

Summary of Frequency List from Dr David R Hawkins

This scale provides a roadmap for personal and spiritual growth, showing how shifts in consciousness can lead to greater fulfillment and transformation.

- **Shame (20)** – The lowest vibration, associated with deep humiliation and self-loathing. People in this state often withdraw from life, feeling unworthy or beyond redemption. It can manifest as extreme self-criticism or destructive behaviors.
- **Guilt (30)** – A state of remorse and self-punishment, where individuals feel trapped by past mistakes. This level fosters blame, either toward oneself or others, leading to cycles of regret and emotional suffering. Unresolved guilt can contribute to chronic stress and self-sabotage.
- **Apathy (50)** – A feeling of hopelessness and disengagement, where life seems meaningless or overwhelming. Individuals at this level often lack motivation and struggle to see a way forward. It is commonly linked to depression and emotional numbness.
- **Grief (75)** – Deep sadness and mourning, often tied to loss or regret. While painful, grief can be a transitional state that leads to healing if processed properly. However, prolonged grief can keep individuals stuck in sorrow and prevent emotional growth.
- **Fear (100)** – A state of anxiety and insecurity, where life feels unpredictable and threatening. Fear can be paralyzing, preventing individuals from taking risks or embracing change. However, overcoming fear can lead to personal empowerment and resilience.
- **Desire (125)** – Strong cravings and attachments, often linked to materialism or external validation. While desire can be motivating, it can also create dissatisfaction and dependency. Individuals at this level may chase success or approval without feeling truly fulfilled.
- **Anger (150)** – A powerful but volatile energy, often rooted in frustration or resentment. Anger can be destructive, but it can also serve as a catalyst for change when directed constructively. Learning to channel anger into action can lead to personal growth.
- **Pride (175)** – A sense of accomplishment and self-importance, but often rooted in ego and defensiveness. Pride can create a false sense of superiority, making

individuals resistant to change or feedback. While it feels empowering, it lacks true inner stability.

- **Courage (200)** – The first level of empowerment, where individuals begin to take responsibility for their lives. Courage fosters resilience, determination, and the willingness to grow. It marks a shift from victimhood to proactive engagement with life.
- **Neutrality (250)** – A balanced state of acceptance and flexibility, where individuals no longer feel controlled by external circumstances. People at this level are emotionally stable and open to different perspectives. They approach life with a sense of ease and adaptability.
- **Willingness (310)** – A proactive approach to life, where individuals embrace learning and self-improvement. Willingness fosters optimism and a readiness to take action. Those at this level are open to new experiences and personal growth.
- **Acceptance (350)** – A deep understanding and trust in life's flow, where resistance fades. Individuals at this level recognize that challenges are part of growth and embrace them with grace. Acceptance leads to emotional freedom and inner peace.
- **Reason (400)** – Intellectual clarity and rational thinking, where logic and knowledge guide decisions. People at this level seek truth through analysis and understanding. While highly intelligent, reason alone does not lead to spiritual fulfillment.
- **Love (500)** – Unconditional compassion and connection, where individuals operate from a place of kindness and empathy. Love transcends ego and fosters deep relationships and healing. It is a powerful force that transforms both individuals and communities.
- **Joy (540)** – A state of profound happiness and spiritual fulfillment, where life feels effortless and harmonious. Joy is rooted in gratitude and an appreciation for the present moment. Those at this level radiate positivity and inspire others.
- **Peace (600)** – Deep inner stillness and transcendence, where the mind is free from conflict. Individuals at this level experience serenity and a profound connection to the universe. Peace is the gateway to enlightenment and spiritual mastery.
- **Enlightenment (700-1000)** – The highest state of consciousness, attained by spiritual masters like Buddha and Jesus. Enlightenment is characterized by pure awareness, unity, and divine connection. Those at this level profoundly impact the world through their presence and teachings.