

abraham hicks emotional guidance scale

abraham hicks emotional guidance scale is a powerful tool designed to help individuals understand and navigate their emotions effectively. Developed by Esther Hicks through teachings attributed to the non-physical entity Abraham, this scale categorizes emotions from the highest to the lowest vibrations, assisting users in identifying where they currently stand emotionally. By recognizing emotional states, individuals can take conscious steps toward improving their feelings and manifesting a more positive life experience. This article explores the structure and purpose of the Abraham Hicks emotional guidance scale, its practical applications, and tips for utilizing it to enhance emotional well-being. Understanding this scale is essential for anyone interested in personal development, emotional regulation, or the Law of Attraction. The following sections will cover the scale's overview, detailed explanation of each emotional level, methods to shift emotions upwards, and real-world examples of its use.

- Overview of the Abraham Hicks Emotional Guidance Scale
- Detailed Breakdown of Emotional Levels
- How to Use the Emotional Guidance Scale Effectively
- Practical Applications and Benefits
- Common Challenges and How to Overcome Them

Overview of the Abraham Hicks Emotional Guidance Scale

The Abraham Hicks emotional guidance scale serves as a framework for understanding the vibrational frequency of emotions. It ranges from the highest feelings of joy and love to the lowest feelings of despair and hopelessness. This scale helps individuals recognize their current emotional state and guides them toward better feelings by moving up the scale progressively. The concept is grounded in the Law of Attraction, which emphasizes that like attracts like, meaning that positive feelings attract positive experiences and vice versa. By becoming aware of one's emotional position on this scale, it becomes easier to make deliberate choices that improve overall well-being.

Origins and Philosophy Behind the Scale

Esther Hicks, channeling the entity Abraham, introduced this emotional guidance scale as part of teachings on how to align oneself with the broader universe. The philosophy asserts that emotional awareness is a

vital component of manifesting desires and living a fulfilling life. By tuning into emotions and understanding their vibrational meanings, individuals can better align with their true desires and create more satisfying realities.

Significance in Emotional Awareness

The scale provides a vocabulary for emotions, enabling clearer identification and acceptance of feelings without judgment. This clarity empowers individuals to manage emotional responses constructively rather than reactively. The scale also emphasizes that all emotions are signals, with lower vibrations indicating a misalignment with one's desires and higher vibrations signaling alignment and flow.

Detailed Breakdown of Emotional Levels

The Abraham Hicks emotional guidance scale is typically presented as a descending list of 22 emotional states, each representing a specific vibrational frequency. Understanding each level allows individuals to pinpoint their feelings and recognize the next best emotional step to take for improvement.

Highest Emotional States

At the top of the scale are emotions that reflect high vibrational energy, such as joy, empowerment, freedom, and love. These states are characterized by feelings of lightness, enthusiasm, and connectedness.

- Joy/Appreciation/Empowered/Freedom/Love
- Passion
- Enthusiasm/Eagerness/Happiness
- Positive Expectation/Belief
- Optimism

Mid-Level Emotional States

The middle range includes emotions that are neutral or slightly negative yet still offer a platform for upward movement. These include contentment, boredom, and frustration, which signal areas needing attention but not total despair.

- Contentment
- Boredom
- Frustration/Irritation/Impatience
- Pessimism
- Overwhelm

Lowest Emotional States

The lowest levels of the scale represent feelings of deep negativity and disempowerment, such as depression, despair, and powerlessness. These emotions are often signals that significant shifts in perspective or circumstances are required.

- Disappointment
- Worry
- Blame
- Discouragement
- Anger
- Revenge
- Hatred/Rage
- Jealousy
- Insecurity/Guilt/Unworthiness
- Fear/Grief/Depression/Despair/Powerlessness

How to Use the Emotional Guidance Scale Effectively

Utilizing the Abraham Hicks emotional guidance scale involves more than just identifying emotions; it requires conscious action to shift upward on the scale. This process is integral to emotional mastery and manifesting desired outcomes.

Recognizing Your Current Emotional State

The first step is honest self-assessment to determine where you currently reside on the emotional scale. Awareness is crucial, as it sets the foundation for intentional improvement.

