

THE APEX CODE



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1. Book Introduction (Inside the Book)

Introduction

This is not a book of religion.
This is not a book of self-help.
This is not a book of philosophy.

This is a code — a living system — for those ready to go deeper.

Deeper into who they are, why they are here, and what greatness they've been hiding under the surface of a "normal" life.

Rex El Noor was not born into wealth.
He was not born into suffering.
He was born into something more dangerous: **mediocrity** — the silent trap of "just enough."
Not enough to awaken. Not little enough to revolt.
But something inside him refused to stay asleep.

From the ashes of average, he walked through fire — spiritual, emotional, and intellectual.
He met the wisdom of the East, the structure of the West, the silence of Taoism, the fire of Christianity, the surrender of Islam, and the depth of science.

Now he brings you **The Apex Code** — a message not from a religion or system, but from **the space in between**.
It is emotional. It is practical. It is spiritual. It is scientific.
And above all, it is human. Read this not as a book, but as a **mirror**.

Because this isn't about the author. It's about the part of *you* that's been waiting for this.

2. For those who want to know

The Apex Code

Awaken. Decode. Lead.

You were not born to settle.

You were not born to repeat patterns.

You were born to rise — if you choose to remember.

The Apex Code is not another success formula.

It is not a religion.

It is a message — rooted in science, emotion, and the unseen systems that shape our lives.

Written by **Rex El Noor**, a modern-day messenger who has lived across cultures, walked between belief systems, and risen from the trap of mediocrity to clarity — this book is a key for those ready to unlock their inner code.

What you will find here:

- Emotional intelligence decoded through neuroscience
- Spiritual insight grounded in real-world application
- How to unlock the first 10 years of subconscious programming
- Why emotions store your deepest knowledge
- A daily path to evolve, lead, and grow — personally and professionally

This is not for everyone.
But if you feel it calling — it was written for you.

3. Welcome to The Apex Code

You've tried motivation.
You've read success books.
You've followed systems.

But what if your path isn't out there?
What if it's already inside you — hidden beneath layers of conditioning, emotion, and forgotten wisdom?

The Apex Code is the life's work of **Rex El Noor** — a scientist, strategist, and modern messenger who decoded how emotions, beliefs, and early subconscious programming silently drive everything we do.

He walked through religions.
He walked through business.
He walked through himself.

And now, he's sharing the *code*.

This is not about religion, but it honors all of them.
This is not about success, but it unlocks it.
This is not about theory. It's lived truth.

Start your path:

- Read the book
- Join the experience
- Decode your inner system
- Rise to your Apex

Not for everyone. But perfect for the few who are ready.

Chapter 1: About Me

The First Frequency You Must Master Is Your Own

Before we decode anything external — ancient symbols, business structures, or the hidden codes across civilizations — we begin here:

With you.

Right now.

As you actually are.

Not the version you post online.

Not the version others expect.

The version you carry when no one is watching.

That's the **starting point of The Apex Code**. Because no strategy, vision, or leadership will hold if your internal frequency is off.

You can't build the future on a shaky signal.

This chapter isn't about fixing yourself. It's about **getting honest with yourself** — seeing clearly who you are, what drives you, and how your current energy, thoughts, and emotions are shaping your reality

Why “About Me” Matters in the Apex System

In most self-development books, the author tells you what to believe.

This book is not just read — it's experienced.

After each chapter, you'll check in with yourself again. Not to track perfection, but to observe **shift**. That's how you learn how your brain works.

That's how you feel when your emotional patterns change. That's how you know your code is upgrading.

So we begin with your **current internal state**. A snapshot. Not a diagnosis. Just awareness.

In This Chapter, You'll:

- Take your first **Apex Frequency Self-Test**
 - Discover your current **Apex Archetype** — the energetic role you embody right now
 - Learn why **frequency precedes results**
 - Start tracking your own evolution, chapter by chapter
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Remember:

There's no reward for pretending to be further along.
There's power in knowing exactly where you stand.
That's how frequency works.
That's how leaders grow.

