

EMOTIONAL FREQUENCY SCALE

700+	Enlightenment
600	Peace
540	Joy
500	Love
400	Reason
350	Acceptance
310	Willingness
250	Neutrality
200	Courage
175	Pride
150	Anger
125	Desire
100	Fear
75	Grief
50	Apathy
30	Guilt
20	Shame

HIGHER FREQUENCY

EXPANSIVE

LOWER FREQUENCY

DESTRUCTIVE