Taking Incremental Steps Up the Scale

Rather than attempting to leap from a low emotional state directly to a high one, the scale encourages moving step-by-step. For example, if feeling despair, aim to reach feelings of fear or worry first, then gradually move toward more positive states.

Techniques for Emotional Shifting

Several methods can facilitate upward movement on the emotional guidance scale:

- Practicing gratitude to foster appreciation and joy
- Engaging in mindfulness or meditation to increase emotional clarity
- Reframing negative thoughts into positive affirmations
- Focusing on small, achievable goals to build empowerment
- Surrounding oneself with uplifting environments and people

Practical Applications and Benefits

Applying the Abraham Hicks emotional guidance scale in daily life can dramatically improve emotional intelligence and overall quality of life. It offers a structured approach to emotional regulation and personal growth.

Emotional Self-Regulation

By using the scale as a reference, individuals can better regulate responses to stress, adversity, or negative triggers. This leads to healthier decision-making and reduced emotional reactivity.

Enhancement of the Law of Attraction Practices

The scale is a foundational tool for those practicing the Law of Attraction, as it highlights the importance of vibrational alignment. Maintaining higher emotional states increases the likelihood of attracting desired experiences.

Improved Relationships and Communication

Understanding emotional vibrations facilitates empathy and compassion in interpersonal interactions. This awareness helps to diffuse conflicts and foster more meaningful connections.

Common Challenges and How to Overcome Them

While the Abraham Hicks emotional guidance scale is straightforward, challenges can arise when attempting to apply it consistently or accurately.

Difficulty Identifying Emotions

Some individuals struggle to pinpoint their exact emotions, especially when feeling overwhelmed. Journaling and emotional check-ins can assist in developing this skill over time.

Resistance to Negative Emotions

Rejecting or suppressing lower emotions can hinder progress. The scale emphasizes acceptance of all emotions as valid signals, encouraging gentle acknowledgment rather than avoidance.

Impatience with Emotional Progress

Emotional shifts often require patience and persistence. Setting realistic expectations and celebrating small improvements can sustain motivation.

External Circumstances Impacting Emotions

While external events influence feelings, the scale empowers individuals to focus on internal vibrational alignment regardless of outside circumstances. Techniques such as mindfulness and reframing support this internal focus.

Frequently Asked Questions

What is the Abraham Hicks Emotional Guidance Scale?

The Abraham Hicks Emotional Guidance Scale is a tool created by Esther Hicks and the teachings of Abraham that categorizes emotions from the highest vibrational states like joy and love to the lowest like fear and despair, helping individuals identify and shift their emotional state.

How can the Emotional Guidance Scale help improve my mood?

By recognizing where you are on the Emotional Guidance Scale, you can consciously choose thoughts and actions to move up the scale toward more positive emotions, thereby improving your overall mood and well-being.

Who created the Emotional Guidance Scale and why?

The Emotional Guidance Scale was created by Abraham Hicks, a group of spiritual teachers channeled by Esther Hicks, to help people understand and manage their emotions in alignment with the Law of Attraction.

What are some examples of emotions listed on the Abraham Hicks Emotional Guidance Scale?

The scale includes emotions such as joy, knowledge, empowerment, freedom, love, appreciation at the high end, and fear, grief, depression, despair, powerlessness at the low end.

How do I use the Emotional Guidance Scale in daily life?

You can use the scale by identifying your current emotional state on the scale, then focusing on thoughts or activities that help you move to a slightly better feeling emotion step-by-step until you reach a more positive state.

Is the Emotional Guidance Scale based on scientific research?

The Emotional Guidance Scale is more of a spiritual and self-help framework rather than a scientifically

validated tool. It is based on the teachings of Abraham Hicks and the Law of Attraction philosophy.

Can the Emotional Guidance Scale help with anxiety and stress?

Yes, by identifying where anxiety or stress falls on the scale, individuals can work on shifting their emotions upward through positive affirmations, mindfulness, and other techniques suggested by Abraham Hicks to reduce negative feelings.

Additional Resources

1. *"Ask and It Is Given" by Esther and Jerry Hicks*

This foundational book introduces the teachings of Abraham Hicks and explains the emotional guidance scale in depth. It provides practical techniques for aligning with your desires and raising your vibration. Readers learn how to shift from negative emotions to positive ones through deliberate thought patterns and focus.

