

# Human Frequency Chart



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

Strong (top half) / Weak (bottom half)

Creative (top half) / Destructive (bottom half)