

Healing with Frequencies

The New Frontier in Energy Medicine

Dr. Smith **Live** with

70th Episode

Topics:

- Why frequencies are more effective than drugs
- Why radiofrequency radiation (RFR) can cause serious health issues
- The science behind the Solfeggio frequencies
- Magical healing frequencies to use

The art of healing comes from nature, not from the physician.

Paracelsus

Topic: Healing with Frequencies -The New Frontier in Energy Medicine

When: Thursday, May 26, 2022

Time: 8:00 pm

Why frequencies are more effective than drugs

Dysfunction results from cells, tissues, organs and other structures vibrating at frequencies other than their normal pattern. Healing frequencies literally rebalance or reset the abnormal frequencies. This can be accomplished by means of laying on of the hands, a Rife generator, color light therapy, listening to classical music or Gregorian chants, Qigong and conventional acupuncture, Biophon light therapy, scalar energy (Theraphi System), exposure to the sun's rays, homeopathic remedies, vitamins, prayer and meditation, eating organic foods, and other modalities. Restoring the vibrational balance of the body restores all aspects of the body to communicate and function at its maximum effectiveness. In addition, frequencies can be beamed directly through homeopathic remedies to neutralize the toxic frequencies of chemicals, viruses, bacteria, fungi, vaccines, etc. so they no longer can damage any surrounding tissues.

Energy healing can occur instantaneously or with several treatment sessions. There are usually little to no side effects. Most importantly, healing with energy focuses on restoring the physical, emotional, spiritual, intellectual, and social aspects.

Drugs on the other hand use toxic chemicals in an attempt to alter the reactions of the body. This approach totally overlooks how the body really works. Also the drugs do not remove the initiators of the

problem. They only mask the symptoms. More often than not poly pharmacy can result in potentially greater dangers from the combination of the breakdown products of the drugs, which can wreak havoc within the organs. Most doctors and people do not realize that these drugs can become trapped with organs and tissues for a lifetime. Sometimes drugs are needed in emergency situations. However, whenever possible they should be avoided.

Risks to Health and Well-Being From Radio-Frequency Radiation Emitted by Cell Phones and Other Wireless Devices

Beginning with radar during World War II, human exposure to radio-frequency radiation¹ (RFR) technologies has grown substantially over time. In 2011, the International Agency for Research on Cancer (IARC) reviewed the published literature and categorized RFR as a “possible” (Group 2B) human carcinogen. A broad range of adverse human health effects associated with RFR have been reported since the IARC review. In addition, three large-scale carcinogenicity studies in rodents exposed to levels of RFR that mimic lifetime human exposures have shown significantly increased rates of Schwannomas and malignant gliomas, as well as chromosomal DNA damage. Of particular concern are the effects of RFR exposure on the developing brain in children. Compared with an adult male, a cell phone held against the head of a child exposes deeper brain structures to greater radiation doses per unit volume, and the young, thin skull's bone marrow absorbs a roughly 10-fold higher local dose. Experimental and observational studies also suggest that men who keep cell phones in their trouser pockets have significantly lower sperm counts and significantly impaired

sperm motility and morphology, including mitochondrial DNA damage.

The science behind the Solfeggio frequencies

The scientific community began connecting the dots between the type of music played and the variety of physical effects on the human body. In 1988, biochemist Dr. Glen Rein made a discovery that confirmed what the ancient spiritual traditions understood when he tested the impact of different music on human DNA.

Rein exposed similar DNA vials to four kinds of music with different frequencies – Gregorian chants, Sanskrit chants, classical, and rock. By measuring the rate of UV light absorption, an essential function of healthy DNA, Rein was able to assess the effects of each type of music. And the results will make you reconsider the type of music you listen to when you want to relax.

The Gregorian and Sanskrit chants had the most positive, even healing, effects by increasing UV light absorption between 5 to 9 percent. The classical music increased UV absorption by small amounts. And rock music decreased UV light absorption, harming the DNA. Rein's research supported the theory that sound frequencies do produce serious effects, for better or worse, on health and well-being.

Since Rein's illuminating discovery, further research has come to light that shows Solfeggio frequencies have profound mental, emotional, and physical effects. Additionally, this understanding has led to music

therapy becoming established as a health profession to help individuals therapeutically using various aspects of music creation and listening.

However, to understand what's so special about the Solfeggio frequencies and how they differ from other tones, it's first important to understand the Schumann resonance.

