

Frequencies

A frequency can be likened to a radio station you are doing business or communicating at as being human. Understanding Frequencies is vital as it is one of the key pieces that make an “Electrical Glue” that effects matter including both our thoughts and our bodies. Quantum physics is the science of energy. This field is rapidly discovering new concepts of energy and the effects on life on this planet and this planet in our solar system and our solar system in the myriad of galaxies. The gap between raw scientific data and real life experience is closing in, but we are still in the stage of the “new frontier”. Because of this gap, there isn’t a unified common language for us all to communicate with (different stations – so to say). In this article, we will discuss our use of frequencies as it applies to communication, healing and intention via our experiences.

Frequencies are fundamental to all energy including: sound, light, magnetic material and temperature. Scientist use various devices that read the frequencies at different scales. This is why if you look on the internet you will find frequencies recorded in low numbers and others recorded in high numbers. There is no right or wrong, it is relative to the measuring device and what is being measured. This can be confusing, but understand the scale is important. For us, we use the scale benchmarked by the Schumann Resonance.

“The global **electromagnetic** resonance phenomenon is named after physicist Winfried Otto Schumann who predicted it mathematically in 1952. Schumann resonances occur because the space between the surface of the Earth and the conductive ionosphere acts as a closed waveguide. The limited dimensions of the Earth cause this waveguide to act as a resonant cavity for electromagnetic waves in the ELF band.”

<https://www.disclosurenews.it/en/schumann-resonance-today-update/>

“Vibration occurs when energy contracts toward the center point from which it first came out of. Oscillation happens when energy expands away from the center point. **Frequency** is achieved when one pattern or cycle of vibration and oscillation occurs. In other words, when an energy unit is done contracting and expanding, it has created one frequency pattern. How fast an energy unit contracts (vibration) and expands (oscillation) will determine the frequency rate of all things.”

Here is a real-life example of frequency and vibration: Consider the way guitar strings emit sound. The thicker, larger guitar strings move more slowly, and have a low frequency when plucked, while the thinner strings vibrate at a higher frequency. The vibratory waves of the thick strings move more slowly, giving the string’s natural frequency a lower frequency, and the

vibratory waves of the thinner strings move quickly, emitting a high overall frequency.

The Schumann Resonance is 7.83 Hz. This team of scientist nicknamed this resonance as the “Heartbeat of the Earth”. It is the average of the frequency of the electromagnetic waves they recorded of the earth.

“The Ancient Indian Rishis called 7.83 Hz the frequency of OM. It also happens to be Mother Earth’s natural heartbeat rhythm”

We have intuitively been guided in understanding the effect of different frequencies in the body by tapping into the 7.83 Hz as the baseline for a healthy state of being. We do not use any equipment in our practice to measure each patient’s frequencies, but we are able to feel and know the various frequencies within our own bodies from experience. It is something you can learn after you have been exposed to the awareness to identify the frequencies within your own body for yourself. Our intentions can greatly affect how the frequencies can be shifted from an unhealthy or parasitic state to a healthy state or a self- sustained one.

“When a person is deeply relaxed, slow rhythmic sine wave patterns can be detected in both the EEG and the heart-aorta resonating oscillator in the 6-8 Hz range. Resonance occurs when the natural vibration frequency of a body is greatly amplified by vibrations at the same frequency from another body.” This statement explains how one person can affect the frequency of another person.

Living tissue is a conductor of electricity – creating bio magnetic fields around the body. Andrew L Basset from Columbia University did research to show that electromagnetic field therapy could heal bone. He went onto discover that the same therapy treating at different frequencies could also heal: tissue repair, nerve regeneration, ligaments and skin. Research also shows that trained healing practitioners can produce the pulsating field of electromagnetic signals- stimulating healing.

The science of scalar waves proves that the electromagnetic waves do not diminish with distance. This is why distance healing can be as effective as healing in the same time and space. Dr Milo Wolff: The interdependence of all matter on all other matter in the universe ---- Once particles are paired they will always be paired, Einstein called this “spooky action at a distance”. The separation of particles is an illusion. *Biography Dr. Milo Wolff: Mathematical Physicist. On the spherical standing wave structure of matter in space.*

HeartMath Institute: There is a relationship between the heart & emotion for example: love & compassion will produce harmonics that benefit the body; fear, anger & anxiety also produce an electromagnetic field that is communicated through the body and causes the body to go out of harmony.

