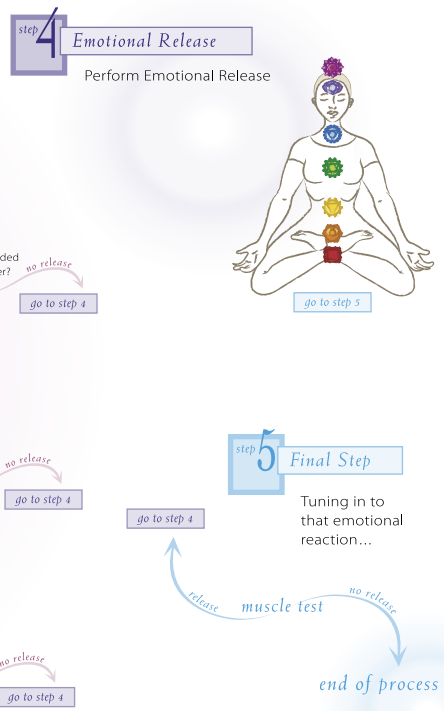
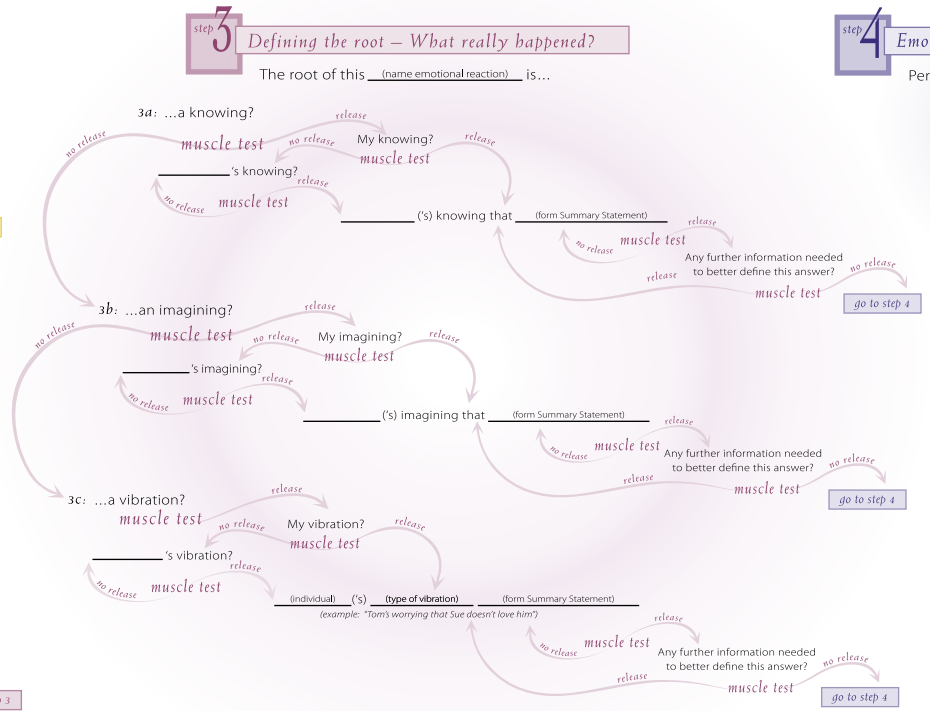
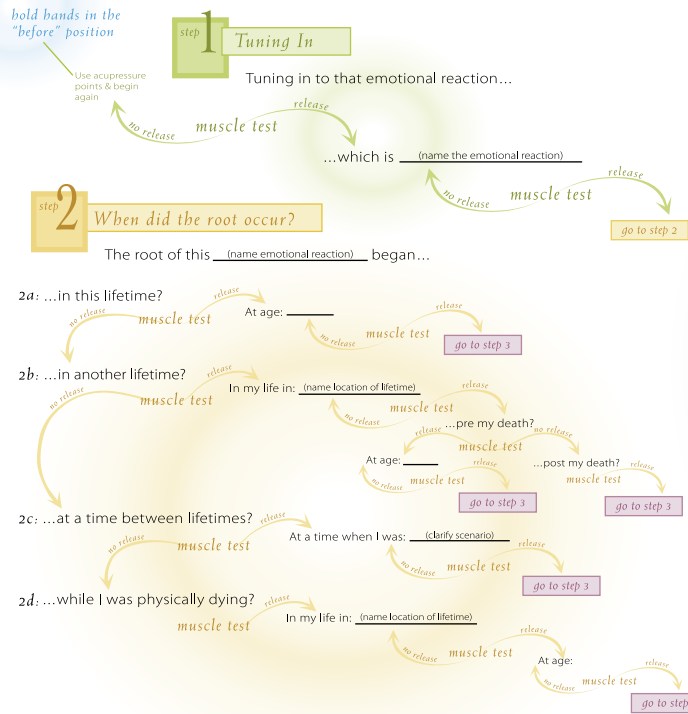


# A POCKET GUIDE TO ALL YOU'VE EVER KNOWN



## *List of Possible Emotional Reactions*

- Happiness
- Ecstasy
- Irritation
- Exasperation
- Terror
- Grief
- Sadness
- Depression
- Regret
- Anger
- Fury
- Rage
- Panic
- Fear
- Hatred
- Self-hatred
- Hopelessness
- Resentment
- Disgust
- Despair
- Dread
- Guilt
- Intellectually and emotionally disconnected

## *List of Possible Vibrations*

- Strategizing
- Planning to
- Fantasizing
- Physical, emotional and/or intellectual attraction
- Feeling
- Thinking about
- Believing
- Remembering
- Waiting
- Pondering or wondering
- Wishing
- Hoping
- Wanting
- Worrying
- Missing
- Envy
- Resenting
- Regretting
- Hating
- Raging
- Fearing
- Planning
- Deciding
- Psychically investigating or psychically entertaining
- Lying, or lying to yourself

A POCKET GUIDE TO:

# ALL YOU'VE EVER KNOWN

The Way In to Your  
Authentic Self Lies In  
Your Own Two Hands

by MELISSA VAN ROSSUM

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