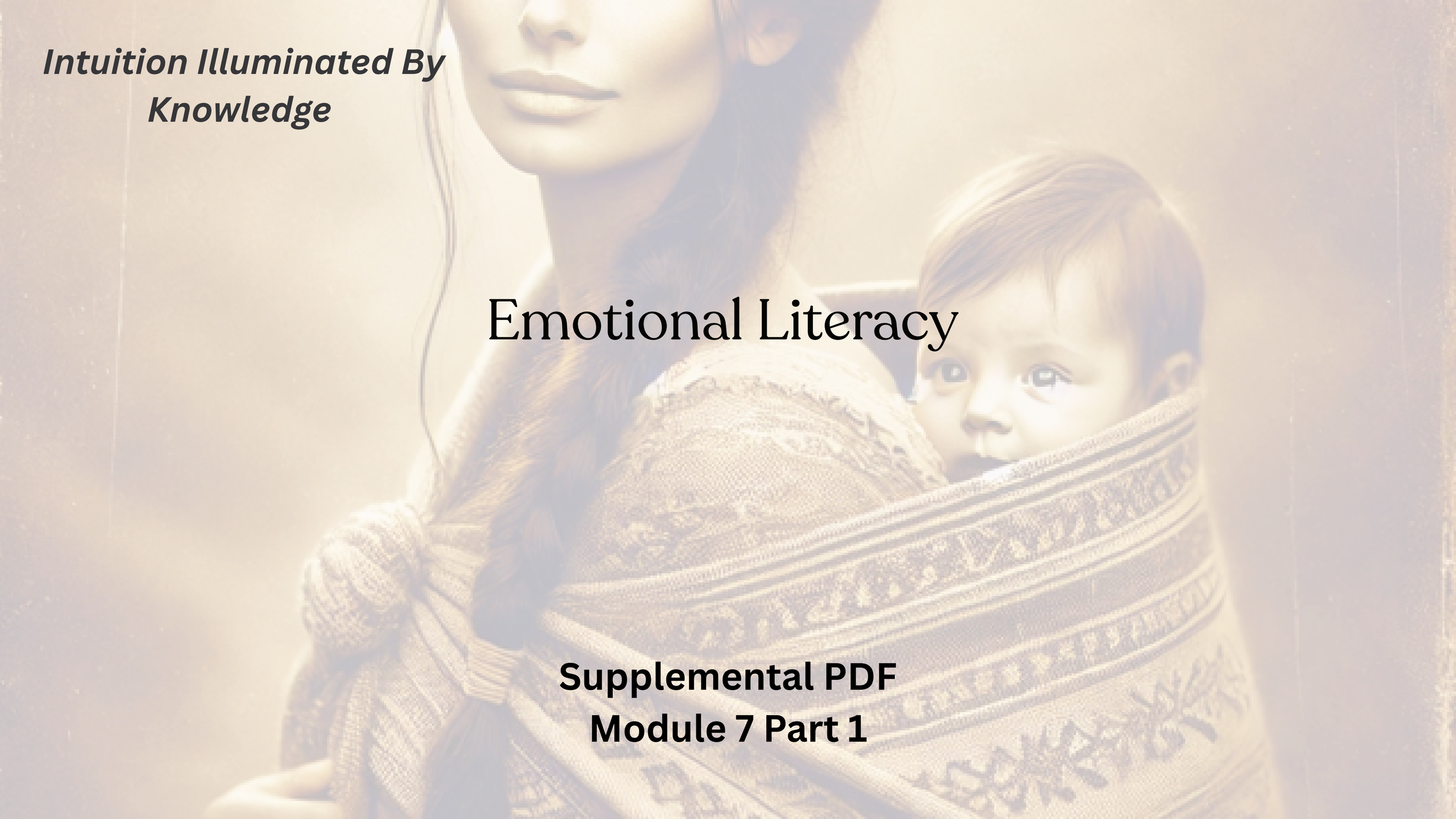
Intuition Illuminated By Knowledge

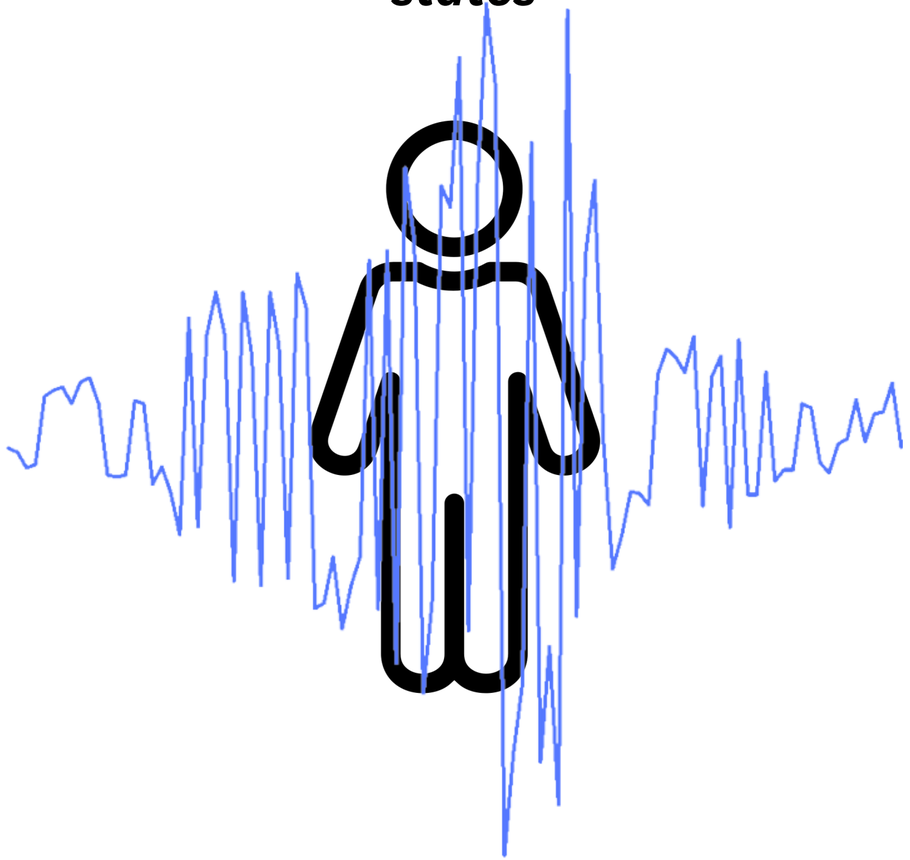


Emotional Literacy

Supplemental PDF
Module 7 Part 1

Centering to Receive

Emotions: vibrational frequencies that influence our physical, mental, and spiritual states



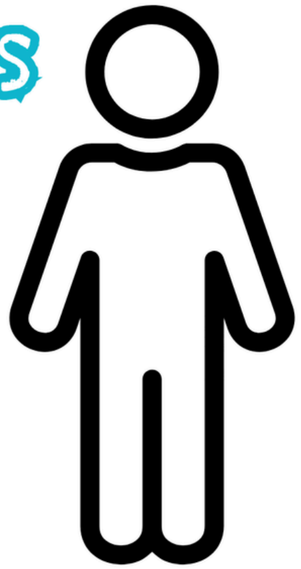
From the perspective of energy, frequency, and vibration, emotions are different energetic states we emit and experience based on our thoughts, environment, and overall consciousness.