Scientific tuning and the Schumann resonance

You might be wondering why it is that Solfeggio frequencies produce more positive effects on the body than any other sounds or tones. The answer lies in the Schumann resonance.

In 1952, German physicist Winfried Otto Schumann mathematically documented the electromagnetic resonances existing between the Earth's surface and the ionosphere—the electrically charged part of the Earth's atmosphere. Schumann discovered that these electromagnetic waves, originating from discharges of lightning, resonated at a low frequency ranging between 7.86 Hz to 8 Hz. He determined that this frequency was, in essence, the Earth's heartbeat. It has since been coined the Schumann resonance after its founder.

Schumann's successor, doctoral candidate Herbert Konig, took this research a step further. He studied the connection between the Schumann resonances and found them to match various levels of human brain activity by comparing EEG recordings with the Earth's electromagnetic fields.

Konig discovered that the resonances matched five different brainwave states: delta, theta, alpha, beta, and gamma. These are the brainwave states that occur naturally during all daily activities from sleeping to creating to learning.

The benefits of the different Solfeggio frequencies

432 Hz

Many ancient musical instruments were constructed for 432 Hz tuning and before the mid-20th century, 432 Hz was the standard of instrumental tuning. Since then 440 Hz tuning has become the norm. The 432 Hz frequency resonates with the Schumann Resonance of 8 Hz and is known for its deeply calming and soothing effects.

A recent double-blind study from Italy showed that music tuned to 432 Hz slows down the heart rate when compared to 440 Hz. This frequency fills the mind with feelings of peace and well-being, making it the perfect accompaniment for yoga, gentle exercise, meditation, or sleep.

528 Hz

Even though the science on the reparative effects of the 528 Hz is still in its infancy, early research indicates that it has the ability to heal and repair the body.

A 2018 study from Japan discovered that music tuned to the frequency of 528 Hz significantly reduced stress in the endocrine systems and autonomic nervous systems—even after a mere five minutes of listening. And in a study published in the *Journal of Addiction Research & Therapy*, the frequency of 528 Hz reduced the toxic effects of ethanol, the principle ingredient found in alcoholic drinks, on cells. Even more

astounding was that this frequency also increased cell life by about 20 percent.

The energizing and healing effects of music set to 528 Hz make it ideal background music any time you feel under the weather or simply need to unwind.

Further research supports Konig's findings that confirm the incredible similarities between the Schumann resonance and human brain activity. Additionally, other research shows that the low frequency of the Schumann resonance has been found to provide synchronization for higher brain function.

So, how do the Schumann resonances relate to Solfeggio frequencies?

The Solfeggio frequencies have such positive effects because they resonate in harmony with the Schumann resonance of 8 Hz. Musically speaking, the frequencies are derived by beginning at 8Hz and working up the musical scale octave by octave until the C note is vibrating at the 256 Hz frequency and the A note is vibrating at 432 Hz. When music is tuned to harmonize with this frequency it is known as scientific tuning.

The Solfeggio frequencies include, but are not limited to, six different tones. Let's take a more in-depth look at each frequency and its unique healing effects on the body and mind.

396 Hz

Music tuned to 396 Hz helps remove subconscious fears, worries, and anxiety. It also helps to eliminate feelings of guilt and subconscious negative beliefs blocking the path to achieving personal goals.

Listening to music tuned to this frequency is most helpful when you want to feel more uplifted, secure, and give power to your goals and dreams.

639 Hz

The frequency of 639 Hz helps balance emotions and elevate the mood. It also promotes communication, love, understanding, and brings harmony into interpersonal relationships.

Music set to 639 Hz is perfect when you need a significant boost of love and positivity or are dealing with conflicts in relationships.

741 Hz

Music tuned to the frequency of 741 Hz helps with problem-solving, cleansing the body, and self-expression. It also helps to awaken intuition and promote living simply and purely.

This frequency is ideal if you're struggling with living a healthy lifestyle, expressing creativity, or speaking your truth.

852 Hz

The 852 Hz frequency helps to replace negative thoughts with positive ones, making it ideal when nervousness or anxiety is bringing you down. It also aids in awakening intuition and inner strength.

You'll enjoy listening to music set to 852 Hz if you're seeking to communicate with and live in harmony with your highest self.

Whether you prefer to have it as background music during daily activities or to accompany you while you sleep, each Solfeggio frequency has unique uplifting and soothing effects that you'll undoubtedly enjoy.

All of the frequencies mentioned can be found in the BetterSleep app to mix with other sounds or content.