



*Your Mind  
Controls  
Your  
Healing*

*Mastering  
the mind-  
body  
connection*

**Vibrational Emotional Scale**

Love Joy Passion Freedom Highest Excitement
Happiness Gratitude Compassion Courage Spiritual Connection
Inspired Confidence Responsible Open-Hearted Serene
Empowered Worthy Eagerness At Ease Light-Hearted
Hopefulness Acceptance Faith Encouraged Positive Attitude
Neutrality Quiet Center of Stillness
Doubtful Insecurity Lonely Rejection Disappointment
Worry Pessimism Frustration Impatience Irritation
Anger Rage Revenge Hatred Fear
Sadness Abandoned Ashamed Anxiety Unloved
Despair Disempowerment Grief Depression Hopelessness

- ✓ Our emotions are the language to the body.
- ✓ Our thoughts have a vibrational frequency like a radio station.
- ✓ We can change the radio station or television channel at any moment in our day.
- ✓ When you learn to control your thoughts you control your life.
- ✓ Every thought we think is signaling our genes to express in a certain way.
- ✓ We can change our DNA based on our thoughts and environment
- ✓ Toxic thinking leads to toxic expression & problems in the body
- ✓ if you repeatedly think and act in identical ways on a daily basis, your brain will become molded into a specific hardwired pattern that will support the same level of mind.
- ✓ Most people routinely think the same thoughts, perform the same actions, and secretly expect something different to show up in their lives.