

THE APEX CODE – CHILDHOOD WISDOM

1. You were born with magic.
You laughed before you knew why.
You believed in flying, not falling.
You trusted the world, and that was your power.
2. Curiosity is your compass.
Ask “why” a hundred times.
Even when others stop listening,
you keep discovering.
3. Play is sacred.
In play, you solve problems.
In play, you become brave.
In play, you meet your genius.
4. Feelings are your language.
Tears are not weakness.
Joy is not noise.
Your heart speaks in colors adults forgot.
5. Friends come before fear.
You helped before being asked.
You shared before being told.
That’s Apex leadership – pure and kind.
6. You knew the truth before books.
Trees were teachers. Animals were allies.
The stars were your questions wailing
to be answered.

The Apex Code – Childhood Wisdom

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The stars were your questions waiting to be answered.

7. You are still that child.

Inside the grown-up suit.

Still filled with light,

Still ready to rise.

Apex Summary:

From a scientific view, frequency = **the sum of your subconscious patterns**, emotional baseline, and energetic nervous system responses.

Your “vibration” is not mystical. It’s **how your brain fires, how your body responds**, and **what emotions you default to under pressure**.

You can shift it.

You can upgrade it.

But first, you must understand what shaped 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**.

Childhood Frequency Reflection

Discover What You Absorbed Before You Chose

“Your body remembers what your mind forgot.

This isn’t about blame — it’s about clarity.”

This short questionnaire helps you understand

the **emotional tone** of your early years and what frequency patterns may still be influencing your choices today.

Instructions:

Answer each question honestly. Don't overthink it. Circle the answer (A, B, or C) that feels most true **for you as a child**, not what you think you "should" answer.

1. How would you describe the emotional atmosphere in your home?

- A. Mostly warm, safe, and loving
 - B. Sometimes loving, but unpredictable or tense
 - C. Cold, critical, or emotionally unsafe
-

2. As a child, how comfortable were you expressing your emotions?

- A. I could share freely and was usually met with support
 - B. I was allowed sometimes, but often had to hide feelings
 - C. I didn't feel safe or allowed to express emotions
-

3. When you made a mistake, how were you treated?

- A. With understanding — mistakes were part of learning
- B. Sometimes supported, sometimes shamed or punished
- C. Criticized, blamed, or made to feel "bad" often

4. Were you encouraged to be curious, creative, or unique?

- A. Absolutely — my uniqueness was welcomed
 - B. Sometimes, depending on who was watching
 - C. No — I was told to behave, fit in, or be quiet
-

5. How did you feel about yourself as a young child?

- A. Confident, loved, and valuable
 - B. Confused — sometimes good, sometimes not enough
 - C. Unseen, not good enough, or invisible
-

6. Did you feel emotionally supported by a consistent adult figure?

- A. Yes — at least one adult was emotionally available
 - B. Somewhat — I felt alone sometimes, but not always
 - C. No — I had to handle emotions mostly on my own
-

SCORING:

• Mostly A:

Your early frequency was likely grounded in **trust**, **joy**, or **self-worth**. You had an emotionally supportive foundation. If you drifted from it later, it's still in you — ready to return.

- **Mostly B:**

You absorbed **mixed signals**. Your early frequency was shaped by unpredictability — leading to overthinking, people-pleasing, or emotional confusion. Your upgrade starts with clarity and boundaries.

- **Mostly C:**

Your early environment may have been **emotionally unsafe or disconnected**, shaping a low baseline of **fear, shame, or self-protection**. That doesn't define you — but healing will raise your frequency dramatically.

Apex Insight:

You are not your past frequency.
But you **must understand it** to rise above it.

The clearer you become about what you absorbed, the faster you can choose **what to keep — and what to release**.

Scientific Insight: How Your Childhood Programs Your Frequency

Apex Sidebar – The Biology of Belief, Emotion & Energy

“Your subconscious mind is like a recording device — and the first 7 years are when the tracks are laid.”

– Dr. Bruce Lipton

1. Brainwave States and Programming (Dr. Bruce Lipton – *The Biology of Belief*)

In the first 6–7 years of life, a child's brain operates primarily in **theta brainwaves** — the same state adults enter during **deep hypnosis or meditation**.