2. *"The Vortex: Where the Law of Attraction Assembles All Cooperative Relationships" by Esther and Jerry Hicks*

Focusing on relationships and emotional alignment, this book explores how to use the emotional guidance scale to improve connections with others. It teaches how to maintain a high vibrational state to attract harmonious relationships. The Vortex emphasizes the power of emotions as indicators of your alignment with your desires.

3. *"The Amazing Power of Deliberate Intent" by Esther and Jerry Hicks*

This book delves into the concept of deliberate intent and how it relates to emotional guidance. It guides readers on how to consciously choose thoughts that elevate their emotions and attract positive outcomes. The teachings help individuals understand the importance of emotional clarity and focus.

4. *"Money and the Law of Attraction" by Esther and Jerry Hicks*

Exploring the connection between emotions and financial abundance, this book shows how the emotional guidance scale applies to money issues. It offers insight into shifting from feelings of lack or fear to those of abundance and empowerment. Readers are encouraged to align their beliefs and emotions with prosperity.

5. *"Living the Law of Attraction" by Esther and Jerry Hicks*

This practical guide provides tools and exercises for applying the emotional guidance scale in everyday life. It emphasizes the importance of noticing your emotional state and deliberately choosing thoughts that feel better. The book helps readers create a joyful and fulfilling life by mastering emotional alignment.

6. *"The Law of Attraction: The Basics of the Teachings of Abraham" by Esther and Jerry Hicks*

A comprehensive introduction to Abraham Hicks' philosophy, this book outlines the emotional guidance scale as a key component of the Law of Attraction. It explains how emotions serve as a feedback system to guide your thoughts and manifestations. The book is ideal for those new to the teachings, offering clear

steps to improve emotional well-being.

7. *“Emotional Freedom: Liberate Yourself from Negative Emotions and Transform Your Life”* by Judith Orloff

While not directly from Abraham Hicks, this book complements the emotional guidance scale by focusing on emotional healing and self-awareness. Judith Orloff provides strategies for recognizing and releasing negative emotions that block personal growth. The book supports readers in achieving emotional balance and resilience.

8. *“The Emotion Code: How to Release Your Trapped Emotions for Abundant Health, Love, and Happiness”* by Bradley Nelson

This book explores the healing power of understanding and releasing trapped emotions, which aligns with the concept of moving through the emotional guidance scale. Bradley Nelson introduces techniques to identify and clear emotional blockages. It offers a holistic approach to emotional well-being and improved life experiences.

9. *“Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead”* by Brené Brown

Brené Brown’s work on emotional resilience complements the emotional guidance scale by focusing on how to recover from emotional setbacks. The book encourages embracing vulnerability and learning from emotional challenges to build strength. It provides valuable insights into managing emotions constructively and fostering growth.

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manifestation challenge and full affirmation library for continued growth This isn't another fluff-filled self-help book. This is the actionable blueprint to align your thoughts, emotions, energy, and identity — so manifestation becomes a natural extension of who you are. Whether you're manifesting your first breakthrough or scaling to your next level, this book will guide you to become the conscious creator of your reality. You are not here to chase. You're here to attract. Let this be your blueprint.

abraham hicks emotional guidance scale: Your Owner's Manual for Life Maureen Marie Damery, 2016-10-17 Some books are deeper and more profound than others. They touch us at a deep soul level. This is one of those books. Your Owner's Manual for Life epitomizes the Truth that our greatest resource lies within. ~ Jack Canfield, Co-creator, of the Chicken Soup for the Soul(R) book series I have never met anyone so completely dedicated to her vocation as Maureen Damery has been in her relentless pursuit of this book. She is a student of life with a child's sense of wonder and a teacher of healing light and energy. Maureen's background in software development coupled with her deep spiritual commitment to healing the human soul have converged beautifully to co-create with the divine and birth this incredibly insightful book. Getting lost in it may be the only way to find your true self. ~ Karen Biscoe, CPC Desiring more meaning, fulfillment and joy in my life, I embarked on a quest to actualize this aspiration. Your Owner's Manual for Life is the synthesis of everything I've learned, believe and love. A compendium of wisdom gleaned from experiential practice incorporating the works of New York Times Best-Selling Authors and Internationally Renowned Inspirational Speakers such as Louise Hay, Deepak Chopra and Dr. Wayne Dyer (to name but a mere few), Source Code provides you with practical, empowering tools for creating and enjoying a rich, fulfilling life. Follow the song of your heart ~ embrace its gentle whispers, for they are composed in the Source Code of Your Soul.

