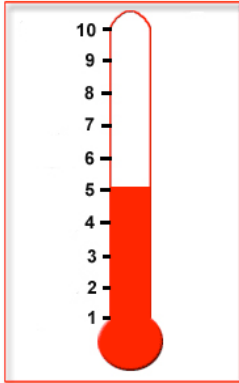


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YOUR VIBRATIONAL METER

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Vibrational Meter



What is it? Your vibrational meter is a tool for ascertaining a measurable felt sense of your emotional states. In a very real sense, it's a way to measure your current feeling state in any given moment.

Where is it? You might be able to envision the vibrational meter or you will sense it internally at the core of your being. In other words, the vibrational meter can always be accessed within your body where the truth resides. Some of you

might be better at visualization and will be able to “see” it in your mind’s eye. Others of you are by nature more kinesthetic and will sense how you feel on the vibrational scale by tuning into your body. You might get a sense of where you are vibrationally by monitoring your heart or your “gut.”

Why is this tool valuable? Initially, the vibrational meter gives you a numerical starting point for what you are currently feeling. Before you begin the tapping process you may feel a variety of challenging emotions such as being stuck, angry, depressed, confused or constricted by shame or blame. After going through the tapping process, the objective is to experience relief, release, peace of mind and an expansive sense of renewed freedom.

Your vibrational meter is also one of the best ways to measure your progress. First, you determine your baseline measurement. Then, after you process and release your limiting beliefs and blocks with the exercises provided, you can again use the vibrational meter to see if you have cleared the challenging emotions and reduced your attachment to the old stories. Using this convenient tool, you will connect with your body’s intelligence and your intuitive wisdom. Your body and your intuition will never let you down. An added benefit of

the vibrational meter is that it builds trust regarding your inner knowing.

How does this tool work? For ease and simplicity, the vibrational meter is calibrated on a scale of 1 to 10. 1 is the least intense. 10 is the most intense.

The ideal is to have your reactive emotions or resistance at 1 or even 0.

Be easy with yourself – no pushing - just let the information from your vibrational meter emerge gently. You have everything you need within you to up-level your internal emotions. Your vibrational meter will help you achieve the highest feeling states that will serve you at this time. Basically, the idea is to simply feel good! When you feel good, this is the most attractive feeling state for manifesting what you envision for your life.