

Practice emotional relativity by feeling where these would appear on the higher perspective hill or into the fear-influenced ocean:

Fear	Petty	Jealous	Nostalgic
Self-Pity	Apprehensive	Zoned Out	Day-dreamy
Freedom	Wounded	Unsatisfied	Scared
Pessimism	Startled	Tortured	Analytical
Overwhelmed	Unlucky	Alone	Connected
Disappointment	Fulfilled	Strategic	Clarity
Indifferent	Ecstatic	Pensive	Elated
Rage	Isolated	Hostile	Supported
Guilt	Sad	Lacking	Eager
Shame	Uncaring	Oppressed	Empowered

This graphic is intended as an awareness path... to remind you to use your inner emotional compass... to navigate yourself upward from negative lenses that are limiting... to a clarity of knowingness that unleashes your truth, purpose and higher self.

BTW, this is how life works; if you'd like to have mastery of your life, increase your awareness of what you believe/think/feel. It is everything, because how life feels, through the birth and realization of desire, is the reality of existence. Joyful creation is the Hokey Pokey... That's what it's all about! Plus, raising your emotions by seeking relief, feels way better and makes you improve and evolve, instead of decline. Plus, peace. Duh.