abraham hicks emotional guidance scale: The Holistic Guide to Hypnotherapy Steve Webster C.Ht, 2017-03-29 The Holistic Guide to Hypnotherapy is the most comprehensive and detailed guide to hypnotherapy yet. The essence of hypnotherapy appears in a fluid light, interspersed with information, graphics, interesting points, famous quotes, and humorous memes. Detailed guides to the steps of hypnotherapy, therapies, modalities, and alternate health options help both the novice and the professional. Most hypnotists cannot hypnotize 60 percent of the population, and this book teaches you how to. Your subconscious mind can never be ill, and in this regard, the book concludes with teaching you how to be a consciousness engineer and create the existence you desire and deserve.

abraham hicks emotional guidance scale: Summary of Super Attractor by Gabrielle Bernstein QuickRead, Lea Schullery, Learn the methods for manifesting a life beyond your wildest dreams. What's a Super Attractor? Being a Super Attractor means that what you believe is what you will receive. You can co-create the world you want to see by aligning good-feeling emotions and directing them toward your desires. If you're feeling down about life, depressed, or simply want to make a positive change in your life, Gabrielle Bernstein's guide to becoming a Super Attractor will give you the tools to turn your life around and manifest your dreams into reality. Spiritual leader and life coach, Bernstein, believes in a nonphysical presence beyond our visible sight, and when we acknowledge this higher power and stay spiritually aligned, we can tap into its powers and achieve our goals. Bernstein has helped thousands around the world unleash the power of the Universe, and now you can too. Want more free books like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. DISCLAIMER: This book summary is meant as a preview and not a replacement for the original work. If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be. If you are the original author of any book on QuickRead and want us to remove it, please contact us at hello@quickread.com.

abraham hicks emotional guidance scale: A Year of Mindfulness for Beginners Lee Papa, 2020-05-19 365 days, 365 ways to master mindfulness—a guide for beginners Start your journey to living better, being present, and acting with intention today. A Year of Mindfulness for Beginners is

the perfect choice for people looking to internalize the practice and develop beneficial, lifelong habits. Featuring daily doses of affirmations, exercises, meditations, and inspiring quotes, *A Year of Mindfulness for Beginners* helps you live in the moment and be more aware of yourself. *A Year of Mindfulness for Beginners* includes: Beginner-friendly—Embrace mindfulness for beginners with simple, beginner-friendly exercises that help you take things one day at a time. A year of practice—Find out how to be more mindful with 365 entries that let you progress at your own pace. Memorable quotes—Be inspired as you discover how the ideas behind mindfulness have resonated with great thinkers, writers, and more—including Dalai Lama XIV, Oscar Wilde, Maya Angelou, and Dr. Bruce Lipton. Day by day, learn how you can live your life more mindfully with *A Year of Mindfulness for Beginners*.

abraham hicks emotional guidance scale: Super Attractor Gabrielle Bernstein, 2019-09-24
** NEW YORK TIMES BESTSELLER! ** Ready to take the next step toward living in alignment with the Universe? The #1 New York Times best-selling author of *The Universe Has Your Back* shows you how. In *Super Attractor*, Gabrielle Bernstein lays out the essential steps for living in alignment with the Universe--more fully than you've ever done before. I've always known that there is a nonphysical presence beyond my visible sight, Gabby writes. All my life I've intuitively tuned in to it and used it as a source for good. . . . What we call it is irrelevant. Connecting to it is imperative. *Super Attractor* is a manifesto for making that connection and marrying your spiritual life with your day-to-day experience. In these pages, you'll learn to: * Move beyond dabbling in your practice, when it's convenient, to living a spiritual life all the time * Take practical steps to create a life filled with purpose, happiness, and freedom * Feel a sense of awe each day as you witness miracles unfold * Release the past and live without fear of the future * Tap into the infinite source of abundance, joy, and well-being that is your birthright * Bring more light to your own life and the world around you This book is a journey of remembering where your true power lies. You'll learn how to co-create the life you want. You'll accept that life can flow, that attracting is fun, and that you don't have to work so hard to get what you want. Most important, you'll feel good. And when you feel good, you'll give off a presence of joy that can elevate everyone around you. After reading this book, you will know how to fulfill your function: to be a force of love in the world.

