

THE APEX CODE

Vibrational frequencies stimulate resonance,
invigorate cellular repair, elevate thought, engender
healing.



174 Hz PAIN RELIEF



285 Hz TISSUE REPAIR



396 Hz RELEASE
FEAR & GUILT



417 Hz FACILITATE
CHANGE



432 Hz UNIVERSAL
HARMONY



528 Hz CELLULAR
HEALING

Choose What You Consume – Choose What You Vibrate

What you *eat, watch, listen to, think, and feel*—it's all energy. And energy has **vibration**.

You are not just a body; you are a frequency system. Everything you consume—food, music, words, news, thoughts—either **raises or lowers** your vibration.

“What you vibrate is what you attract.”

“What you allow into your space becomes your frequency.”

Where Do Vibrations Come From?

Here's where your vibration is influenced every day:

Source	High Vibration	Low Vibration
Food	Fresh, organic, living foods (fruits, greens)	Processed, artificial, dead foods
Sound	432 Hz, 528 Hz, nature, mantra, silence	Aggressive noise, violent lyrics, chaos
Media	Uplifting films, inspiration, art	Fear-driven news, gossip, toxic drama
Thoughts	Gratitude, joy, truth, vision	Fear, jealousy, guilt, shame
People & Places	Kind, conscious, present beings	Draining, toxic, drama-based environments

Where Can You Get Healing Vibrations?

- **YouTube / Spotify** → Search: “432 Hz,” “528 Hz,” “Solfeggio Frequencies,” or “Binaural Healing”
 - **Sound Healing Apps** → e.g. *Brain.fm*, *Insight Timer*, *Solfeggio Generator*
 - **Wellness Centers / Yoga Studios** → Sound baths, tuning forks, singing bowls
 - **PEMF Devices** → Use electromagnetic fields to balance your cells
 - **Nature** → Forests, ocean waves, bird songs = natural coherence
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Final Reminder:

You don't just hear sound.
You **become** the vibration of what you let in.

Choose wisely. Vibrate consciously.
That's The Apex Code.

"What Are You Vibrating?" Questionnaire

Takes 2–3 minutes

Answer honestly. Your vibration reflects your *daily choices*.

1. Mind & Thoughts

1. Do I practice gratitude daily?
☐ Yes ☐ Sometimes ☐ Rarely
 2. Do I replay negative or fearful thoughts?
☐ Often ☐ Occasionally ☐ Never
 3. Do I visualize my goals or higher self?
☐ Regularly ☐ Sometimes ☐ Not really
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2. Words & Communication

4. Do I speak kindly to myself and others?
☐ Yes ☐ Sometimes ☐ Rarely
 5. Do I gossip, complain, or judge?
☐ Frequently ☐ Occasionally ☐ Almost never
 6. Do I surround myself with uplifting conversations?
☐ Yes ☐ Somewhat ☐ Not really
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3. Sound & Music

7. What kind of music do I listen to most?
☐ Calming / Inspirational
☐ Neutral background noise
☐ Loud / Aggressive / Depressing
 8. Do I use healing frequencies (432Hz, 528Hz, etc.)?
☐ Often ☐ Tried it ☐ Never
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4. Food & Fuel

9. Do I consume fresh, living foods (greens, fruits, etc.)?
☐ Daily ☐ Occasionally ☐ Rarely
10. Do I feel energized or drained after eating?
☐ Energized ☐ Mixed ☐ Drained
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5. Environment & People

11. Are the people around me positive and growth-minded?
☐ Yes ☐ Some ☐ Mostly negative
12. Do I spend time in nature or peaceful spaces?
☐ Weekly ☐ Occasionally ☐ Rarely
13. Do I protect my space from toxic influences?
☐ Yes ☐ Trying to ☐ Not really
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Score Guide (Tally Your “Yes” Answers):

- **10–13 YES** → *High Vibrator*: You’re aligned. Keep radiating.
- **6–9 YES** → *Awakening*: Good progress, refine your choices.
- **0–5 YES** → *Frequency Fog*: Time to detox your vibration!