

Comprehensive Emotional Scale*	3-Step LOA Recipe
1. Peace <sup>600</sup> /Bliss <sup>600</sup> /Serenity/Enlightenment <sup>700-1000</sup>	Allowing
2. Joy <sup>540</sup> /Unconditional Love <sup>540</sup> / Miracles <sup>540+</sup> /Knowledge/ Gratitude/ Appreciation/ Ecstatic/ Revelation/ Euphoria/ Giddiness/Laughter	
3. Love <sup>500</sup> / Freedom <sup>500</sup> / Faith <sup>500-650</sup>	Clarity & Raise Vibration
4. Forgiveness <sup>350</sup> /Compassion/ Cleansed/ Transcendence/Acceptance <sup>350</sup> / Passion/ Reason <sup>400</sup>	
5. Enthusiasm/ Eagerness/ Happiness/Delighted/ Optimism <sup>310</sup> / Hopefulness <sup>310</sup> / FUN!! "God-bumps"	
6. Positive Expectation <sup>250</sup> / Belief/ Relief/ Trust <sup>250</sup> Confidence/ Release <sup>250</sup> /Neutrality <sup>250</sup> /Contentment/ Humility <sup>270</sup>	
7. Courage <sup>200</sup> /Affirmation <sup>200</sup> /Empowerment <sup>200</sup>	
8. Scorn <sup>175</sup> /Pride <sup>175</sup>	Resistance & all forms of human suffering
9. Boredom/ Dis-contentment/ Desire	
10. Pessimism	
11. Frustration/ Irritation/ Impatience/Agitated	
12. Overwhelmed/Confused	
13. Disappointment	
14. Doubt/Skepticism/Procrastination/ Indecisive/Cynical	
15. Anger <sup>150</sup> / Revenge <sup>150</sup>	
16. Discouragement <sup>125</sup>	
17. Fear <sup>100</sup> / Worry <sup>100</sup> / trepidation/anxiety	
18. Grief <sup>75</sup>	
19. Judgmentalism <sup>30-50</sup> / Apathy <sup>50</sup> /Stuck Resentment/Embarrassment/Ridicule/ Despair <sup>50</sup>	
20. Rage <sup>30</sup> / Racism <sup>30</sup> / Sectarianism/ Prejudice/Hostility/ Blame <sup>30</sup> /Guilt <sup>30</sup>	
21. Jealousy/ Competition/Sadness/ Depression/Envy	
22. Insecurity/ Unworthiness/ Shame <sup>20</sup> /Humiliation/Hatred <sup>20</sup> Hurt/ Bitterness <sup>24</sup> / Unforgiveness	
23. Powerless/ Hopelessness/ Loneliness / Trauma/ Victim	

Sourced from:

- 1) "The Amazing Power of Deliberate Intent" By Esther and Jerry Hicks
- 2) Students at the Law of Attraction Training Center
- 3) Superscript: Sourced from: *Truth vs. Falsehood*, by David R. Hawkins, MD, page 413, Appendix B

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