abraham hicks emotional guidance scale: Manifest Anything You Want Shantini Rajah, 2025-05-23 Become a Masterful Manifestor Join Shantini Rajah on a delightful manifesting journey that integrates spiritual and scientific concepts with simple exercises and tools anyone can use to attract their dream life. Shantini's approach includes six magical yet practical ingredients and a unique, Microaction Manifesting tool called 1 Healing Breath that helps you call in your greatest desires in just a few moments each day. Featuring much more than generic techniques, this book helps you generate a deep sense of safety in the body, mind, and spirit so you can confidently and joyfully partner with the Universe to receive everything you desire. Whether you want to start a successful business, find true love that lasts a lifetime, or bravely speak your truth, *Manifest Anything You Want* will get you there in ways that are inspiring, easy, and fun.

abraham hicks emotional guidance scale: The Joy of Saying No Natalie Lue, 2023-01-10 Are you still playing a role you learned in childhood to please others, such as the Good Girl/Boy, the Overachiever, or the Helper? Though these kinds of roles may have gained us attention and affection, they prohibited us from becoming our true selves. People-pleasing--putting others ahead of ourselves to avoid something negative or to get something we want or need--runs rampant in our society. Saying yes when we should say no leaves us stuck in frustrating patterns. And when we don't say yes authentically, we say it resentfully, which leads to more problems than if we'd said no in the first place. *The Joy of Saying No* will help you identify your people-pleasing style and habits. A six-step framework then teaches you how to discover the healing and transformative power of no to establish healthier boundaries, foster more intimate relationships and fulfilling experiences, and reconnect with your values and authentic self.

abraham hicks emotional guidance scale: How to Manifest Anything Victoria Jackson, 2024-09-12 How do I manifest my soulmate? I want to manifest money - where do I start? How do I

manifest my dream job? My manifestation hasn't arrived yet - what am I doing wrong? All these questions and more are answered in this essential guide from leading manifestation coach, teacher and author, Victoria Jackson. Designed with the signature 'agony aunt' concept in mind, *How To Manifest Anything* is a dip-in-and-out collection of the most popular and recurring questions people ask as they try to implement manifestation into their daily lives. With this comprehensive guide covering love, life, career, money, home, friendship and family, you will have everything you need to overcome any blocks, shift your focus, align your actions and finally turn those dreams into reality. Offering advice, guidance and reassurance, with Victoria's blend of soul, strategy, spirituality and science, this book will help you navigate the magic of manifesting and live your best life. Praise for *Manifesting for Beginners*: 'An accessible, magical introduction to manifesting' - Goodreads reviewer 'An easy book to read with easy to follow ideas' - Goodreads reviewer 'Stands out amongst self-help books, and I've been recommending it to everyone!' - Goodreads reviewer 'I absolutely loved reading this book This really does work' - Goodreads reviewer

abraham hicks emotional guidance scale: Consciouspreneur Gavin McHale, As a high performer, you know what you're good at, whether it's school, sport, business, or life. Driven by the need to win and love of success, you stick to what you're good at, until suddenly it's not enough. You're not enough. When your go-to strategies fail, when you start to fail, how do you get back on top? Author Gavin McHale knows this feeling all too well. A high performer in hockey, school, and later in business, he didn't know how to fail—until that was all he knew. Gavin tanked his professional hockey career after it barely started. When he started his personal training business, he found himself self-sabotaging once again. He didn't realize it wasn't enough to do the work; he had to embody it. Stuck in a vicious cycle of negative self-talk and limiting beliefs, Gavin learned that he had to stop looking outward for answers. Instead, he needed to turn inward. *Consciouspreneur: What To Do When The Hard Work Stops Working* is a self-improvement guide for anyone ready to invest in their personal growth. Hard lessons and practical tips based on research and the author's hockey career will help readers understand how making the unconscious become conscious will transform themselves and their lives. If you're looking for another fluffy, superficial self-help book, you've come to the wrong place. If you're ready to get your emotions in check and rewrite the stories holding you back, *Consciouspreneur* is for you.