Emotions are unseen energies that come into us and we become and embody them

Emotions are different energetic states we emit and experience based on:

CONSCIOUSNESS

THOUGHTS

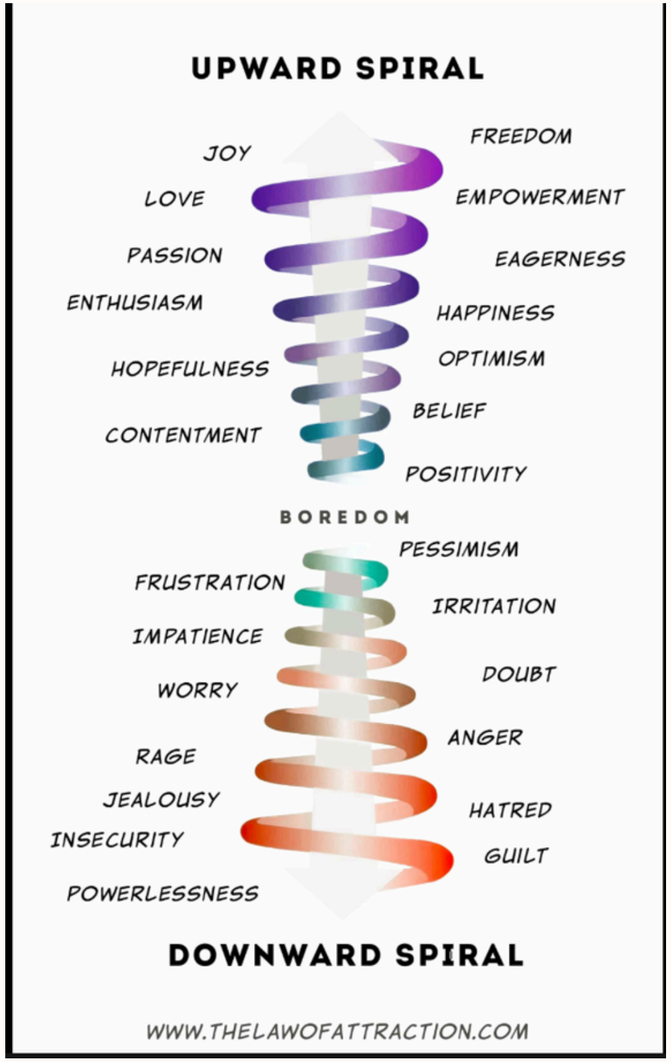


ENVIRONMENT

Emotions as frequency

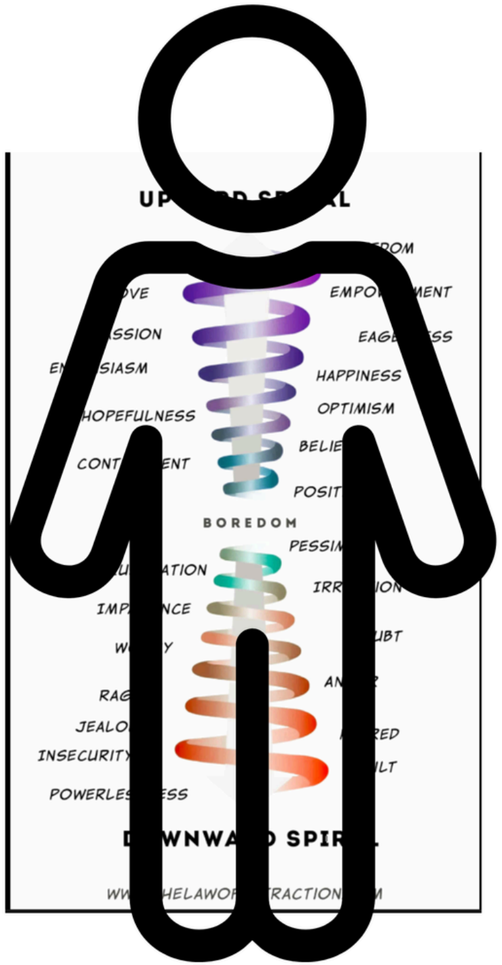
Read

Show chart



Emotions as Frequency

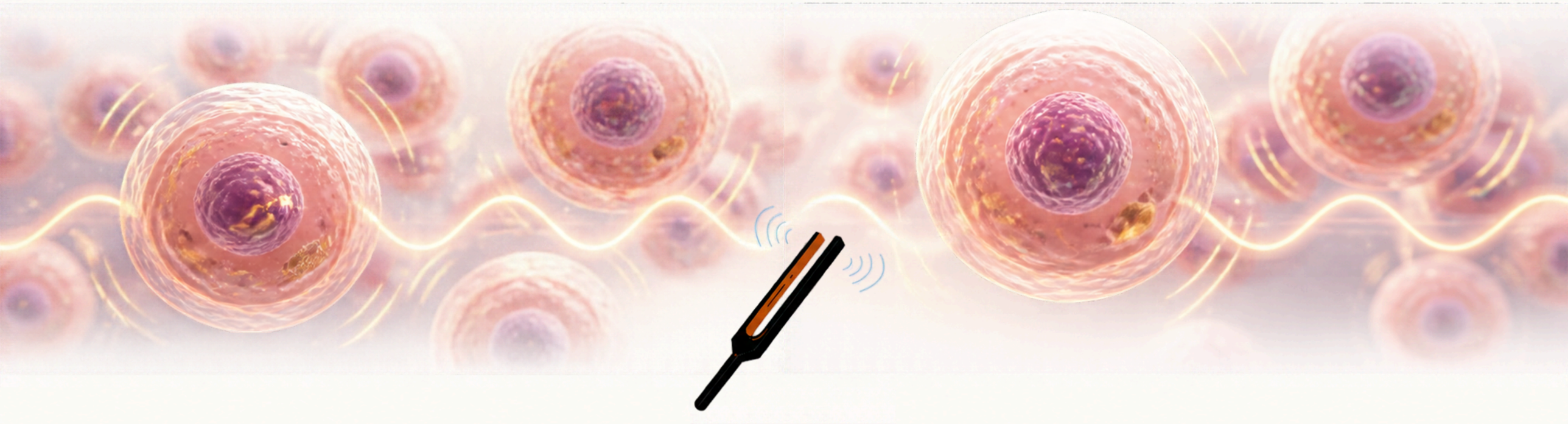
The human body over the upward and downward spirals



