

# Emotional Frequency Chart

	Scale	Level	Emotional State	
Strong ↑	700-1000Hz	Enlightenment	Ineffable	Creative Energy
	600Hz	Peace	Bliss	
	540Hz	Joy	Serenity	
	500Hz	Love	Reverence	
	400Hz	Reason	Understanding	
	350Hz	Acceptance	Forgiveness	
	310Hz	Willingness	Optimism	
	250Hz	Neutrality	Trust	
	200Hz	Courage	Affirmation	
Weak ↓	175Hz	Pride	Scorn	Destructive Energy
	150Hz	Anger	Hate	
	125Hz	Desire	Craving	
	100Hz	Fear	Anxiety	
	75Hz	Grief	Regret	
	50Hz	Apathy	Despair	
	30Hz	Guilt	Blame	
	1-20Hz	Shame	Humiliation	