# Emotional Focus to elevate vibe

# 8. Emotional intelligence

In the last lecture, we talked about checking in with your internal experience and consciously elevating your emotional frequency. This extends that discussion with a focus on emotional frequencies. You want to stay out of the lower emotional frequency spaces. Stay out of shame, guilt, vengeance, anger—stay out of there. Instead, you want to live as much of your life as you possibly can in the highest level of emotional frequencies that you possibly can.

Manage your emotional experiences on the inside of you. See, your thoughts elicit your emotions. Thoughts cause emotions. So pay attention to your thoughts. Your emotional experiences will follow along. That’s the way it works! This also represents a huge step toward developing emotional intelligence.

## Task