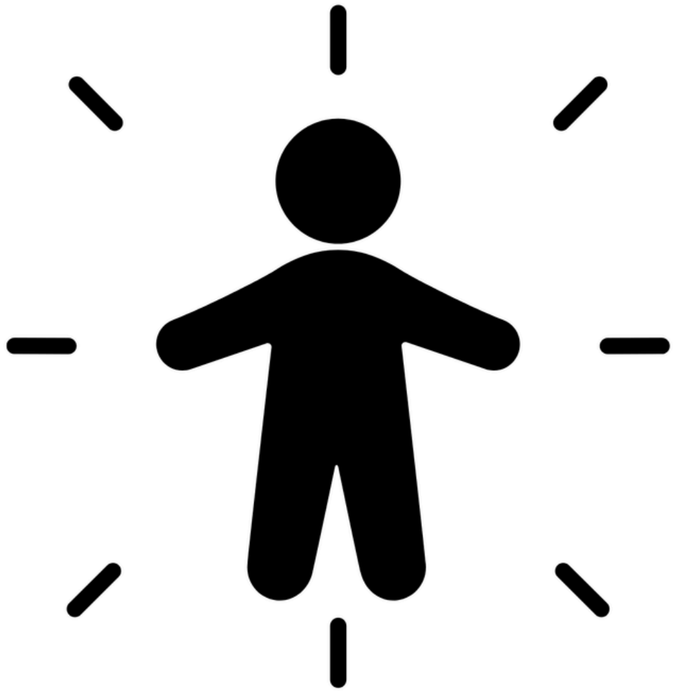
Emotions as Vibration

Define Oscillation

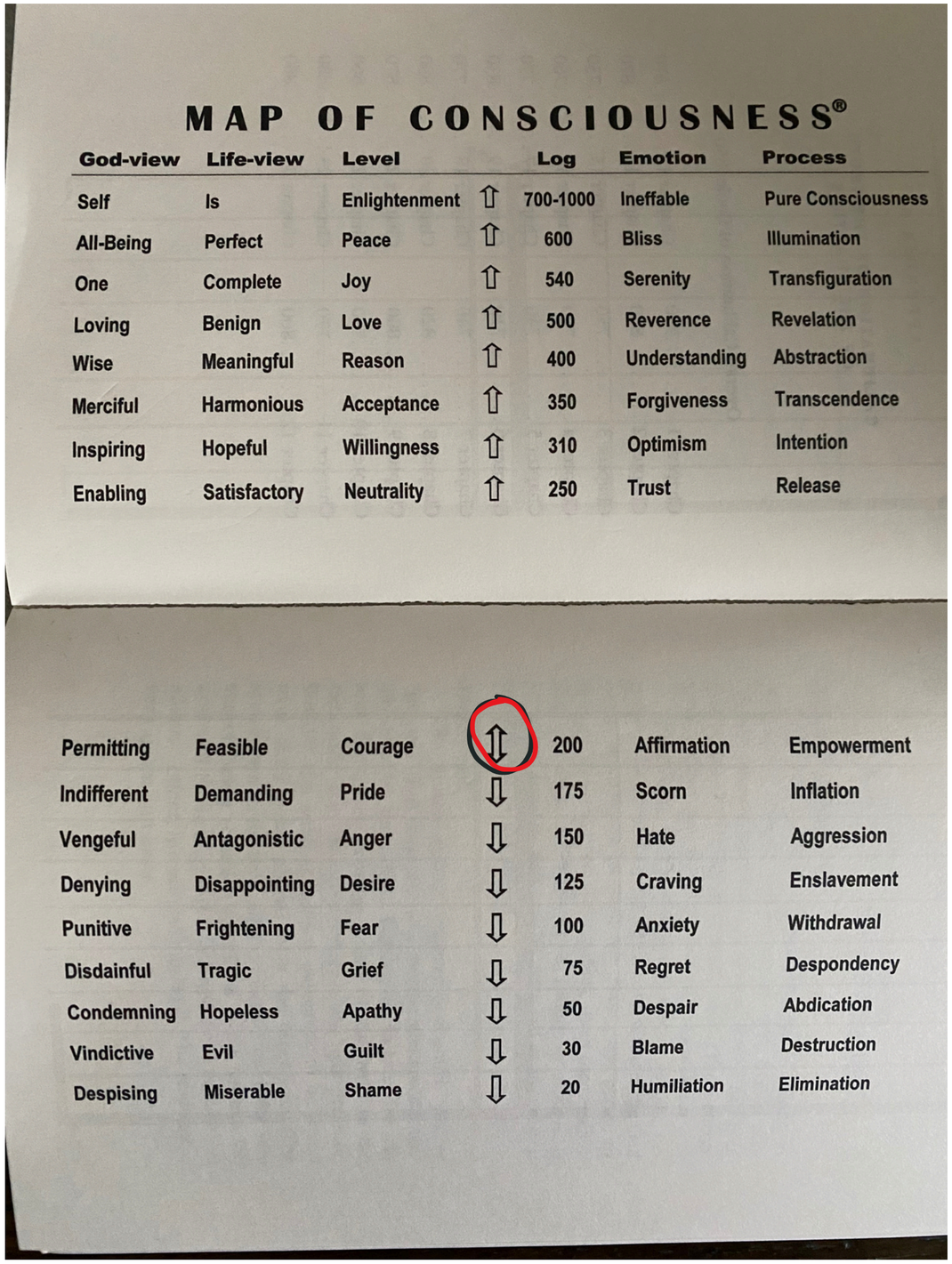
Oscillation: frozen in place shaking
A great example is a tuning fork. When I hit it stays frozen in place shaking. The tuning fork in this case represents your cells in your body. The emotion is the vibration that the cell is shaking too. say sadness, anger, joy, presence gratitude. Each of these emotions vibrate and create a sound frequency. Have them listen and feel the tuning fork.



Emotion as Vibrations



Some emotions vibrate and create a low frequency sound (example with tuning fork 128) and some vibrate and create a high frequency sound (528)
So if you are experiencing low frequency sound in your body, you are going to feel low. If you are experiencing high frequency sound you are going to feel high, happy, connected!

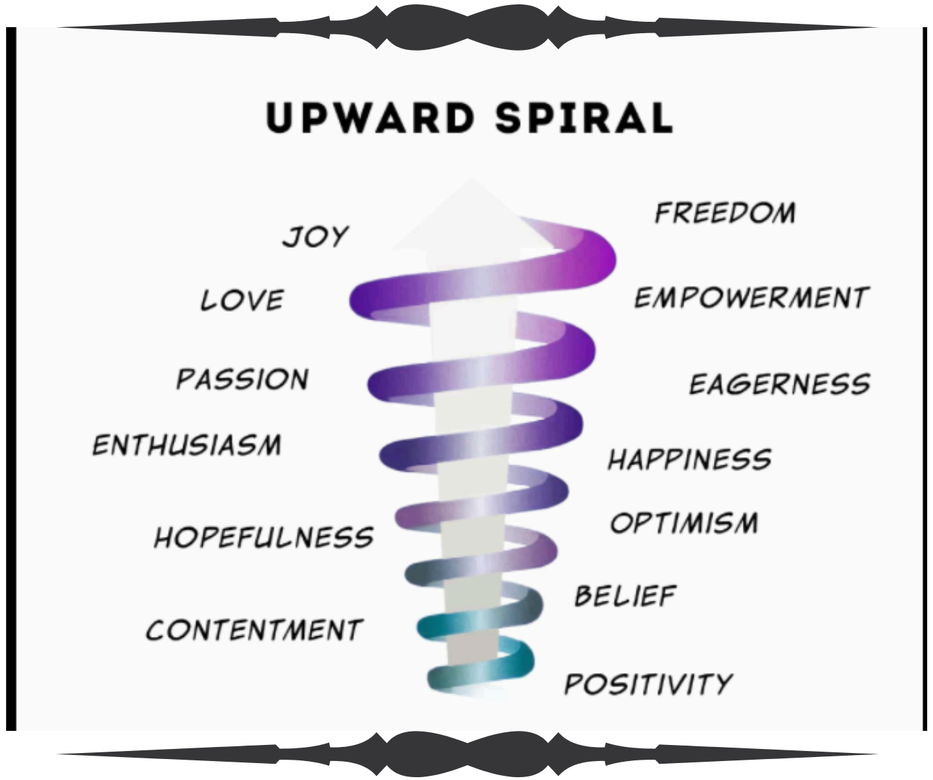


MAP OF CONSCIOUSNESS®

God-view	Life-view	Level		Log	Emotion	Process
Self	Is	Enlightenment	⇧	700-1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	⇧	600	Bliss	Illumination
One	Complete	Joy	⇧	540	Serenity	Transfiguration
Loving	Benign	Love	⇧	500	Reverence	Revelation
Wise	Meaningful	Reason	⇧	400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	⇧	350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	⇧	310	Optimism	Intention
Enabling	Satisfactory	Neutrality	⇧	250	Trust	Release
Permitting	Feasible	Courage	⇕	200	Affirmation	Empowerment
Indifferent	Demanding	Pride	⇩	175	Scorn	Inflation
Vengeful	Antagonistic	Anger	⇩	150	Hate	Aggression
Denying	Disappointing	Desire	⇩	125	Craving	Enslavement
Punitive	Frightening	Fear	⇩	100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	⇩	75	Regret	Despondency
Condemning	Hopeless	Apathy	⇩	50	Despair	Abdication
Vindictive	Evil	Guilt	⇩	30	Blame	Destruction
Despising	Miserable	Shame	⇩	20	Humiliation	Elimination

