

TRANSMUTE YOUR EMOTIONS

EMOTIONAL GUIDANCE SCALE

Use this scale to move out of a state of **contraction** and into the energy of **expansion**.

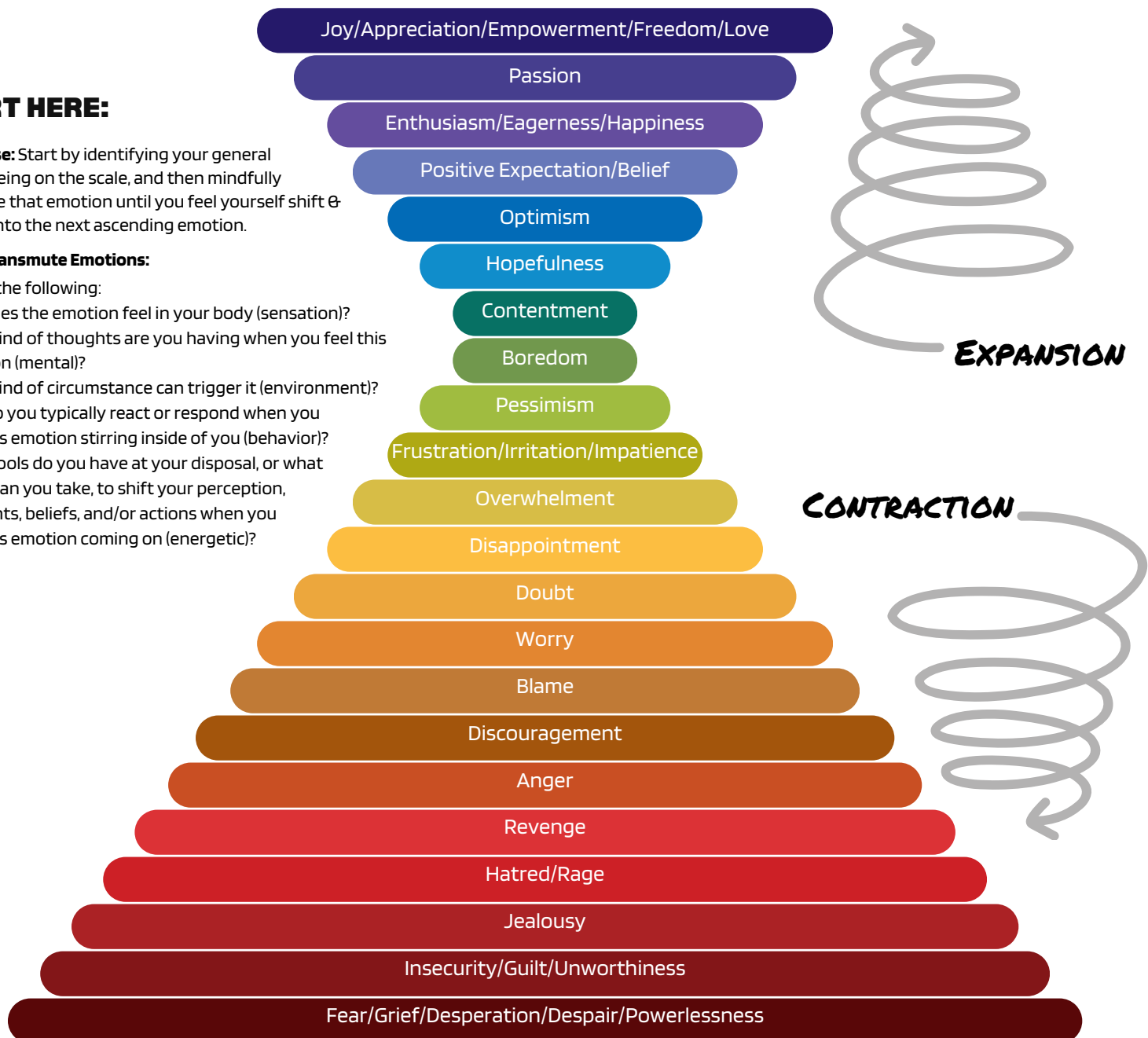
START HERE:

How to Use: Start by identifying your general state of being on the scale, and then mindfully transmute that emotion until you feel yourself shift & stabilize into the next ascending emotion.

How to Transmute Emotions:

Consider the following:

- 1] How does the emotion feel in your body (sensation)?
- 2] What kind of thoughts are you having when you feel this emotion (mental)?
- 3] What kind of circumstance can trigger it (environment)?
- 4] How do you typically react or respond when you feel this emotion stirring inside of you (behavior)?
- 5] What tools do you have at your disposal, or what steps can you take, to shift your perception, thoughts, beliefs, and/or actions when you feel this emotion coming on (energetic)?



Source: Ask & It Is Given by [Esther & Jerry Hicks](#)

*Our emotions can jump all around the scale on any given day. The goal is not to avoid the heavier emotions at the base of the scale, but rather to acknowledge their presence, understand what they signal for us, and learn how to best work with them to move the energy (emotions = energy in motion) through the body, as opposed to restricting or constricting it — doing so is counterintuitive to the very nature of our emotions.