

Harmonic Emotions List



BY KIDEST OM



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Professional Disclaimer

The information and exercises in this downloadable tool are intended for personal growth, educational, and inspirational purposes only. They are **not a substitute for professional medical, psychological, or therapeutic care.**

If you are experiencing physical or emotional symptoms that require professional attention, please consult a qualified healthcare or mental health professional.

All practices and tools shared here are meant to **complement—not replace—professional advice**, and should be used at your own discretion and responsibility.

About the Harmonic Emotions List



The Harmonic Emotions List is a curated collection of positive, high-frequency emotional states organized by category and spectrum.

The emotions are organized into spectrums to help you navigate from where you are to where you want to be.

How to Use the Harmonic Emotions List



7 Core Emotion Categories

Each category represents a family of harmonically resonant feeling-states, organized by vibrational tone.



Focused Practice

Read each emotion word slowly. Sit with the energy of each feeling for a few minutes.



Shift Your Vibration

Use this list when you want to consciously move into a different emotional state or check where you currently are.



Return as Needed

Come back to this list whenever you want to reconnect with uplifting, empowered emotional states.



Grounded & Engaged Emotions



GROUNDING SPECTRUM:



- Grounded • Safe • Secure • Stable • Trusting • Present
- Resilient • Steadfast • Structured • Organized • Orderly

ENGAGED SPECTRUM:



- Pleased • Attracted • Drawn • Engaged • Connected • Enjoyment
- Creative • Flexible • Responsive • Balanced • Beautiful • Inviting

PASSIONATE SPECTRUM:



- Passionate • Interested • Receptive

Confident & Empowered Emotions



7 CORE CATEGORIES · HARMONIC EMOTIONS LIST



CONFIDENT 12 states

Confident

Courageous

Fearless

Self-assured

Bold

Sure

Proud

Validated

Affirmed

Valuable

Worthy

Competent



EMPOWERED 7 states

Decisive

Daring

Focused

Integrity

Willing

Assured

Strategic



AUTONOMOUS 7 states

Wanted

Needed

Autonomous

Resourceful

Committed

Humble

Motivated

Love & Connection Emotions



LOVE

Love
Kindness
Compassion
Care
Loved
Loving
Lovable
Adored
Cherished
Treasured
Appreciated
Valued



CONNECTION

Connected
Belonging
Included
Accepted
Supported
Held
Seen
Heard
Understood
Known
Welcomed



WARMTH

Warm
Tender
Gentle
Nurturing
Affectionate
Devoted
Loyal

Joy & Abundance Emotions



JOY 12 states

Joyful

Happy

Blissful

Elated

Delighted

Gleeful

Radiant

Exuberant

Playful

Fun

Light

Buoyant



ABUNDANCE 11 states

Abundant

Prosperous

Wealthy

Fortunate

Lucky

Blessed

Provided for

Taken care of

Expansive

Overflowing

Rich



GRATITUDE 6 states

Grateful

Appreciative

Thankful

Fortunate

So fortunate

Deeply grateful

Peace, Flow & Freedom Emotions



PEACE

Peaceful · **Calm** · Serene · **Tranquil** · Still ·
Quiet · Centered · Balanced · **Harmonious** ·
At ease · **Relaxed**

FLOW

Flow · Ease · **Effortless** · Fluid · **Aligned** · In
sync · Coherent · **Natural**

FREEDOM

Free · **Liberated** · Expansive · **Open** · Unbounded ·
Limitless · **Spacious** · Light

INSPIRED

Inspired · Creative · **Magnetic** · Energized ·
Enthusiastic · **Alive** · Vibrant · **Glowing**

Complete Emotion Reference



Grounded

- 10 emotions

Pleased

- 14 emotions

Confident

- 25 emotions

Love

- 20 emotions

Gratitude

- 11 emotions

Joy

- 17 emotions

Peace

- 12 emotions

About Kidest OM



Kidest OM (Kidest Mengistu) is an author, teacher, and conscious evolution coach whose work bridges science, spirituality, and the art of conscious creation. Through her books, courses, and teachings, she helps individuals expand their consciousness, strengthen their energetic coherence, and manifest deeply fulfilling realities.

Kidest's frameworks integrate quantum biology, psychology, physics, and consciousness-first principles—offering clear pathways for embodying personal power, emotional intelligence, and well-being.

Her writing, videos, and tools empower you to experience your life as a creative field where consciousness, alignment and intention transform possibility into reality.

Learn more at infinite-life.com

Books & Courses by Kidest OM



★★★★★ 
Life-changing! ✨

★★★★★ 
Helpful and inspiring

★★★★★ 
Brilliant—could transform your life.

★★★★★ 
Must read!!

★★★★★ 
Indispensable

★★★★★ 
I give it TEN stars! ✨

Available in Print, eBook & Audio



Featured Course by Kideest OM



The Positive Emotional Intelligence Course

Learn how to self-regulate your emotions and elevate your baseline state of well-being. This transformative course integrates neuroscience and mindfulness to help you understand, process, and redirect emotional energy effectively.

You'll increase how often you feel good, improve relationships, and unlock higher levels of creative flow.

Learn more and enroll:

www.infinite-life.com/courses



Featured Book: Anything You Want by Kidest OM



Discover the timeless principles of manifestation from a consciousness-first perspective. *Anything You Want* guides you beyond surface-level techniques into a deeper understanding of how alignment, emotion, and attention shape reality. This bestselling book invites you to reconnect with your innate creative capacity and experience manifestation as a joyful, effortless flow of coherence between mind, energy, and life.

If you've ever wanted a clear, practical path to creating consciously—this book is your roadmap.

Get your copy at online book retailers worldwide.

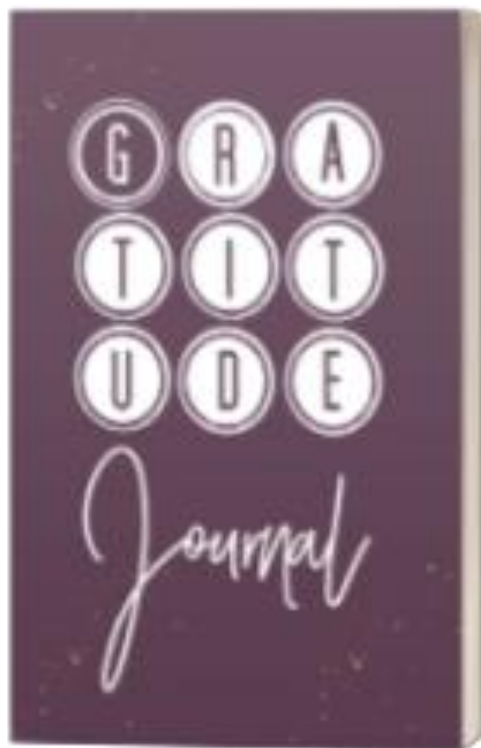


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A simple, daily practice to amplify joy, prosperity, and connection.

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