



*Climb Your
Ladder:
Emotional/Spiritual
Ladder*



Climb Your Ladder

*We have done with hope and honor,
We are lost to love and truth,
We are dropping down the ladder rung by rung*

—Rudyard Kipling

There's a ladder inside I of u.

It's called the ladder of selves that I talk about in most of my courses and write about in most of my books because it always applies to the subject at hand. And people almost always become interested in using it

People use it as a mental picture that takes exactly one second to us.

On the lower rungs of the ladder we have our lowest selves—the ones that require the lowest levels of consciousness. These lowest selves are our physical selves. We activate these personalities in us when, for example, when we're walking down a dark street at night and someone jumps out at us. We can physically run or we can physically fight. We can activate our “feet don't fail me now” self or we can activate our Jackie Chan self. But whichever physical self we activate, it does not require a lot of creative or strategic thinking.

As we go up the ladder, past the physical self, we find our emotional selves. We finally reach out and find the rungs on the ladder for fear, guilt, anger, resentment, and as we go a little higher up we find the positive emotions: contentment, enjoyment, euphoria, and so on. These middle rungs on the ladder, the emotional selves, take more consciousness than the physical selves, but not much more. It's from these emotional selves that most relationships are ain't and, hence, is why most relationships are so unsatisfactory.

We usually communicate to each other from emotional self to emotional self without even realizing it. My fear talks to your anger. Your anger talks back to my fear.

“What can I do to make you feel better?”

"Nothing is not about you. Why do you think you can control other people's feelings? That's part of the problem we're having here. You've got to know that you can't just talk your way out of things. Sometimes you have to do something."

"What do you want me to do?"

"That's just if you're doing it because I want you to, then you're still not taking any responsibility. You're just trying to placate my moods. You are effectively trying to make every problem we have be my problem. It's always mad to look like it's me. It's not that anything's really wrong, it's just that I can't handle it. I would love it if just once you would realize *on your own* that something is really wrong and then do something about it. Instead, you wait and wait until I finally blow up emotionally and then you have the problem be my emotion. Always, you get to be insane. I'm tired of that. You can take a hike."

Although we put words and phrases to these motions, we aren't really communicating. Not in the highest sense. Not in the sense that we've created a solution or an agreement together. That's why relationships problems often go unresolved. There's no magnanimous thinking going on—only feeling.

Going up to love and truth

As we travel higher on the ladder, we get to the best part. The highest level is the mind, thoughtfulness, intelligence, and creative thinking. If we go even further up the ladder, we reach the very top rung, which is pure spirit. Great relationships are created from the highest rungs on the ladder. Relationship problems always get solved by going up the ladder and relationship problems always get worse by going down the ladder.

A perfect example of being way up on the highest rungs of the ladder is during courtship. If you've ever fallen in love and romance with someone, you know how to go up your ladder. In courtship, you are in your most clever, thoughtful, auspicious, and strategic personification. You were accessing your highest consciousness. Contrary to the common folk-wisdom in our society, you were not operating from the heart; you were operating from the mind.

Most people believe that they are sent up and down the ladder because of someone else's behavior. They talk about their relationships

Gary first saw the little story in the newspaper and leaped into action. He mobilized his Astonishment Leadership team and they rushed to the original home of Scott Anderson to begin work. Within days, the team had renovated the house and turned it into the wonderful home that

Scott had remembered and loved

Two weeks after being granted his final wish and returning to his boyhood home Scott Anderson died. Scott's 3-year-old daughter Ashley was not too immediately of this death, and went off to her pre-school dressed like a princess for that night's trick-or-treating. Later, when she was told, she drew a picture for her daddy and attached it to a balloon that family members helped her release into the sky.

In reporting his death, the local newspaper said that Anderson never would have gotten his wish to live in his boyhood home "if it hadn't been for a group of people calling themselves the Astonishment Leadership Service. Paint, hammers and a lot of hard labor, the house was renovated in time to grant Anderson his wish."

To honor Gary's group Anderson's mother placed a plaque at the front door of the home that simply read "Astonishment House."

"It will be Ashley's home," Anderson's mother said.

Once again on one of Gary's Astonishment Leadership group meetings and at one point in the meeting, as a mental exercise, we went around the room and declared who we were at the core—what our basic essence was. When it came to Gary's turn, he said that he was "love." To those who did not know him, that would have seemed very corny. A lot of eyes would have roared upward. But those who were there knew him and his track record, and when he said he was "love," people simply nodded as if they already knew that.