Frequencies: Our Clinical Experience

The frequency range / scale we use in our healing practice is based on the Schumann Resonance. The higher the frequency, the more our bodies are away from a healthy state. (Do not confuse this with vibration, in today's popular energy, frequency and vibration are used the same. They are not the same)

11+ Hz: This highest on the scale. Here is where we see schizophrenia, severe mental illness and people damaged from drug abuse. These people are reliant completely on outside sources for them to live a somewhat "normal" life. Ex: Lithium is an appropriate medication for schizophrenia. Lithium is a salt and has the frequency of The Heartbeat of the Earth.

10 – 11 Hz: This is where we see our chronically ill patients or patients with chronic pain. At this range, outside medical help is necessary such as surgery or chemo or medications. Patients are not always at this frequency, unless they choose to navigate at the higher frequencies with their free will. As they heal, the frequencies drop which allows their own body's healing system to kick in.

9 – 10 Hz: This is currently "Normal" in American society. Most people run at this level such as high stress students and corporate America. At this level we are living on auto-pilot. Physical illness may not have set in yet, but over time the body will begin to fail. People here are either "numb" or "reactive". They can perform well, but they are not able to create their lives, they can show up and get the job done, but they are only going through the motions of life.

8 Hz: Magnets: It is known that magnets can help people lower their pain levels. This is relative. If a person is at 9.5 Hz and they apply a magnet strip, then yes the pain will feel relieved because the frequency is being lowered. However, if a person is running at 7.83 Hz, then the magnet will pull them up, away from the healing frequencies.

7.83 Hz: This is the Schumann Resonance or The Heartbeat of the Earth. Nature runs close to this such as water and plants. There is harmony and balance at this frequency.

7.4 Hz: Here we can speed the healing of soft tissue as well as melt scar tissue. The body must still go through the healing process, but shifting the frequencies allows the body to heal faster.

7.2 Hz: We can speed the healing of bone at 7.2 Hz.

7.0 Hz: We can create new neuro-pathways here. Our experience has been that we are not healing or regenerating damaged nerves but we can create new ones.

4 - 5 Hz: Angels not incarnate and guides usually run in this range.

IMPORTANT: DO NOT GET HUNG UP ON THE NUMBER OF THE FREQUENCIES!!!!

We give this scale as a general idea. Remember, your intention for healing is that of the GREATEST GOOD be done.

Learning frequencies comes from personal experience in feeling the various levels in your body. Here are the general feelings when your frequencies are too high. Reactive (emotionally, mentally or physically), reacting to food that you use to have no trouble with, too hot, too cold, too loud, too etc. Or the opposite response of being numb. Numb people appear content to the outsider, but there is a controlled passivity within. The general feeling of "off" is one of the first clues that you have raised your frequencies. Also, unexplained frustration or emotional outbursts that have no apparent reason is another indication of higher frequencies. Higher frequencies are common when we are in pain, especially chronic pain.

Why do we raise our frequencies? We raise our frequencies to numb our experiences in the world. We disconnect from our higher selves by closing our locks and raising our frequencies when we feel unsafe or threatened. Often sensitive people who are empathic will also shut themselves off from feeling so much of the people around them. In essence, raising our frequencies is a protective mechanism from overstimulation. Living in this way often becomes the habit.

We raise our frequencies out of habit communicating with the environment around us. For example, Fox News and the topic of most political issues run at a higher frequency, it is easy for us to tune into that frequency when we listen or talk about politics. Video games tend to raise our frequencies and allow us to "check out" at the higher frequencies. TV, movies and shows, especially with violence, raise frequencies. In general, our everyday environment runs between 9 to 10 Hz. This is too high for spiritually mature people to run at. Awareness and mindfulness are steps to create a new habit at living in this reactive world but at lower frequencies.

Alcohol, recreational and some prescription drugs, sleeping medications and unmanaged anger are substances and behaviors that keep our frequencies high, either reactive or numb.

Another reason we raise our frequencies is a need for us to be heard. For example, in a stressful work situation you may need to work with someone who is running at the higher frequencies. **In order to communicate, you must be within two octaves.** So if that person is running around 9.5 Hz and you are at 7.5 Hz you are on the edge of lots of "static". Often the lower frequency person will raise their frequencies to that of the person they are trying to get their point across to. The gift here is learning how to keep your frequencies low and following the laws of free will, lower the other person closer to your frequencies so that communication will improve. To do this, you must say in every encounter, "I have something important to share with you, **can you hear me?**" (or something close to this) That person doesn't need to give you an answer, but by that person moving closer and sitting down with you is the indicator that they have given their free will to lower their frequencies so clearer conversations and solutions can be discussed.

Healing: "It is important to allow the body to receive instead of endure, as soon as the body becomes reactive the process is ineffective. This is the same concept as the homeopathic affect.....less is more" ~ Jenni Prince