

# Levels of Consciousness: Films 2000 - 2022



The vibrational impact of films.

**Below are the average levels of consciousness (Dr David Hawkins' Scale of Consciousness from 0 - 1000) for a range of films, tested in April 2022.**



## Levels of Consciousness: Films 2000 - 2022

Many of us spend a significant amount of time watching films and other programmes. Every movie we watch leaves us feeling a certain way; happy, sad, scared and shocked are a few of the emotions that can be evoked. Some films have such an incredibly powerful effect on us that we may spend hours afterwards thinking or talking about them. We wrote this article to help you to understand, from a vibrational point of view, why this may be, but in the process discovered that the vast majority of films have almost no consciousness and have very low vibrational frequencies.

If a movie's level of consciousness is significantly lower than your level of consciousness, then it can leave you feeling disorientated because the frequency you are being exposed to is out of alignment with your own vibrational set point. As we have seen in our post on [Healing and Frequency](#), frequency and its resonance with you, or how closely aligned that frequency is to that of your soul, is everything when it comes to wellbeing.

In an ascending world where most of us are experiencing a huge increase in our levels of consciousness we may want to be aware of what has the potential to hinder this increase. Whilst watching one low frequency film is not going to stop your levels of consciousness from rising, by continually watching movies, your path may not be as easy as that taken if you occupy your time with higher vibration past times.

We tested the Levels of Consciousness for 20 films made between 2000 and 2022.

1. Cruella - 2021: 1
2. Dune - 2021: 1
3. No Time to Die - 2021: 1
4. Nomadland - 2020: 20
5. Soul - 2020: 1
6. The Father - 2020: 1
7. Once Upon a Time in Hollywood - 2019: 1
8. A Quiet Place - 2018: 1
9. La La Land - 2017: 7
10. Frozen - 2013: 111
11. The Avengers - 2012: 1
12. The Hobbit - 2012: 1
13. Avatar - 2009: 106
14. Celestine Prophecy - 2006: 311
15. Finding Nemo - 2003: 102
16. Love Actually - 2003: 192
17. Lord of the Rings: The Fellowship of the Ring - 2001: 1
18. Spirited Away - 2001: 1
19. Gladiator - 2000: 1
20. Snatch - 2000: 1



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