



## Vibration Evaluation

What's all this talk about energy and vibration? What does it mean for you? How do you know what you're vibrating or **where your energy set-point is?**

Take this quick evaluation to **get a feel for where you're at**. It can be an eye-opener or maybe just a confirmation you're already where you want to be. For each question choose the answer most fitting for you. You'll tally your score at the end.

**1. It's Monday morning at work and your co-worker approaches you for another beginning-of-the-week gripe session. You:**

- a) jump right in and point out all the bad news she left out
- b) let her air her gripes, since that's what supportive friends do
- c) griping co-workers? Never heard of 'em

**2. You're already late for an appointment across town, and freeway traffic comes to a standstill. You:**

- a) know this is what cursing was meant for, and you let 'em fly
- b) turn on the radio to hear how bad it is from a traffic report
- c) turn on the radio to enjoy a couple of favorite songs while you wait

**3. You wake up with an ache in your back. You:**

- a) knew you were wasting time and money with that quack chiropractor
- b) accept that this is just another part of getting older
- c) know it'll work itself out in your morning yoga session

**4. You just discovered the dog used the remote as his latest chew toy. You:**

- a) don't think so. I got rid of that \*\$@ dog after he dug up the yard
- b) mentally note the new tally of destruction by dog, and wonder if it's possible to train kids to keep remotes out of dog reach
- c) realize the dog is right - life is better with less tv and more playing with dog

**5. Your spouse isn't in the mood for love – again. You:**

- a) secretly use this as another justification for the affair with the hottie from the car pool
- b) aren't surprised – everyone said marriage was the death of a sex life
- c) know that it's going to be great when you finally do!

**6. After standing in a 20-minute line, you discover the new movie you wanted to see sold out a half hour ago. You:**

- a) vow never to return a theater too stupid to announce when the show is sold out
- b) are disappointed and return home to watch reruns of *Cops*
- c) know this is the Universe's invitation to visit the specialty ice cream shop next door

**7. Your boss calls you into his office and shuts the door. You:**

- a) worry your biggest client has complained about you again
- b) wonder if you did something wrong
- c) know something good is about to happen

**8. Your brother-in-law announces he's coming to town for a visit and plans to stay with you. You:**

- a) will be damned before that freeloader takes advantage of you again. Last time he stayed over a week and didn't pay for anything!
- b) bite your tongue and steel yourself for another week of hell
- c) are so looking forward to seeing him again that you take time off work to do something fun together

**9. It's your day off and you've planned a trip to the beach. When the sky clouds over and a torrential downpour begins, you:**

- a) blame the weatherman for ruining your day off and spend it pouting at home
- b) know it's only raining because you planned to go out, and that it won't rain again until you wash the car
- c) love that the grass is getting this great watering and enjoy the smell and sound of rain. Likely it'll clear soon and you can still go.

**10. Your friend has just introduced you to a great looking person who is also single and with whom you seem to have much in common. You:**

- a) wonder what's wrong with him/her, as all the good ones are already taken
- b) wish you'd not eaten the tuna sandwich for lunch
- c) meet great people all the time – how nice to make another new friend!

Yes, it's a tongue-in-cheek quiz, but it's still a good indicator of where you're vibrating. If you answered:

**Mostly As** - Congrats! You're got a marked talent for making the worst of things. Who needs bad guys when we've got people like you to bring us down! Keep this up, and you'll find yourself on a continuing downward spiral.

**Mostly Bs** - You've got a firm grasp on reality and probably consider that a good thing. You're one of many that accept whatever comes along and don't expect it to be all that good. You DO hope to be rewarded for your suffering in the afterlife or your next life, though.

**Mostly Cs** - Hats off to you for achieving an inner peace that is truly a rare find on this planet. You are your own captain - deciding exactly what you want and not settling for less. This is what the journey is all about - and you set a beautiful example for those watching. Namaste!

It's not likely you've got an equal mix of answers since most of us tend to vibrate within a narrow range. As you move up the scale (see the **Abraham-Hicks chart** below), you'll begin to recognize situations where your typical response would have been B-like, but you're moving into C territory. (A's don't usually take self-inquiry quizzes like this.) If you do have a mix of answers, you'll feel where you've got room for improvement. And if you're a B living with an A, or a C living with a B, whew ... you're a trooper!

**Emotional/vibrational scale from "Ask and It Is Given" by Esther and Jerry Hicks**

Joy/knowledge/empowerment/freedom/love/appreciation  
Passion  
Enthusiasm/eagerness/happiness  
Positive expectation/belief  
Optimism  
Hopefulness  
Contentment  
Boredom  
Pessimism  
Frustration/irritation/impatience  
Overwhelm  
Disappointment  
Doubt  
Worry  
Blame  
Discouragement  
Anger  
Revenge  
Hatred/rage  
Jealousy  
Insecurity/guilt/unworthiness  
Fear/grief/depression/despair/powerlessness

**Good things come more easily as you move up the emotional scale. For help with making a move, [ej genlqw'vj g'vj tgg'y ggm't krlhqt '83'c'v'I qqf 'Xldg'Wpkgt uls' 'cv' y y y fi qqf xldgwteqo 0](#)**