In this theta state, children:

- Don't critically evaluate information
- Absorb emotional energy directly
- Accept belief systems, emotional tone, and behavioral patterns **as truth**

What this means:

If a child hears “You're too sensitive” or “You're only loved when you succeed,” that becomes an **emotional law**, even if it's never spoken again.

2. Epigenetics & Emotional Environment (Dr. Bruce Lipton)

Lipton's work in **epigenetics** shows that **your environment influences your gene expression**.

It's not just DNA that shapes you — it's:

- The emotions in your home
- The level of safety or fear you felt
- The degree of connection or isolation in your first relationships

If your environment was chaotic, angry, or emotionally absent, your cells literally learned to express stress. If it was loving and stable, your body learned safety, trust, and openness.

3. Neuroplasticity and Rewiring the Brain (Dr. Joe Dispenza – *Breaking the Habit of Being Yourself*)

Even though early programming is powerful, your brain is **changeable**. Through conscious awareness, breathwork, reflection, and emotional regulation, you can **repattern your default frequency**.

Every time you pause a negative loop and choose a new state — courage, clarity, gratitude — you lay a **new neural pathway**.

With repetition, this becomes your new normal.

“Your personality creates your personal reality.”

– Dr. Joe Dispenza

4. Emotional Suppression and Disease (Dr. Gabor Maté – *When the Body Says No*)

Dr. Maté shows that children who suppress their true emotions to stay safe or earn approval often develop chronic stress and even illness later in life.

Why? Because they learned to disconnect from their own emotional truth — to survive.

In adulthood, that becomes:

- Anxiety
 - Overachievement
 - Or a lifelong fear of being “too much” or “not enough”
-

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Apex Seminars Series: “Unlock Your Inner Code”

Bruce Lipton

“The first seven years of life are programmed by the environment. You are not your genes — you are your beliefs.”

– Dr. Bruce Lipton (*The Biology of Belief*)

Joe Dispenza

“Your personality creates your personal reality. To change your life, you must become someone new.”

– Dr. Joe Dispenza (*Breaking the Habit of Being Yourself*)

Gabor Maté

“Trauma is not what happens to you. It’s what happens inside you as a result of what happened to you.”

– Dr. Gabor Maté (*When the Body Says No*)

Apex Principle

“You don’t rise by pretending to be higher. You rise by becoming more honest, more present, and more aligned.”

– The Apex Code

Bruce Lipton

“Your thoughts are not contained in your head. They shape your entire biology. Change your thoughts — change your frequency.”

– Dr. Bruce Lipton

Joe Dispenza

“Where you place your attention is where you place your energy. And where you place your energy is where you place your future.”

– Dr. Joe Dispenza

Apex Code: “Unlock Your Inner Code” – Biohacking Wisdom for Apex Minds

Dr. Bruce Lipton

“You are not a victim of your genes — you are a master of your environment, beliefs, and frequency.”

– *Dr. Bruce Lipton, The Biology of Belief*

Dr. Joe Dispenza

“To change is to think greater than your environment, greater than your body, and greater than time.”

– *Dr. Joe Dispenza*

Dr. Gabor Maté

“The question is never 'Why the addiction?' but 'Why the pain?’”

– *Dr. Gabor Maté*

Andrew Huberman

“You can’t control your thoughts — but you can control your focus. And focus rewires your brain.”

– *Dr. Andrew Huberman, Neuroscientist, Stanford*

Dave Asprey

“Biohacking is the art and science of changing the environment around you and inside you so you have full control over your biology.”

– *Dave Asprey, Founder of Bulletproof*

Dr. Rhonda Patrick

“Your lifestyle choices — not your genetics — are the greatest factor in your healthspan.”

– *Dr. Rhonda Patrick, Cellular Biochemist*

Apex Principle

“In Apex, we don’t manage time — we manage energy. Everything starts with frequency.”

– *The Apex Code*

Apex YouTube Channel

Watch Talks, Interviews & Event Highlights:

Join the Next Apex Seminar

Theme: Biohacking | Belief | Brainpower

Featuring: Dr. Bruce Lipton, Dr. Joe Dispenza, and world-

leading experts in conscious performance and vibrational mastery.

Learn more & reserve your seat at: