



## Energetic Xylophone.

No matter where you're at energetically, you can shift your vibration with intention. The trick is to do it authentically in order to make the littlest genuine step up to the next emotion you can align with.

Everyone has their own "energetic xylophone" — your job is to note which emotions have the highest and lowest energy for you personally, and to make those your own "xylophone".

1. Note your current true emotion/energy. (If you're really low on the scale, breathe and get your bearings as to what is actually happening presently in the moment.)
2. If you want to shift it, connect with the highest frequency above that emotion/energy that you can authentically connect with.
3. Connect with that feeling/emotion. This will gently shift your state giving you greater perspective, clarity, and space to move to the next spot.

There are no "bad" emotions here, this is just information. These should reflect how you connect with the emotions and what vibrational frequency these create for you.

Example	My Personal Xylophone
10 love, joy, accountability	10
9 gratitude, contribution, bliss	9
8 curiosity, acknowledgement	8
7 happiness, fun, positivity	7
6 respect, connection, awareness	6
5 neutrality, noticing, breathing	5
4 competition, judgement, anger	4
3 blame, accusation, smallness	3
2 frustration, careflessness, lying	2
1 apathy, fear, zero accountability	1
0 hate, victimhood, no voice	0