Map of Consciousness
Dr. David R. Hawkins

Upward Spiral Emotions



Connected to longevity

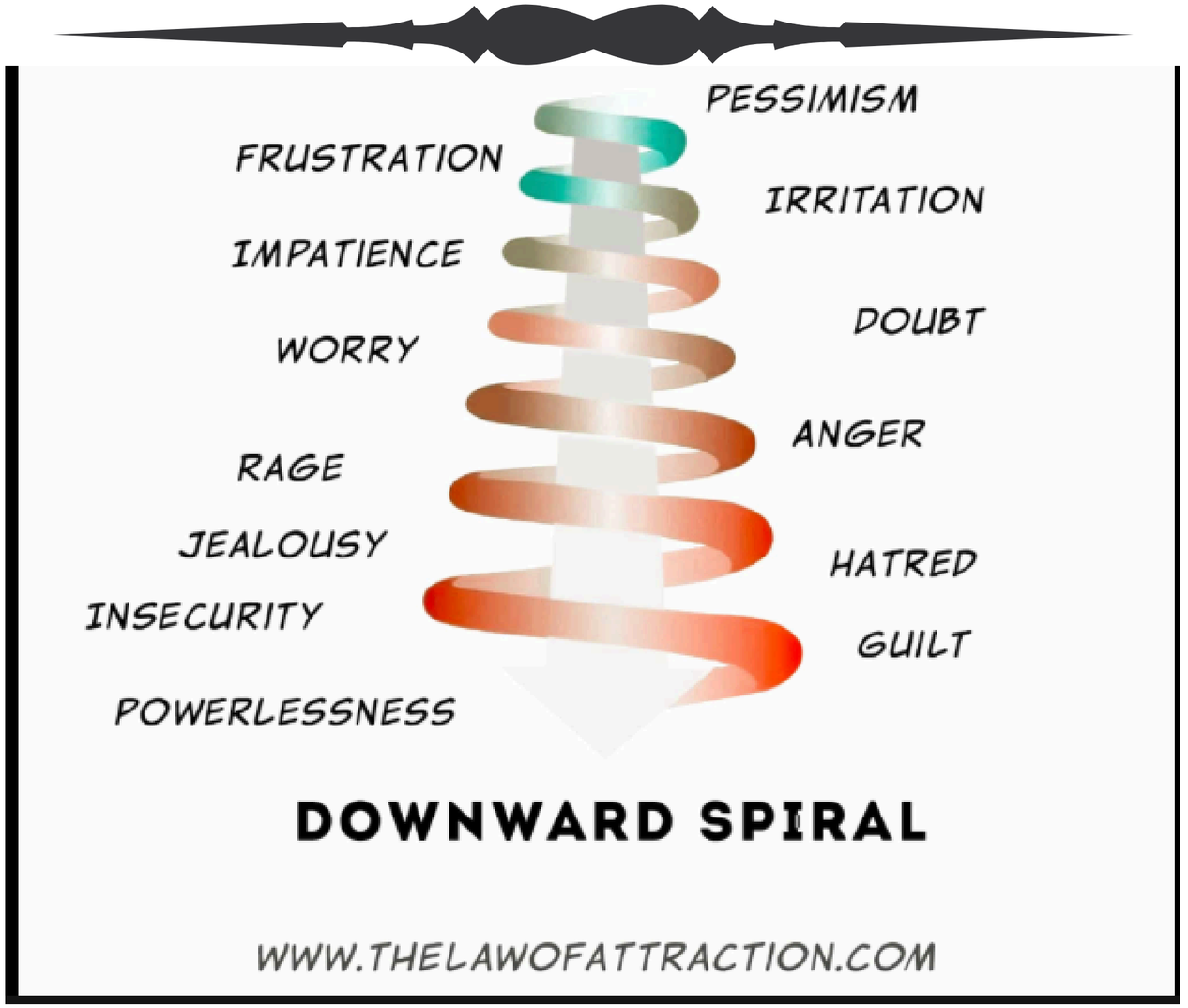
Upward Spiral Emotions and Longevity

When we experience emotions like joy, gratitude, love and awe, our bodies shift into a state of coherence, where our heart, mind, and nervous system work in harmony. These elevated emotional states generate higher vibrational frequencies that not only uplift our spirit but also impact us on a cellular level.

Research shows that such positive emotional states can increase the activity of the enzyme telomerase, which helps preserve the length of our telomeres, the protective caps at the ends of our DNA. Longer telomeres are associated with slower aging, stronger immunity, and a longer lifespan.

In essence, choosing to embody upward spiral emotions sends a vibrational signal to every cell that says: “We are safe. We can thrive.” This emotional resonance becomes a biological message of vitality and longevity.




PESSIMISM
FRUSTRATION
IRRITATION
IMPATIENCE
DOUBT
WORRY
ANGER
RAGE
JEALOUSY
HATRED
INSECURITY
GUILT
POWERLESSNESS
DOWNWARD SPIRAL
WWW.THELAWOFATTRACTION.COM

Upward Spiral Emotions and Longevity

“Our telomere length is determined prior to our conception, as a baby’s body is formed by it;s Mother’s pre-existing physical health. The research of Sonja Entringer, PhD, Pathik Wadwa, PhD, and others has demonstrated the effect of maternal health and telomeres in offspring. So far it has been found that: the higher a Mother’s prenatal anxiety, the shorter the baby’s telomere length: the fetal development period is one of the most critical periods in time for impacting cellular aging As well, expousre to early life adversities such as child neglect, maltreatment, abuse, and violence all shorten telomere length. These early-life exposures to trauma have the largest effects, since they set in place persistent mechanisms that maintain short telomeres throughout life-manifested in exaggerated stress reactivity and its resulting impact on all biological functionings. “



Innate Postpartum Care Manual
Rachelle Garcia Seliga, CPM

Emotional Positioning System:
EPS

A word about boredom:



I see boredom as a checkpoint in your EPS. It is a void where nothing is happening and you are not feeling anything. Boredom can be a great catalyst for change, innovation, creativity and self discovery.

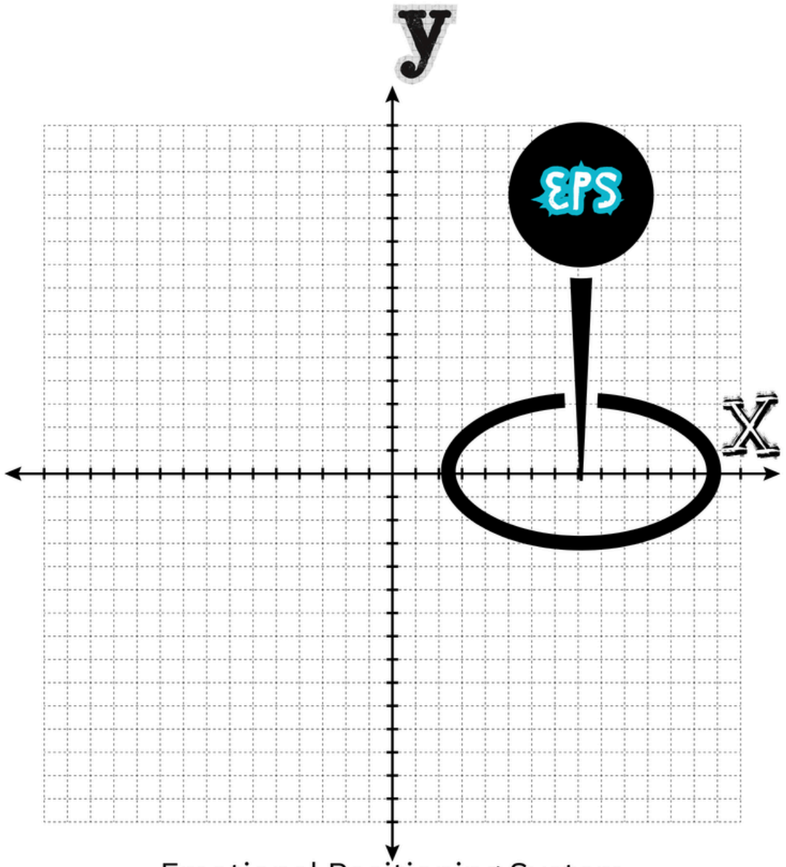
Why are Emotions so Important?