abraham hicks emotional guidance scale: Unlock Your Infinite Potential: Embrace the Power of the Law of Attraction Suzy Laverne, Are you ready to transform your life and manifest your deepest desires? *Unlock Your Infinite Potential: Embrace the Power of the Law of Attraction* is a comprehensive guide that will take you on a transformative journey, revealing the secrets behind the law of attraction and providing you with the tools needed to harness its incredible power. In this book, you will uncover the mysteries of the law of attraction and learn how to align your thoughts, emotions, and actions with your desires. You'll discover the interconnectedness of your thoughts, emotions, and vibrations, and how they shape your reality. Dive deep into the role of belief systems and subconscious programming, and understand how they can either propel you toward success or hinder your progress. With practical exercises, engaging narratives, and clear explanations, this book will guide you through the process of setting clear intentions and harnessing the power of creative visualization. You'll learn how to cultivate an attitude of gratitude and appreciation, unleashing the energy of abundance in every aspect of your life. But it doesn't stop there. *Unlock Your Infinite Potential* goes beyond theory and empowers you to take inspired action. You'll learn how to recognize signs, synchronicities, and opportunities, and overcome fear and self-doubt as you step out of your comfort zone. Cultivate an abundance mindset, navigate challenges with resilience, and maintain unwavering faith in the manifestation process. As you progress through the chapters, you'll discover the importance of self-care, the art of surrender and letting go, and the incredible impact of cultivating emotional balance and embracing playfulness. You'll explore the depths of your authentic desires and passions, understand the significance of baby steps, and gain the wisdom to never give up on your dreams. Whether you're new to the law of attraction or have been on a manifesting journey for years, *Unlock Your Infinite Potential* will provide you with a roadmap to

unlock the magic within you. With its practical techniques, guided meditations, and actionable steps, this book will empower you to create a life of abundance, joy, and fulfillment. Are you ready to unleash your potential and manifest a life beyond your wildest dreams? **Unlock Your Infinite Potential: Embrace the Power of the Law of Attraction** is your ultimate guide to tapping into the limitless possibilities that await you. Get ready to embark on a life-changing journey and become the deliberate creator of your reality.

abraham hicks emotional guidance scale: How to Live a Life of Your Own Design: A Guide to Freedom Simona Rich, 2024-01-19 **How to Live a Life of Your Own Design: A Guide to Freedom** is a concise guide in which I outline a Spirit-led life strategy that produces an easy existence filled with joy and meaning. This guide explains how to transition from a mind-based life to a life planned and directed by your Higher Self. This is the state of being where you're totally in the flow, living in the present moment, and joyfully facing the unknown each day, with full knowledge that the Higher Self will always guide you and supply all your needs. The Guide to Freedom contains the exact steps to follow to have such an effortless existence, as well as the dangers you must look out for during your progress to this new way of living. **Why I Wrote This Freedom Guide** Many people in touch with other worlds have spoken about us moving to a higher dimension, whilst some will be left behind. So, I believe that the reason the information download came so fast (I wrote non-stop for six hours the core of this book, and it was done in three days) is that people are urged at this time to transition from being mind (low vibration) to Spirit-led (high vibration), so that they successfully make it to the New Earth. So there's urgency in learning to live this way - and many people feel it, even those not in touch with other worlds at all. And even if the earth wasn't ascending, wouldn't it be good to learn a way of life that has no struggle, and is filled with happiness? I post my videos and pictures on Instagram as a proof that a life filled with joy and devoid of struggle is possible. There's no need to slave in a job all your life so that at the end of it, you'll have some free time. There's no need to be single when you can be in a loving relationship, and there's no need to be alone when you'd prefer having loving friends. Free yourself from the cage of fear that the mind keeps you in, and live a life of your own design. The struggles human beings face all melt away when they stop relying on the mind and fully trust the Higher Self. And the transition involves such simple steps! I teach my clients to live this easier way, and this guide is perfect for those who want to fully understand the principles of such living. This book contains the complete guide to transitioning to the Higher-Self-led life, where the mind takes the lower position - that of a servant of the Higher Self, and not our master.

