

VIBRATIONAL SPECTRUM METER

Low Vibrations

Insecurity/Guilt/Shame/Unworthiness

Fear/Sadness/Scarcity/Powerlessness

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High Vibrations

Joy/Gratitude/Love/Abundance/Empowered

Passion/Purpose

Inspiration/Peace

Excitement/Happiness

Acceptance/Confidence/Belief

Optimism/ Courage

Hopefulness/Faith

Satisfaction/Contentment

NEUTRAL

Pessimism

Frustration/Irritation/Impatience

Overwhelmed

Disappointment

Doubt

Stress/Anxiety

Blame

Discouragement

Anger/Revenge

Hatred

Jealousy