So take a breath. Slow down.

You don't need to fix anything yet.
You just need to see clearly — **Who am I today?**
Let's begin.

Next, the chapter would continue with the **Quick Frequency Self-Test**,

followed by the **Apex Archetype Discovery Quiz** and their result explanation (already written above).

The Apex Self-Test: Who Are You Right Now?

Discover your current frequency, mindset, and energetic archetype.

Instructions:

Answer the following **12 questions** as truthfully as possible, based on how you feel and operate **today** — not how you want to be seen.

Use the letter (A, B, C, or D) that fits your answer best.

Keep track of your answers — your **most frequent letter** will guide your result.

Part 1: Your Current Frequency (Internal State)

1. When something unexpected happens, you...

- A. Shut down or panic
- B. React fast or try to control it
- C. Step back and think it through
- D. Stay calm and move with clarity

2. Your self-talk today is mostly...

- A. Harsh or hopeless
- B. Pressured and impatient

- C. Honest and constructive
 - D. Focused, kind, and motivating
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3. Your current energy level is...

- A. Exhausted or numb
- B. Wired but tense
- C. Steady but cautious
- D. Grounded and flowing

4. You most often feel...

- A. Confused, lost, or sad
 - B. Frustrated or rushed
 - C. Curious or observant
 - D. Grateful, confident, or clear
- Part 2: Your Default Role in Life

5. In a group, you tend to...

- A. Stay quiet or invisible
- B. Take control or solve problems
- C. Support others and observe
- D. Inspire, guide, or create direction

6. What drives your decisions most?

- A. Fear of doing something wrong
- B. Desire to win or perform
- C. Need to understand and grow
- D. Vision, values, and purpose

7. You are most energized when...

- A. Left alone
- B. Given a challenge
- C. Solving puzzles or helping
- D. Creating something meaningful

8. What do people say about your presence?

- A. You seem guarded or tired
- B. You bring intensity or ambition
- C. You are thoughtful or calming
- D. You uplift and inspire others

Part 3: Your Current Mode of Thinking

9. You usually analyze things...

- A. Emotionally or reactively
- B. Strategically, with pressure
- C. With logic and curiosity
- D. With insight and intuition

10. You feel most powerful when...

- A. You're left alone
- B. You're in action mode
- C. You figure something out
- D. You lead from calm confidence

11. You relate to others by...

- A. Withdrawing or protecting yourself
- B. Leading or debating
- C. Listening and guiding gently
- D. Inspiring or encouraging

12. Right now, your biggest inner question is...

- A. "What's wrong with me?"
 - B. "Why isn't this working yet?"
 - C. "What is my role or truth?"
 - D. "How do I serve at a higher level?"
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Scoring Instructions

Count how many of each letter (A, B, C, D) you chose.

Your **most frequent letter** reveals your current Apex Archetype.

Results: Which Archetype Are You Right Now?

Mostly A: The Guardian (Frequency Range: 100–200)

You're in a phase of protection or recovery. You might feel guarded, unsure, or low on energy. Your wisdom comes from holding space and staying steady — but it's time to heal and move toward courage.

You're not stuck. You're stabilizing.

"Your strength is quiet. Let it become clear."

Mostly B: The Commander (Frequency Range: 250–325)

You're in control mode — achieving, fixing, performing. This is powerful, but exhausting if disconnected from purpose. You bring structure and action. Your next step is softening control and unlocking deeper clarity.

"What you can push, you can also lead."

Mostly C: The Alchemist (Frequency Range: 325–375)

You're in a state of transformation. You're thinking, decoding, and evolving. You're the bridge between logic and deeper truth. When grounded, you unlock brilliant insights.

"You see patterns. Trust them — and act."

Mostly D: The Visionary (Frequency Range: 400+)

You're in alignment. Calm, creative, and purpose-driven. Your energy guides others just by being present. But don't isolate in wisdom — lead with it.