abraham hicks emotional guidance scale: The Grind Culture Detox Heather Amunet Archer, 2022-06-14 **Your Worth Is Not Measured by Your Production** Grind culture refers to the false belief that to be considered valuable or worthy in our society, one must be productive. Lurking in the shadow of capitalism, grind culture is accepted as normal, even necessary, and most people aren't even aware of the harmful ways it impacts us. Now, in **The Grind Culture Detox**, author Heather Archer exposes grind culture in all its complexity. Beginning with the history of grind culture in the United States, Archer explains how the poisonous legacies of stolen labor (chattel slavery) and stolen land (manifest destiny) have led to the exhausting workforce culture we have today. While facing that history is an important first step, Archer goes further by offering a blueprint for how we can radically reorient our lives and fundamentally change our relationship with work and production forever. Utilizing nontraditional approaches such as somatics, sound healing, herbalism, and more, **The Grind Culture Detox** is an invitation to experience an inner revolution—one where you recognize yourself as a sacred being and acknowledge you are worth far more than what you produce.

abraham hicks emotional guidance scale: Love is the Law Marieta Oslanec, Esq. , 2019-10-22 It took me 16 years to understand that in order to find true love, happiness, peace and abundance, I needed to go within. During those years, I experienced several painful breakups and went from one relationship to another, only to realize that the most important love is self-love. The most painful break-up was the beginning of my life-long love story. I moved from Slovakia to the USA with only 700 USD and without speaking a word of English. I put myself through law school and

became a licensed attorney in New York. Nobody would hire me, so I started my own company and hired myself. I then decided to challenge myself further and travel the world solo. I spent 30 days in complete silence, in meditation retreats throughout Bali, Nepal, and Hawaii. During this period, I faced my deepest fears and came to discover that they were only illusions. The truth is, many of our fears are not real, they are just our ego trying to protect us. What is real is love, and that is our "higher self". The Universe is governed by the ultimate Law that is Love, and when we all collectively raise our consciousness, we will be able to create a new world. In this book you will learn how to: - Heal a broken heart and fall in love with yourself - Change a limiting money mindset and attract abundance - Discover your purpose and start a purpose driven business - Meditate and tap into your higher self - Create a healthy relationship with your body & embrace your beauty - Activate your inner genius & step into your power In order to live in this new world, every one of us must awaken and do the inner work. The new reality is within you, yearning to be awakened. The question is, are you ready? About the Author Marieta Oslanec is a successful attorney, author, serial entrepreneur and intuitive business coach. She is the founder of ImmigrationBiz PLLC and ImmigrationBiz Academy, where she has helped many foreign entrepreneurs start profitable businesses in the US and live the American Dream. By combining both her intuition and business skills acquired over the years, she has been coaching female entrepreneurs towards starting their own purpose driven, wildly profitable business. Marieta is originally from Slovakia and moved to the United States when she was twenty-four years old to follow her dream. Marieta's mission is to empower people by raising their consciousness by applying the 21 universal laws in her book, *Love is the Law*. Visit www.marietaoslanec.com and www.loveisthelaw.com for more information. Praise When I first heard Marieta share the title of her book I thought "that's brilliant!" How perfect that a lawyer writes a book about how love is the ultimate law. Marieta and her journey to discovering 21 laws, leading to the ultimate law of love, is a beautiful story of self-discovery. Through reading this book, you will gain a greater understanding of the tremendous power you have in your own life to create greater joy, peace, health, wealth, and above all, love. With this understanding, you hold the key to self-transformation. If individually we all take this key and open the door to self-love, together, we will shift the global consciousness. The purpose of a forward can be many things, and I hope that with this forward you felt inspired and invited to take a closer look; then go beyond reading words and concepts to open your mind and heart and enter the space between words, beyond knowledge, to Spirit, where Love is the Law. Sylva Dvorak, PhD New York Times Bestselling Author *Your Hidden Riches - Unleashing the Power of Ritual to Create a Life of Meaning and Purpose*

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entertain and teach all the way. This book is a sampling of those writings. You, too, will be touched and enlightened by his ability to inspire and enlarge the idea of being love and wholeness to our world and experiencing that same love and wholeness for ourselves. This is a book to pick up again and again for its messages provide regular reminders of simple steps to take in order to create well-being in our lives.

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