

Levels of Consciousness: Films 1980s - 1990s



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.



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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 1980 and 1999.

1. The Green Mile - 1999: 101
2. The Matrix - 1999: 150
3. The Sixth Sense - 1999: 202
4. What Dreams May Come - 1998: 112
5. Austin Powers: International Man of Mystery - 1997: 1
6. Good Will Hunting - 1997: 10
7. Titanic - 1997: 101
8. Toy Story - 1995: 1
9. Forest Gump - 1994: 1
10. Shawshank Redemption - 1994: 212
11. The Lion King - 1994: 102
12. Cool Runnings - 1993: 211
13. Schindler's List - 1993: 1
14. Silence of the Lambs - 1991: 2
15. Truly Madly Deeply - 1990: 101
16. Field of Dreams - 1989:
17. When Harry Met Sally - 1989:
18. Dirty Dancing - 1987:
19. Gandhi - 1982:
20. Chariots of Fire - 1981:



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