



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 for your health. Always talk to a qualified, health care provider for guidance and please note the contraindications contained in this ebook.

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Table Of Contents

02	Introduction - What Is Vibroacoustic Therapy?
03	Pythagoras - The " <i>Father Of Sound Therapy</i> "
04	Ancient Wisdom & History of Healing
05	The Definition & Role Of Resonance
06	Pioneers Of Frequency Healing
08	Instruments & Techniques
09	Old Wisdom - New Technology - Which Is Best?
10	Dr. Lee Bartell - The Magic of 40 Hz - Alzheimer's Hope
11	Pros & Benefits Of Frequency Healing
12	Cons & Contra-indications
13	The Future Of Vibro-Acoustics & Frequency Healing

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

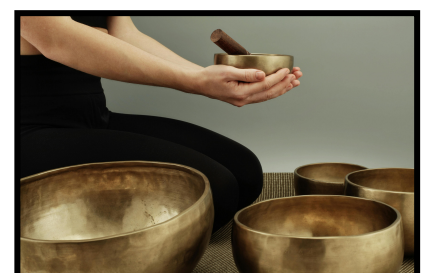
As the world turns to alternative therapies in search of healing, vibro-acoustic therapy (VAT) and frequency healing are standing out. These therapies use sound and vibration, deeply rooted in ancient practices and backed by modern science, to bring your body back into balance. By tapping into the natural 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*.



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.

Old Wisdom Or New Technology? Which Is Best?

The increasing demand for holistic and natural healing is driving innovation - and the market is responding; there are now scores of mats, tables, chairs, beds - and even 'eggs' that have sound therapy modalities. Wellbeing is high on everyone's list - and we could all do with a few more realxing sessions in a healing state of altered consciousness.



Meerklang

The sound chair (left) is a Monochord Sounchair by Sound Travels; wood is a good reflector of sound as the resonance is warm & nurturing. On the right, is a 30-string, (single) monochord - the same as I use in my therapy room at home; it's from a German company, Meerklang, who specialise in custom made, high quality instruments. The two outer strings are pitched at C2 and all others, at C3. It's a beautiful instrument to play - as well as listen to & 'feel' as a client or patient. The harp-like sound is excellent for 'letting go' of old thoughts & habits and people often experience a 'journeying'. Both are played by a sound practitioner using only the natural properties of the physical instrument and a suitably resonant space to make the most of it's richness.



By contrast, the *inHarmony* Sound Lounge 2 is at the other end of the techonological spectrum; state-of-the-art, built in, high-fidelity speakers and x4 tactile transducers to create the vibration. A custom dual amplifier, built from the ground up, includes bluetooth & an amp for the low end frequencies and *separate* amp for the built in speakers or headphones. "It instantly soothes your busy mind and relaxes your entire body ." If you would like to know more - discover it [here!](#)

Maybe try both & see which works for you.....

Pros Of Vibro-Acoustic Therapy and Frequency Healing

- **Non-invasive & Drug-Free:** the most obvious benefit of vibro-acoustic therapy and frequency healing is that these therapies are non-invasive and require no medication. Instead of turning to potentially harmful drugs or undergoing surgeries, sound and vibration provide a natural alternative.
- **Backed by Research:** Research from The British Academy of Sound Therapy and other credible sources, shows that sound therapy can reduce pain and promote relaxation. Dr. Lee Bartel's work has even shown the power of frequencies to help with Alzheimer's and memory-related conditions (Bartel, TED Talk, 2012).
- **Supports Emotional Healing:** Frequency healing isn't just physical; it also targets emotional health. It's particularly effective for those dealing with trauma or anxiety, with some clients experiencing emotional breakthroughs during or after sessions.

This beautiful crystal singing bowl has the purest of sounds due to their ability to create a clear, sustained tone with minimal overtones - this makes them ideal for meditation & sound healing practices when relaxation is paramount. Metal bowls produce a more complex sound with multiple overtones.



- **Helps with Pain Relief:** vibro-acoustic therapy is great for reducing chronic pain; according to a study referenced by the British Academy of Sound Therapy in 2023, VAT has been shown to alleviate the symptoms of chronic pain conditions like fibromyalgia and arthritis.
- **Reduces Stress and Anxiety:** Many users report feeling deeply relaxed after a session. The frequencies used in sound therapy can lower cortisol levels, the stress hormone, leading to improved mental clarity and relaxation.
- **Improves Sleep:** Sound healing promotes deep, restorative sleep. Studies have indicated that listening to specific frequencies (like Delta waves) can improve sleep quality by helping your body enter deeper stages of rest.



THANK YOU