

THE APEX CODE



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Frequency in Childhood: Not Fixed, but Felt

You didn't choose your early frequency — **you inherited it.**

Some children arrive in safe, grounded environments and develop naturally high-vibration patterns like **trust**, **curiosity**, or **joy**.

Others learn to adapt to fear, chaos, or emotional absence. Their frequency adjusts to survive — not to thrive.

Both are real. Both are valid.

But they shape different starting points in your energetic operating system.

So What's the "Typical" Frequency of a Child?

There isn't one.

Children are born with **open systems**, tuned into the world. Their natural state is often **pure presence**, **joy**, or **love** — frequencies far above 200 on the Hawkins Scale.

But if that light isn't mirrored or supported, they may shift downward to **fear**, **confusion**, or **self-protection** — often without realizing it.

Here's a more **compassionate and accurate view**:

Age	What's Being Learned	Possible Frequency Experience
0–1	"Am I safe?"	Trust or fear based on emotional bonding

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Age	What's Being Learned	Possible Frequency Experience
2–4	“Am I allowed to explore?”	Joy, play, or control/punishment
5–7	“Do I belong?”	Confidence or self-doubt begins
8–10	“Can I be myself in the world?”	Courage, creativity — or withdrawal

These early years don't define you.

But they do **influence your baseline vibration** — until you become conscious enough to shift it.

The Apex Truth

Some people spend their entire adult lives operating on the emotional software they absorbed by age 7.

Others begin rewriting that code the moment they become aware of it.

If you were a happy, trusting child — honor that. It's rare, and it's your **superpower**.

If you weren't — that doesn't lower your worth. It just means **your upgrade path will require courage, clarity, and compassion**.