I see Emotions as the vehicle to help us navigate our world/reality. Our emotions allow us to feel, and feelings tells us what we beleive to be true. What you believe to be true creates the vibration that navigates you!

EPS: Emotional Postioning System

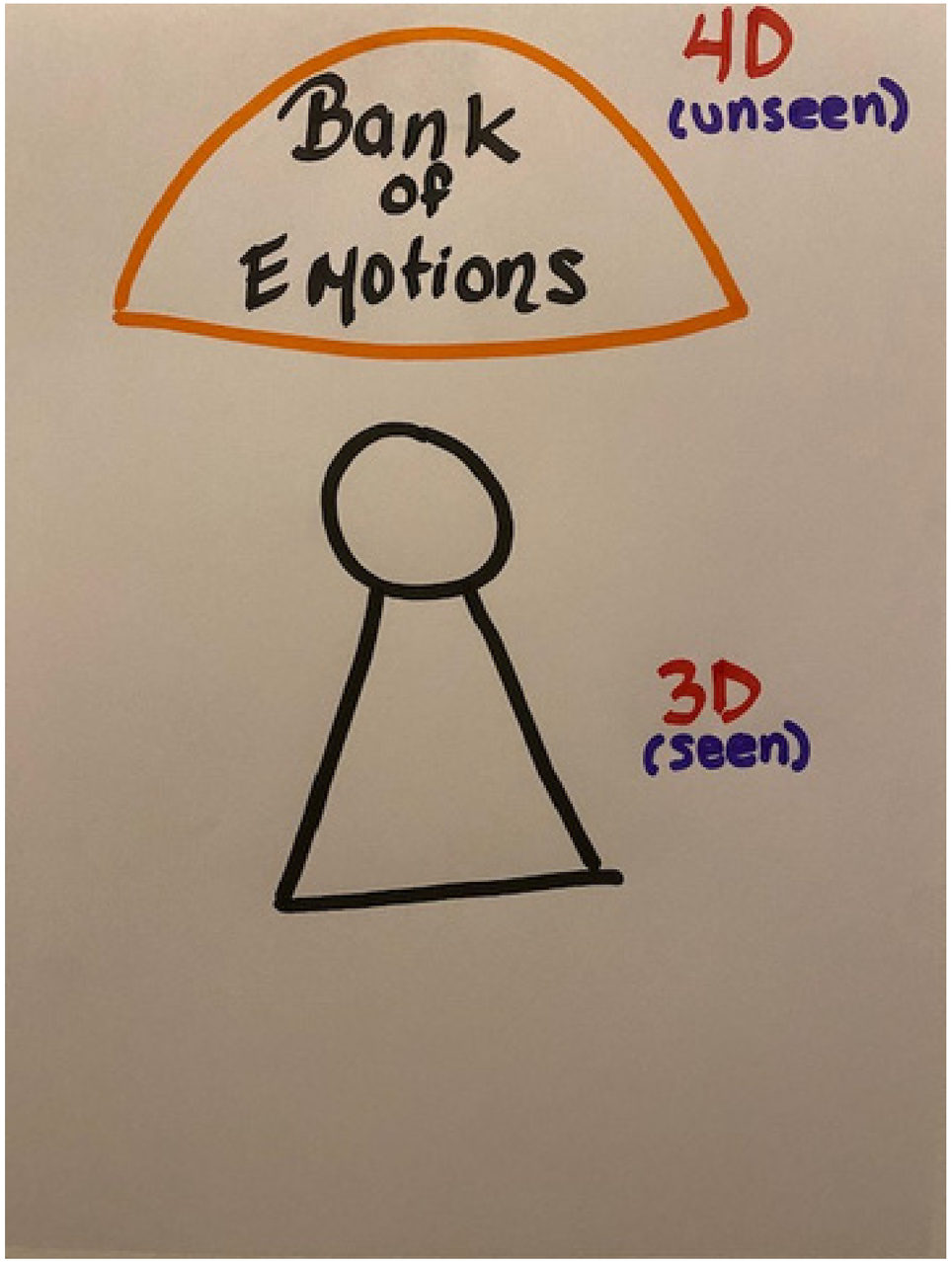


Emotional Positioning System

EPS Smacks you into presence

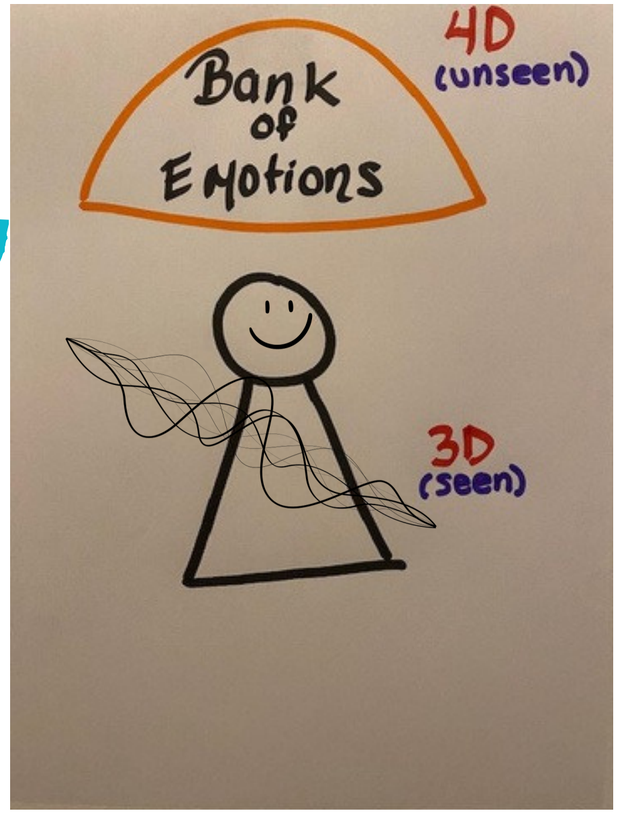
Your navigation system lies within

Uploads/downloads about emotions



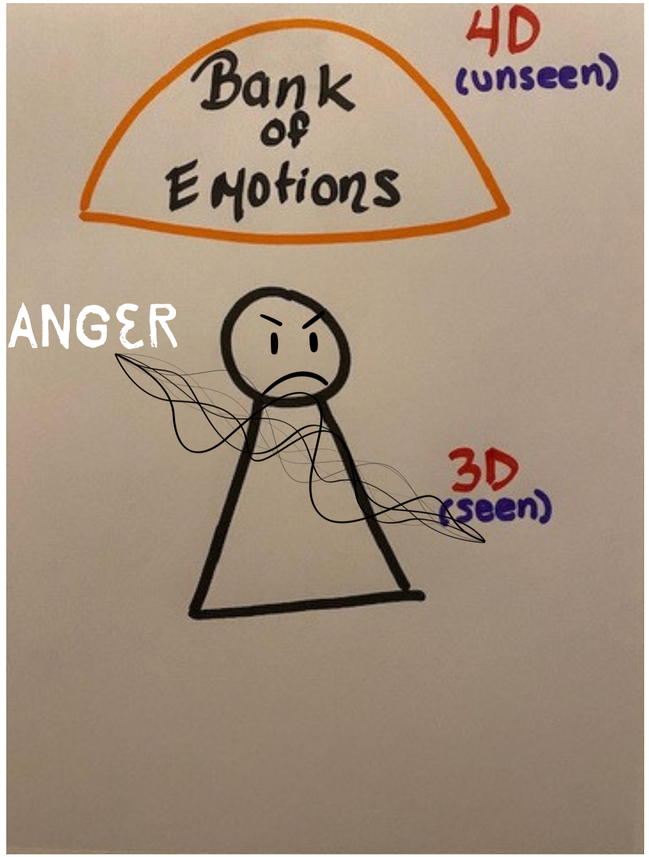
examples

HAPPY

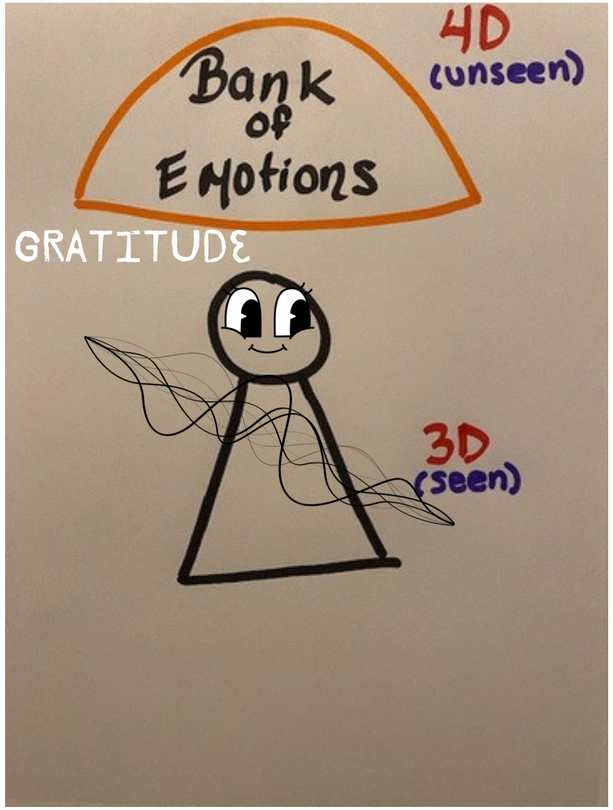


I am mad: I am (telling yourself what to be: and in being mad you will feel, see, hear,: mad

This then changes the lens in which you will perceive the present moment (what is happening right now)



When Sophie Gets Angry, Really, Really, Angry
By: Molly Bang


4D
(unseen)
Bank
of
Emotions
GRATITUDE
3D
(seen)

Emotions are unseen energies that come into us and we become and embody them!



We were taught to identify with our Emotions!

I FEEL





More Upload/Download about Emotions

What is it making me notice about myself?
