

| Belief Category         | Frequency Range (Hawkins Map) | Common Core Beliefs                                      | Chakra Tie-In         | Transformation Pathway                      |
|-------------------------|-------------------------------|--|-----------------------|---|
| Worthiness              | Shame – Guilt (20–30)         | I'm not enough; I don't deserve; I'm broken              | Root / Sacral         | Self-acceptance; Inner Child healing        |
| Control & Safety        | Fear – Anxiety (100)          | I must control to feel safe; The world is dangerous      | Solar Plexus          | Trust; Grounding; Surrender                 |
| Love & Connection       | Grief – Sadness (75)          | I'm unlovable; Love always hurts; I'll be abandoned      | Heart                 | Compassion; Forgiveness                     |
| Expression              | Guilt – Suppression (30–50)   | I can't speak up; I'm not heard; My voice doesn't matter | Throat                | Truth-telling; Empowered voice              |
| Vision & Faith          | Apathy – Doubt (50–100)       | It won't work; I can't see the way; I lack vision        | Third Eye             | Vision activation; Intuition                |
| Divine Alignment        | Despair – Separation (50–75)  | I'm alone; Source abandoned me; I'm disconnected         | Crown                 | Unity; Divine Trust                         |
| Value & Contribution    | Guilt – Apathy (30–50)        | I have nothing to offer; I don't matter                  | Sacral / Solar Plexus | Creative contribution; Affirming self-worth |
| Boundaries & Identity   | Fear – Guilt (30–100)         | It's not safe to say no; I lose myself in others         | Solar Plexus / Throat | Empowered boundaries; Identity clarity      |
| Receiving & Abundance   | Apathy – Desire (50–125)      | I shouldn't want more; There's not enough for me         | Sacral / Heart        | Open to receive; Gratitude practice         |
| Time & Timing           | Doubt – Impatience (100–150)  | I'm too late; It's not the right time                    | Third Eye / Root      | Trusting divine timing; Flow consciousness  |
| Body & Physicality      | Shame – Apathy (20–50)        | I hate my body; My body betrays me                       | Root / Sacral         | Body love; Embodiment rituals               |
| Creativity & Expression | Fear – Pride (100–175)        | I'm not creative; I'll be judged if I express myself     | Sacral / Throat       | Creative flow; Artistic freedom             |