



FREQUENCY & VIBROACOUSTICS

A NEW ERA IN REVOLUTIONARY HEALING

As a cancer survivor, I used Sound Therapy as part of my healing journey; it's my aim to help people make more informed choices about available treatments & protocols that are already helping thousands of others in their quest for better health. Restoring balance & harmony at a cellular level gives us all natural tools for inspired wellbeing - I hope to help you discover (*and re-discover*) both ancient wisdom & state-of-the-art technology towards achieving that goal.

Disclaimer: This information exists to help you research and learn more about frequency healing & the machines and PEMF devices that provide such frequencies. The information on, or linked from this article should not be construed as medical advice; the information and products are provided for educational and research purpose and by using this website, you accept all responsibility for any action you may take. No claims for any purpose are stated or implied, Some information is my own, personal experience, included to help give you more options but I highly recommend that you do your own research to align with your own responsibility



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FREQUENCY & VIBROACOUSTICS - A GUIDE TO REVOLUTIONARY HEALING

The Benefits of Vibro-Acoustic Therapy and Frequency Healing:

Imagine harnessing the power of sound to heal your body, calm your mind, and restore balance. It might sound like something out of science fiction, but vibro-acoustic therapy (VAT) and frequency healing are gaining greater recognition for their incredible potential in enhancing health and wellness. Whether you're dealing with chronic pain, emotional stress, or simply seeking a new path to better health, these therapies could be the answer you're looking for. Let's dive into what these therapies are all about and explore their proven benefits.

Introduction

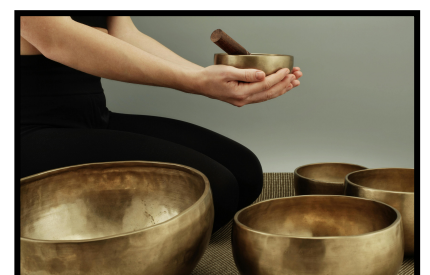
As the world turns to alternative therapies in search of healing, vibro-acoustic therapy (VAT) and frequency healing are standing out. These therapies use sound and vibration, deeply rooted in ancient practices and backed by modern science, to bring your body back into balance. By tapping into the natural frequencies that everything—including our cells—vibrates at, VAT and frequency healing help to re-align and restore health on a cellular level.

Sound Therapy might sound a little “out there,” but more and more research is showing it's not only real, it's effective - and has been for thousands of years. You may have heard of gong baths - they can be very powerful but *note - that metal implants (not usually dental fillings) & pacemakers are contra-indicated, so speak with your health care professional PRIOR to any treatments.* Singing bowls, monochords, crystal bowls, drumming & overtoneing are all used.

What is Vibro-Acoustic Therapy and Frequency Healing?

Vibro-acoustic therapy (VAT) works by using sound waves and vibrations to affect your body's cells and tissues. The therapy often involves lying on a sound mat or sitting in a specialized chair that transmits vibrations directly into the body. This deep-tissue stimulation helps promote healing, relaxation and pain relief.

On the other hand, frequency healing refers to the use of specific sound frequencies—measured in hertz (Hz)—to restore balance to your body's natural rhythms. According to **Dr. Lee Bartel's** research, frequencies as precise as **40 Hz can stimulate brain activity and improve cognitive functions, even in conditions like Alzheimer's disease** (Bartel, TED Talk, 2012). It's all about using sound waves to bring your body back to its healthy & natural resonance - *homeostasis*.



PYTHAGORAS - THE 'FATHER' OF SOUND THERAPY



The Greek, Pythagoras (circa 500 BC) - mathematician, philosopher and mystic was, in a very real sense, the *father of music therapy*. The Pythagoras Mystery School, based on the island of Crotona, taught the use of flute and lyre as the *primary healing instruments* and although none of Pythagoras' writings have come down to us, we know of his philosophy & techniques from many contemporary writers. With his monochord—a single-stringed musical instrument that uses a fixed weight to provide tension, Pythagoras was able to unravel the mysteries of musical intervals - and our *scales and modes* are based on his discoveries.

Pythagoras is playing a fore-runner of the monochord - also known as a 'sonometer.'

According to legend, Pythagoras discovered the foundations of musical tuning by listening to the sounds of four blacksmith's hammers, which produced consonance and dissonance when they were struck simultaneously - so he investigated & is credited with discovering *the harmonic series*; a series of mathematical ratios that describe the relationship between physical dimensions & pitch. The familiar scales we use in music today have derived from this discovery.