"Your clarity creates futures. Stay in service."

Reflection Prompt (Optional at the End of Chapter 1)

"What surprised you about your result?
What do you want to shift in the next chapter of your life?"

Understanding Your Result: Frequency Explained

You've just discovered your **current energetic pattern** — your Apex Archetype based on your mindset, emotions, and how you relate to others *right now*. But what does that mean in terms of **frequency**?

What Apex Means by “Frequency”

In the Apex system, **frequency is not about sound** or technology — it’s about your **inner state**:

Your clarity. Your mood. Your thoughts. Your nervous system.

It’s the energy you bring into a room — even without saying a word.

Do I Need to Believe in the Hawkins Scale?

No.

The Hawkins Scale (created by Dr. David R. Hawkins) is just one model — a helpful reference that maps emotional states and states of consciousness from low to high vibration. Some people treat it as spiritual. Others use it practically.

At Apex, we don’t ask you to believe in anything. Instead, we invite you to **observe what works**.

If the Hawkins model helps you name your current state and shows you a clear direction for growth — use it. If not, simply see it as a tool. **Your real measurement is felt through experience.**

Why Frequency Levels Matter (Regardless of Belief)

Each frequency range tends to create **specific patterns** in our lives:

Frequency Range	Common State	Life Pattern	Opportunity
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Frequency Range	Common State	Life Pattern	Opportunity
100–200	Survival, Fear, Avoidance, self-blame, Doubt	stuck decisions	Begin healing, build courage
250–325	Tension, Ambition	High output, burnout, pressure	Reconnect to deeper purpose
325–375	Reflection, Logic	Transformation, solitude, searching	Align insight with action
400+	Clarity, Calm, Vision	Flow, attraction, leadership through energy	Serve others, stay grounded

Your **test result doesn't define you**. It reflects your *current energetic tone* — like a snapshot in time. And just like your mood, it can shift.

The Apex Principle:

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

So wherever you scored — low, high, or in-between — there's no “bad” result.

Only a clear signal about **what you're ready to shift**.

What to Do Next

This is not a fixed identity. It's a **living journey**.

The Hawkins Scale of Consciousness

A Map of Energetic States — From Collapse to Clarity

Level	State of Consciousness	Primary Emotion	Perception / Life View
1000	Enlightenment	Ineffable	Pure unity, divine presence
700–999	Enlightenment (rare)	Bliss, Silence	Infinite awareness, unshakable
600	Peace	Serenity	Transcendental, beyond duality
540	Unconditional Love	Reverence	Forgiveness, radiant compassion
500	Love	Understanding	Harmony, wholeness
400	Reason	Clarity, Logic	Rational, meaningful
350	Acceptance	Trust	Alignment, openness
310	Willingness	Optimism	Proactive, cooperative

Level	State of Consciousness	Primary Emotion	Perception / Life View
275	Neutrality	Calm	Flexibility, non-reactive
250	Courage	Determination	Empowerment begins here
200	Integrity	Affirmation	Truth emerges, stable energy
175	Pride	Arrogance	Self-importance, rigid ego
150	Anger	Resentment	Energy rising, but uncontrolled
125	Desire	Craving	Always needing, never enough
100	Fear	Anxiety	Survival mode, distrust
75	Grief	Sadness	Loss, sorrow, despair
50	Apathy	Hopelessness	Numbness, powerlessness
30	Guilt	Blame	Self-rejection, shame cycle
20	Shame	Humiliation	Collapse, lowest energy

Apex Reflection Summary:

- **200 and above** = *Clarity begins*. Apex leaders must maintain awareness above this level.
- **250–400** = *Transformation zone*. You learn, lead, and align from here.
- **500+** = *True energetic leadership*. Presence leads more than words.
- **Below 200** = *Fear-based operation*. Not wrong — just disempowered.- not yet ready for apex