

# Levels of Consciousness: Music



How different types of music affects you.



**Below are the average levels of consciousness (Dr David Hawkins' Scale of Consciousness from 0 - 1000) for a different types of music, tested in June 2022.**



## Levels of Consciousness: Music

Music can make us feel wonderful, expanded and blissful and yet it can also cause us to feel sad or even aggressive. Since music plays such a big part in our lives from listening to the radio, to your favourite play list to soundtracks in movies or even going to concerts, we thought it would be helpful to discover the average levels of consciousness of various music genres.

If you are listening to music with a low level of consciousness on a regular basis then this can deplete your energy if there is a large discordancy between your own vibrational set

point and the frequency of the music. We show you how frequency affects you in our Article about [Healing and Frequency](#) and how immersing yourself in frequencies that are closely aligned to your soul really helps your wellbeing.

We tested the average Levels of Consciousness for the 40 different genres of music which are listed in alphabetical order. Notice how pop music has changed since the 1950s; a trend which we have also seen in films (see Related Articles at the end of this Article).



1. Blues: 324
2. Blues Rock: 324
3. Britpop: 111
4. Classical: 502
5. Contemporary Jazz: 101
6. Country: 173
7. House: 64
8. Disco: 180
9. Electronica: 93
10. Folk: 142
11. Funk: 142
12. Glam Rock: 150
13. Gospel: 441
14. Grime: 0
15. Heavy Metal: 0
16. Hip Hop: 0
17. Jazz: 234
18. Modern classical: 2
19. Music hall: 212
20. Musical: 152
21. Opera: 435
22. Pop 50s: 193
23. Pop 60s: 172
24. Pop 70s: 141
25. Pop 80s: 123
26. Pop 90s: 106
27. Pop 00s: 93
28. Pop 10s: 52
29. Pop 20s: 13
30. Punk: 2
31. Rap: 1
32. Reggae: 61
33. Rhythm & Blues: 74

- 34. Rock: 23
- 35. Rock and Roll: 241
- 36. Salsa: 266
- 37. Ska: 1
- 38. Soul: 253
- 39. Swing: 286
- 40. Techno: 0



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