The monochord is so-called, because it has one string (mono-chord). The word comes from the Greek word monókhordon, which is a combination of mono- meaning "one" and chordē meaning "string". Pythagoras invented the monochord and used it to demonstrate the mathematical relationships between notes;

It was made up of a single string, stretched over a wooden soundbox and had a moveable bridge. The bridge allowed the string to be divided into different measurable ratios & could be tuned to octaves or fifths, which when Pythagoras heard the blacksmith's D hammer played simultaneously with an A hammer, he apparently said: "*they produced such perfect consonance with hammer A that they seemed to be "singing" the same note.*"



Ancient Wisdom - A History of Healing With Frequency & Vibration

The History of Frequency Healing The concept of using sound and vibration for healing dates back thousands of years. Ancient civilizations, such as the Egyptians, Greeks, and Indigenous cultures, used chanting, drumming, and other sound-based practices to promote physical and spiritual well-being. For example:

The Egyptians used vowel sounds and chanting in their healing rituals, believing that specific tones could align the body with cosmic energies - and this is one of the techniques still used in Sound Therapy - my own training has taught me how to overtone for healing - and I have had good results with specific health issues, particularly emotional difficulties.

They also believed that music could restore balance to the body and mind, with Pythagoras developing the idea of “musical medicine.” Indigenous cultures used drumming and singing to induce trance states and promote healing, often incorporating natural elements like water and wind into their practices. Today, modern science is beginning to validate what these cultures intuitively understood: frequency and vibration have the power to heal.

The Aboriginal people of Australia are arguably, the first known culture to heal with sound. Their *'yidaki'* (modern name, *didgeridoo*) has been used as a healing tool for at least 40,000 years. The Aborigines helped heal broken bones, muscle tears and illnesses of every kind using their enigmatic musical instrument. **Interestingly, the sounds emitted by the yidaki are in alignment with modern sound healing technology.** It's becoming increasingly apparent that the wisdom of the ancients was based upon *'sound'* principles - and that pun was intended :-)



An Aborigine playing the 'yidaki' - or as we know it, a didgeridoo

THE DEFINITION & ROLE OF RESONANCE

The Science behind how frequency affects the body is well understood. At a cellular level, every cell in our body has a natural frequency at which it vibrates - in fact, everything vibrates all the time. When cells are healthy, they resonate harmoniously but infections, stress, hormonal or environmental factors can disrupt this delicate balance, leading to dysfunction...and *dis-ease*.

THE DEFINITION OF RESONANCE

The word, '*resonance*,' originally *comes from the Latin 'resonantia,' meaning "echo,"* and it is closely related to the word, *resound*, which means to return an echo or "*sound again.*"

These two definitions already relate to sound waves and give a basic picture of the meaning of the word in physics too. In physics, the definition of resonance is when the frequency of an external oscillation or vibration matches an object (or cavity's) natural frequency, & as a result either causes it to *vibrate or increases its amplitude of oscillation.*

In mechanical systems, resonance refers to the amplification, reinforcement or prolongation of sound or other vibrations. Just as in the definition above, this requires an external periodic force to be applied at a frequency equal to the natural frequency of motion for the object, which is sometimes called *the resonant frequency.*

All objects have a natural, or *resonant frequency*, which you can think of as the frequency the object "likes" to vibrate at. For example, if you tap a crystal glass with a fingernail, it will start to vibrate at its resonant frequency and will produce a "ting" with a corresponding pitch. The frequency of vibration depends on the physical properties of the object. This is why it is possible to kill cancer cells with frequency - because they resonate at a different frequency from healthy cells. Isolate the frequency, as Royal Rife did in the 1930s when he discovered **14,000 different frequencies matching different diseases and 'rogue' cell states** - and you have the ability to heal at the cellular level.

Source: sciencing.com

THE ROLE OF RESONANCE

The Role of Resonance is a key principle in frequency healing; when two objects vibrate at the same frequency, they can influence each other's vibrations. For example, if a tuning fork is struck and placed near another tuning fork of the same frequency, the second fork will also begin to vibrate. This same principle applies to the human body; by exposing cells to specific frequencies, it's possible to "*tune*" them back to their healthy state. This phenomenon is also observed in music therapy, where certain frequencies can *synchronize brain waves*, eliciting relaxation and mental clarity and even '*aha*' moments of insightfulness.