

# Your Instrument Panel

**Ecstasy**  
**Joy, Bliss**  
**Knowing, Empowerment**  
**Freedom**  
**Love, Appreciation**  
**Passion, Eagerness, Enthusiasm, Happiness**  
**Positive Expectation, Belief**  
**Optimism, Can Do**  
**Hopefulness, Seeing Possibility**  
**Self Esteem, Courage**

**Acceptance, Letting Go, Content, Relaxed**  
**Boredom, Don't Care**  
**Pessimism, Can't**

**Frustration, Irritation, Impatience - The Tipping Point**

**Overwhelm, Stressed**

**Disappointment**

**Doubt, Confusion, Uncertainty**

**Worry, Negative Thoughts**

**Blame, Project on Others**

**Discouragement, Quit, Fatigue**

**Anger - A Bridge To Regaining Your Power**

**Revenge**

**Hatred/Rage**

**Jealousy, Desire that doesn't feel good, Craving**

**Fear**

**Grief, Sadness, Regret**

**POWERFUL**  
**In alignment with Large Self**

Non-resistant  
In the flow  
EXPANDED  
Relief  
Relaxed  
Softer  
Allowing

**- Resting Zone, Emptiness**

*RELIEF is always that way!*

*All emotions are Divine Energy at different frequencies.*

*Mantra: All feelings are good.*

Resistant  
Tense  
Harder  
Against the flow  
CONTRACTED

Out of alignment with Large Self

Influenced by the teachings of Abraham/Jerry and Esther Hicks, and David R. Hawkins, Power vs. Force.

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**Depression, Despair, Apathy**

**Guilt, Shame, Unworthy**

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Divine Openings.com    Lola Jones