How can this knowledge now help me in the future?

Imagine having an energetic conversation with our children/connecting with them energetically (because they are not verbal yet, this is how we refine, sharpen and strengthen our ability to connect telepathically with our children

This innate communication exists from the time of conception. We are molecularly fused, connected with our children. They are sentient from the moment of conception. For more information on this look into Pre and Perinatal Psychology. Ways connection is severed:

Tools

Using tools to help us process our lower emotions and transform them from Downward to Upward Spiral

Practice:
Allowing yourself to feel
Openly expressing the emotion, be honest
Use Tools to transform



Tools for Transformation:
Grounding
Music
Crying
Talking
Writing
Gardening
Singing
Meditation/Prayer
Anything that brings you joy, do what you love to do!

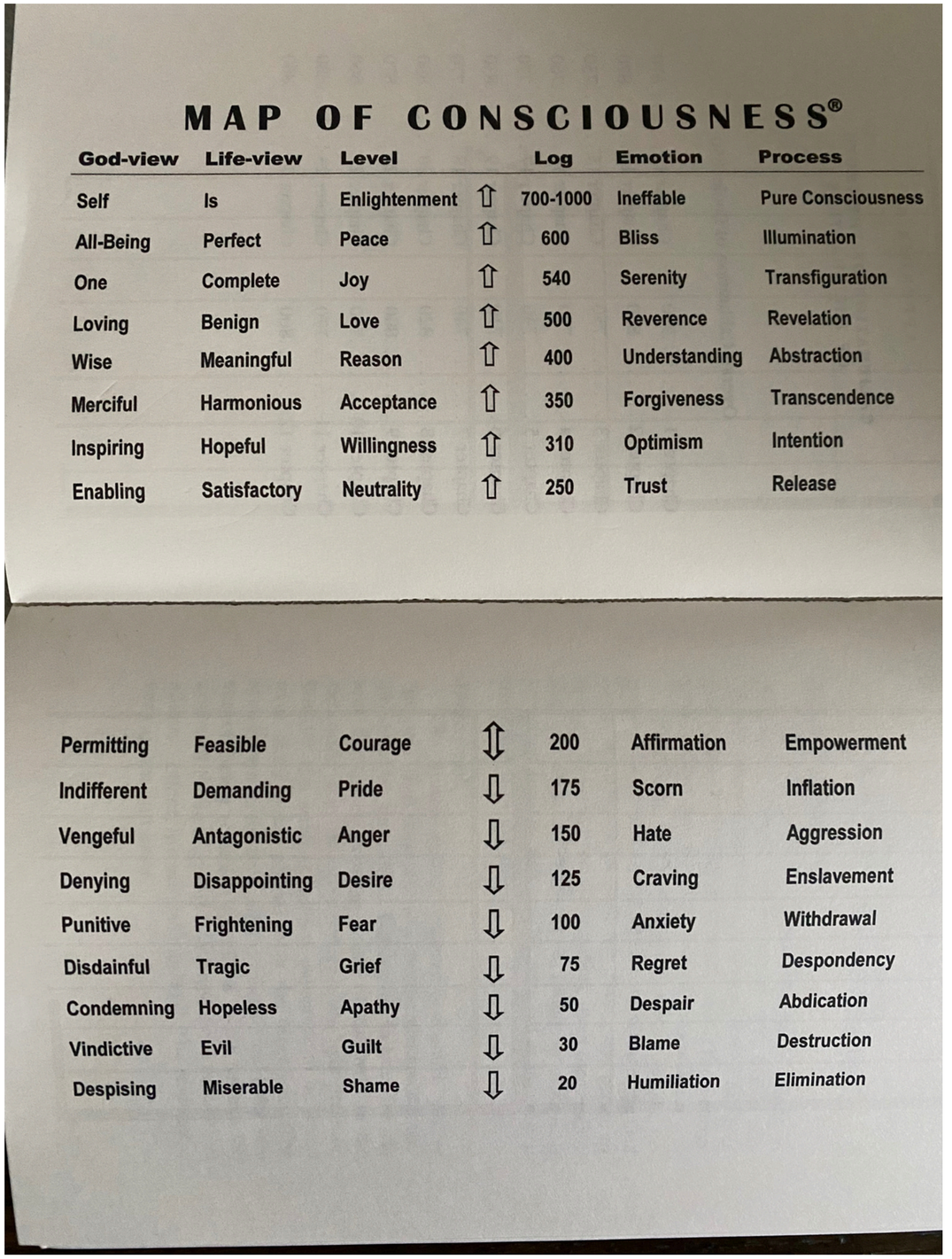
In Order to transform the emotion, you must navigate your way up the scale towards where you want to be.

The Tools will take you there!

