



# THE FREQUENCY OF EMOTIONS

*How Emotions Affect Your Energy, Body & Wellbeing*

## LOWER FREQUENCIES

(Below 200 Hz)

These emotions create density in the body and nervous system. When experienced repeatedly or intensely, they may become trapped and contribute to imbalance.

## HIGHER FREQUENCIES

(Above 200 Hz)

These emotions promote coherence, clarity and expansion. They support nervous system regulation and overall wellbeing.



Your body is always listening to the frequency of your emotional state.

EMOTION		FREQUENCY (HZ)
Shame / Humiliation		20 – 30 Hz
Guilt		30 – 50 Hz
Apathy / Hopelessness		50 – 80 Hz
Fear		80 – 100 Hz
Anger		100 – 150 Hz
Grief / Sadness		150 – 200 Hz
Neutral / Calm		200 – 250 Hz
Acceptance		250 – 310 Hz
Willingness		310 – 400 Hz
Love		400 – 520 Hz
Joy / Happiness		520 – 650 Hz
Gratitude		650 – 800 Hz
Compassion / Oneness	800 – 1000+ Hz	

## YOUR FREQUENCY CAN SHIFT

Every thought, emotion and choice sends a frequency through your body.

When you release what is heavy, you create space for what is light.



0 – 200 Hz  
Survival, Protection and Contraction



200 – 400 Hz  
Stability, Growth and Transformation



400+ Hz  
Expansion, Connection and Higher Awareness



**BODY CODE® PERSPECTIVE:** Trapped emotions, energetic imbalances and subconscious patterns often carry lower frequency imprints. Releasing these patterns may help your body, mind and energy return to a higher state of coherence and wellbeing.



*Frequencies are an energetic reference used in holistic and vibrational wellness practices and are not measured or recognized by conventional medical science.*