief	Loss of self, powerlessness, loss of others
Numb	Perceived detachment from self, the Universe, God, believe not connected			

The five major wounds of shame, guilt, fear, humiliation, and grief keep you stuck, blocked or lost on your journey. These emotions create an absence of awareness.