Tools for Transformation:

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Music
Crying
Talking
Writing
Gardening
Singing
Meditation/Prayer

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Despising	Miserable	Shame	⇩	20	Humiliation	Elimination

Anger and Fear

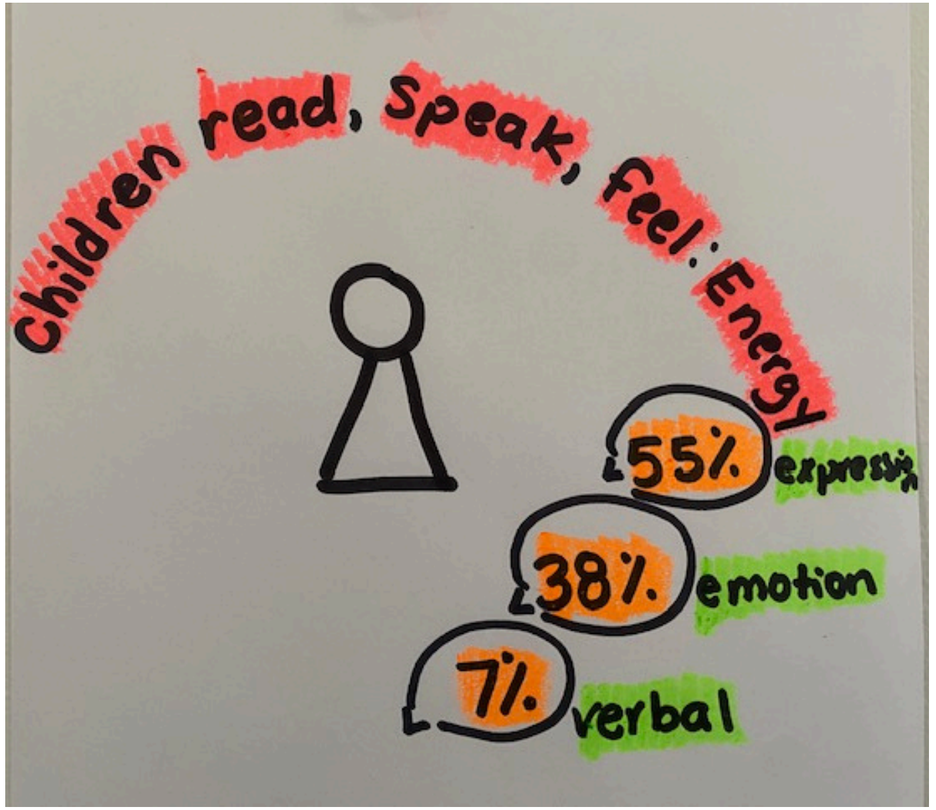


Observer Role





Non Verbal Communication- Albert Mehrabian's work



Example of daughter able to read the tone/intention/feeling behind what she says

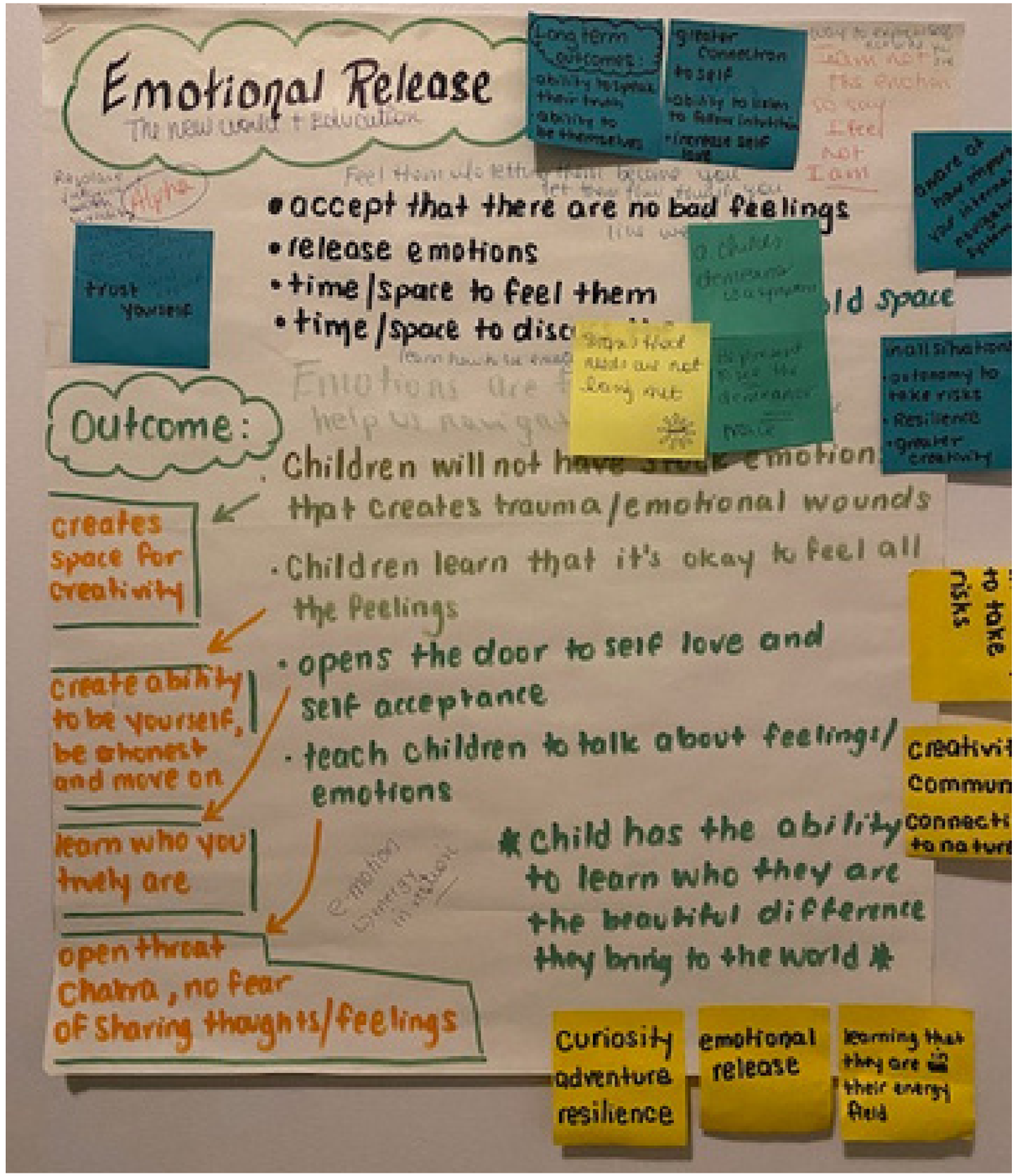
Non Verbal Communication- Albert Mehrabian's work

As adults if we can show this to our children, we are awakening in them their innate power to read and intuit the energy of others regardless of what they say or do. They can read the intent of that person. This could be life saving in many situations. You have now armed you child with the beautiful ability to read intention and energy.

This has to be practiced by us, the Soul Guardians, if we can do it, then we can show them how to do this as well. As guardians and anchors to this world for the children, everything we are exploring in this book must first live in you. Meaning non of this happens if you don't experience yourself K+B=U! The best teachers have experience. That experience now resides in your body and you can support/guide anyone who wants to learn too.