When studying Gary and his work it's easy to see that the power of astonishment doesn't just apply to business. It applies to a relationship. If you look at how to astonish the people around you, I'm always looking at bringing out the best of me and the best of them.

as if they were all on some terrific levator ride from the movie *Speed* with a demented Denis Hopper ready to cut the cables at any given moment. Unfortunately that's how most people experience life. But that experience is a choice. We can also choose to know about the adder

and to learn to push our *own* elevator buttons

People who love the thrill of courtship will sometimes misinterpret how they got that thrill. The thrill is because of the exciting experience and the new exciting person they fell in love with. But it's not that at a

ts linter! Yet those who think it's sexual will keep pursuing new people after their divorce. They are attempting the "Elizabeth Taylor route to happiness"—trying out new husbands every couple of years to try to get that "up the ladder" feeling back. She gets the feeling back all right, but what she doesn't understand is that the feeling isn't caused by the new engagements. The feeling is caused by her own internal act of I, sending herself up the ladder to deal with the new person. What she doesn't understand is that she could have picked one husband and stayed with him forever if she had learned how her ladder worked and how much control she had of the adder along

was first introduced to the concept of the ladder of selves by the great British novelist and philosopher C. G. Jung. His book *Beyond the Occult* contains a much more thorough explanation of the ladder. I highly recommend his books (he's written more than 10!) because they all reveal intriguing insights about our vital reserves of power

Conradson recounts a period in his life when he had suffered from sending down the rungs into panic attacks and had to go through the agony of his own (however brief) period of mentalness

"I suppose that what seemed ironic," he called, "as that I had always felt that I understood the cause of my illness. A couple of years before (three panic attacks) had written a book called *New Pathways in Psychology* in which I had argued that mental illness is usually caused by the collapse of the will. When you are making an effort, you will recharge your vital powers as a car recharges its battery when you drive. If you cease to will, the battery goes flat, a life appears to be futile and absurd. To emerge from this state, all that is necessary is to maintain any kind of purposeful activity—even without conviction—and the batteries will slowly become recharged."

Purposeful activity takes us up the ladder. Sorrow at first but up and up we go if we stay in action.

If we stay passive and dwell on our fear of other people, we send ourselves down the ladder into resentment and anger as a conditioned reflex created by habit. Then, by not engaging in any purposeful activity, our batteries will further lose their charge. We'll get that sinking "Why even bother?" feeling about that person.

Soon we become easy to manipulate. Because people who always react to other people with their negative emotions are the most easily manipulated people in the world. Other reactors sense their fear, and then use their own explosive and intimidating emotions to manipulate.

These kinds of people who use emotion to manipulate other people are like sea cucumbers. I learned about sea cucumbers one day from Jocelyn Little who writes about weird animal facts. The sea cucumber, if attacked, sprays its attacker with its internal organs. The predator may become entangled and poisoned in the process, while the sea cucumber rests on the seafloor. Sound familiar?

When people learn to go up the ladder into their minds when dealing with other people, they become impossible to manipulate and therefore can freely learn to create good relationships.

For me the power of the ladder is in how quickly I can realize it. Where am I on the ladder right now? I always know. And by using that knowledge consciously can expand to myself why I feel as I do.

Emotional Guidance Scale

GETS YOU MORE OF WHAT YOU DO WANT >>



HIGH ENERGY ACTIVITY

Joy/Appreciation/Empowered/Freedom/Love
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

GETS YOU MORE OF WHAT YOU DON'T WANT >>



LOW ENERGY ACTIVITY



Abraham Hicks Emotional Guidance Scale and How to Use it

Before we talk about how to use The Emotional Guidance Scale, let's first discuss what it is. According to Abraham Hicks, your emotional guidance is a scale of emotions ranging from positive emotions such as joy, appreciation, and love (the highest) to fear, despair and powerlessness (the lowest). This scale of emotions will help us identify where our vibration is...the closer we are to joy, the higher our vibration and the further we are from joy, the lower our vibration.

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According to Abraham Hicks the scale of emotions from highest to lowest...

1. Joy/Appreciation/Empowerment/Freedom/Love
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. Overwhelm (feeling overwhelmed)
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Desperation/Despair/Powerlessness

So How Do We Use the Emotional Guidance Scale?

