

HIGHER FREQUENCY EMOTIONS TABLE

**END
STATE**

COMPASSIONATE
 COMPOSED
 CAUSAL
 CHARISMATIC
 CREATIVE
 CERTAIN

COLUMN A

COLUMN B

COLUMN C

**ROW
1**

Compassion
 Sympathy
 Gratitude
 Kindness
 Selflessness

Love
 Empathy
 Thankfulness
 Benevolence
 Thoughtfulness

Plentiful
 Conviction
 Certainty
 Supported
 Integrity

**ROW
2**

Abundance
 Truthfulness
 Self-Assured
 Contentment
 Honesty

Nurturing
 Letting Go
 Oneness
 Happiness
 Hopeful

Caring
 Flexibility
 Inclusiveness
 Generosity
 Optimism

**ROW
3**

Acknowledgement
 Acceptance
 Understanding
 Surrender
 Tolerance

Self Esteem
 Patience
 Forgiveness
 Calmness
 Respectful

Safety
 Secure
 Trust
 Valued
 Empowered

**ROW
4**

Courage
 Self Sufficient
 Capable
 Worthiness
 Freedom

Harmony
 Balanced
 Fulfilment
 Inspired
 Renewed

Peaceful
 Lightness
 Radiant
 Creativity
 Vibrant