More upload/download about Emotions

My first chart

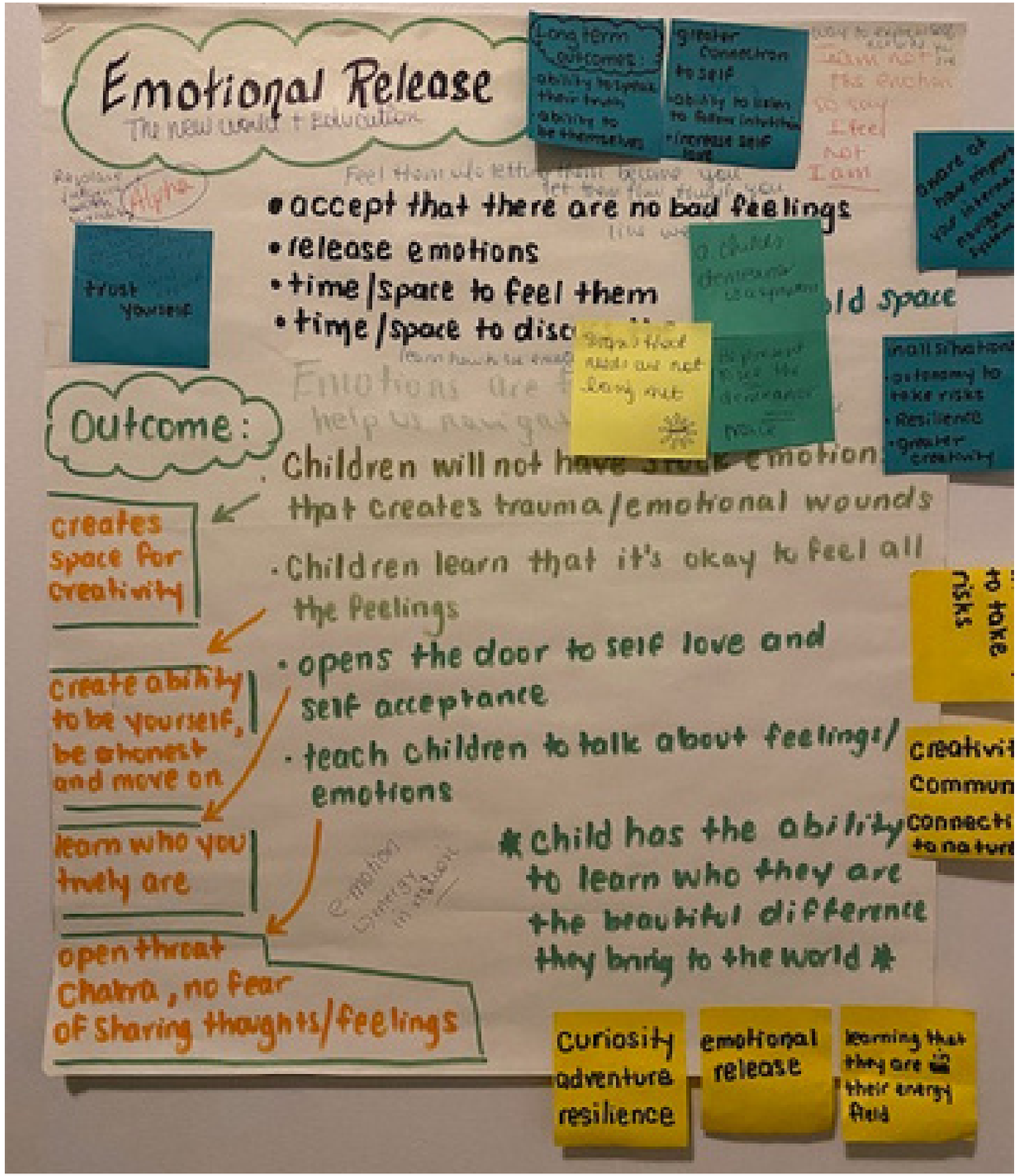


A child's demeanor is a symptom of the emotion

Demeanor : a person's outward behavior, attitude or manner of presenting themselves. ***The symptoms***	
A child's demeanor is often a symptom of an underlying emotion; an inner experience. Just as physical symptoms point to a deeper imbalance, a child's attitude, posture, or tone may be revealing emotional needs seeking acknowledgement.	
Examples of demeanor	**Reflected Emotion**
Withdrawn or quiet	Sadness, overwhelm, insecurity
Hyperactive or restless	Anxiety, excitement, need for attention
Aggressive or lashing out	Anger, fear, feeling powerless
Silly or constantly joking	Nervousness, discomfort, insecurity
Clingy or constantly seeking contact	Fear, longing for connection, uncertainty
Defiant or argumentative	Frustration, feeling unheard or controlled
Daydreaming or zoning out	Disconnection boredom, emotional fatigue
Overly helpful or eager to please	Desire for approval, fear of rejection
Controlling or bossy	Anxiety, fear of unpredictability
Constantly apologizing	Shame, guilt, low self esteem, self worth



A child’s demeanor is often the body language of the emotional field. Recognizing that a withdrawn child might be grieving or that a hyper child might be anxious helps us respond to the root not just the behavior.



More upload/download about emotions:
What does the chart say?

Learning to be Emotionally clear:

To be emotionally clear means to feel what you feel, know what you feel, and express what you feel; without confusion, suppression, or distortion. It is the process of becoming honest with yourself and others about your internal emotional landscape.

Emotional Clarity isn't about controlling emotions; it's about understanding them. When we are emotionally clear:

- We recognize our emotions as messages, not problems.
- We differentiate between what we feel and what others feel
- We can communicate our feelings with honesty and kindness
- We feel less reactive and more responsive
- Our bodies, minds, and energy fields begin to harmonize

Practices that Support Emotional Clarity

A simple path from noticing to understanding

01 **Name it to tame it**

Give your feelings accurate names

02 **Pause and breathe**

So you can respond instead of react

03 **Journaling**

Writing out feelings helps make the invisible visible



04 **Body scanning**

Tune into where you hold emotions in your body

05 **Nonviolent communication**

“I feel ___ because ___; I need ___.”

06 **Inner child dialogue**

Ask: “What am I really feeling beneath this?”

For Children (and Adults!)

When I feel confused, foggy, too much inside, I can pause and ask:

What am I really feeling? What do I need?

Emotions

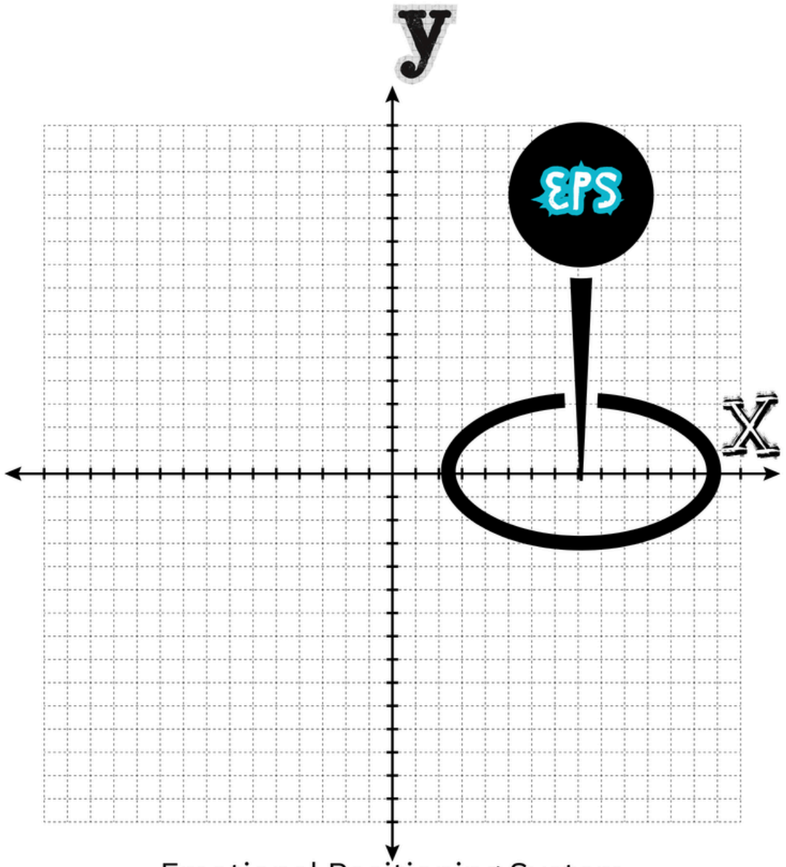


Right now we live and just go about our daily lives not paying attention to/ are numb to our emotions. This aspect of us is invisible, it’s energetic, and it’s part of who we are.

Emotional Release/Emotional literacy helps:



Your emotion is your locator



Emotional Positioning System

Smacks you into presence


Emotions are just feelings not a state of being!!!

Why are Emotions so Important?

Human emotion is really where our highest levels of understanding, mastery and power reside. The ability to understanding our emotions is a powerful tool of spiritual warfare!

When we innerstand emotions, we begin to have a soul level connection to self. This then allows us to have soul level connections with others.