The emotional guidance scale is laid out to help us identify where we are emotionally. If we are in a low place and want to feel better, it is important to first identify where we are at on the scale and second to give ourselves permission to climb the ladder and reach for a higher vibration. It is important to remember that it is impossible to jump to joy if you are in a state of feeling jealous, angry, or discouraged. So, give yourself grace as you climb upwards and allow yourself to feel every emotion as you move. If you force a feeling of joy, it will feel unauthentic and false, and you will not be able to truly move.

Joy is the Ultimate State of Attraction

When we live in a state of joy, we attract what we desire. Think of it this way...we attract what we put out there. So, if we are living in a state of joy, we tend to attract happy people and positive experiences that match that vibration. However, if we are living in a state of jealousy, hatred, or anger, we will attract people and experiences that match that negative vibration. Ultimately, we choose who and what we attract by where we allow ourselves to stay on the emotional scale.

Have you ever heard of the phrase “you are the top five people you spend your time with?” This is true because we attract people who are vibrating at the same level that we are. So, look around and evaluate the people you spend the most time with. Where are they on the scale? Where are they vibrating? Do they uplift you? Do they spend their days serving others, lifting each other up? Or do they spend their time talking negatively about other people and their own experiences and lives?

How to Move Up the Emotional Scale

Ways to move up the scale include simple shifts like...

1. Remind yourself that even one step up is an improvement. One step a day turns into seven in a week very quickly. For example, instead of staying angry, try to move to being disappointed.
2. Spend more time doing practices like meditation, energy work, prayer, yoga, spending time in nature. Commit to at least 30 minutes per day.
3. Remember that growth is a process and that you will have good and bad days. This doesn't mean you aren't moving in the right direction.

Emotional Guidance Scale

The following scale was created for the purposes of energy awareness. This scale has great value from a reflective viewpoint for you to reflect and label how you are feeling. If you find yourself with emotions numbered 8 – 22 you will find yourself in lower energy cycles that sits within negative thinking – negative mindset. It is great to notice when your mind is in that zone and **STOP**.

Ask WHY

How did I get into the negative?

ASK - Do I need to reflect and find solutions within myself, check in with my values of what I want to achieve and make action that supports me to be the best version of me?

CHECK - Will my solutions align with my values and my goals – will I get back in to the numbered 1 – 7 categories of positive energy and a positive mindset?

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ative Emotions/ Mindset		

There are many reasons we must be reflective and aware of our thoughts and feelings as they lead to the reactive behaviours that others can see, feel and then respond to.

“Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny.”

Stated in various ways by: Lao Tzu, Ralph Waldo Emerson and Margaret Thatcher



4. Change the people you are spending your time with. When you spend time with people who are living in a state of joy (or close to it) it will help lift you up and remind you where you want to be.

5. Start practicing gratitude and shifting your thoughts from “why is this happening to me?” To “I am so grateful for the following things in my life...”

6. Serve others. When we start feeling like we are living far from joy, it helps to serve others. By doing something for someone else and focusing on other people's needs, we take our energy and focus away from what we are missing and put it towards helping someone else. This naturally increases our vibration and helps us see beyond ourselves and our own lives.

7. Have fun! Another great way to get ourselves out of a “funk” and living at a higher vibration is by doing something that brings us joy. If you are having a rough day and feel like you can't handle all the things, maybe it's time to turn on music and have a dance party with your children. Or maybe fun for you is reading a book outside on your patio or plugging into music and going for a walk. Whatever brings you happiness or excitement, do that!

8. Remember, we manifest things all day long, even when we are not aware of it. We have the power to get to our highest purpose as long as we are taking inventory of our emotions and being mindful of moving towards joy.

QUICK GUIDE

HOW TO USE THE ABRAHAM-HICKS EMOTIONAL GUIDANCE SCALE

Step 1. Find your current emotion on the scale

Step 2. Look at the emotion one step up from your current emotion and ask yourself:

- A. What thoughts attract this emotion?
- B. How do I behave when expressing this emotion?

Step 3. Create / feel the emotion that is 1 step up from your current emotion. Focus on that new emotion until you fully feel it.

Step 4. Repeat Steps 1-3 until you arrive at your desired emotion.

NOTES...

- You can jump emotions. It does not have to be a linear process.
- Every emotion that is a step up from your current emotion is an improvement.
- At each step: (1) Name the emotion; (2) own it (3) Accept & forgive it; (4) Let it go.
- Do your best to stay on the upper part of the scale and see to it that you are at least feeling contentment.
- You will feel & act different with the right kind of thoughts.
- When you are just getting started, it helps to speak the words out loud to generate more feeling behind the exercise.