



FREQUENCY & VIBROACOUSTICS

A NEW ERA IN REVOLUTIONARY HEALING

From Warrior Women Hope

Welcome! I'm Jo Bates and as a cancer survivor, I used Sound Therapy as part of my healing journey; it's my aim to help you to make your home a healing environment that protects & nurtures your energy. Restoring balance & harmony at a celluar 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 instruments & devices. 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 purposes 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; it worked for me but I highly reccommend that you do your own research. If you are unsure, always talk to a qualified, health care provider for guidance & note any relevant contraindications contained in this ebook.

This article contains some affiliate links that I wholeheartedly endorse & may receive a commission for.

Table Of Contents

02 Introduction - What Is Vibroacoustic Therapy?

03 Ancient Wisdom & History of Healing

04 The Definition & Role Of Resonance

05 "The Cancer Cure That Worked"

06 Instruments & Techniques

08 Old Wisdom - New Technology - Which Is Best?

09 Dr. Lee Bartell - The Magic of 40 Hz & Alzheimer Hope

10 Pros & Benefits Of Frequency Healing

11 Cons & Contra-indications

12 The Future Of Vibro-Acoustics & Frequency Healing

FREQUENCY & VIBROACOUSTICS - A GUIDE TO REVOUTIONARY 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 & overtoning 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. For more - go **HERE!**

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 it's healthy & natural resonance - *homeostasis*.



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 digeridoo

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.

Dr. Raymond Royal Rife & The Cancer Cure That Worked

Royal Raymond Rife was an American inventor and microbiologist who made groundbreaking & potentially wondrous discoveries in the early 20th century - Rife developed a machine that used specific frequencies to target and destroy harmful pathogens, including cancer cells. His work was based on the principle that every microorganism has a unique resonant frequency and by exposing these pathogens to their "***mortal oscillatory rate***" it's possilbe to destroy them. Y*ou've seen an opera singer shatter a glass with their voice?..well, this is a simlar principle,* Rife claimed, and proved, in many clinics in the San Diego/Southern California regios between 1934-39, that he could effectively neutralize them ***without harming healthy cells.*** Rife's work was revolutionary because it suggested that diseases could be treated non-invasively, using nothing more than precise frequencies. This theory was at odds with a newly burgeoning & highly profitable chemotherapy industry.







Rife (*pictured left*) collaborated with prominent doctors, including Dr. Milbank Johnson *(pictured centre*), to treat patients suffering from cancer and other diseases. Using his Rife Frequency Generator, he and his team reportedly achieved a 100% success rate in curing cancer patients, as documented in clinical trials. These clinics became a beacon of hope for many, offering non-invasive treatments that ***targeted the root cause of diseases without harming healthy tissue.***

However, the success of these clinics drew the attention of powerful entities, including the American Medical Association (AMA) at the time, who threatened any doctor using the machine by witholding their medical licence or instigating expensive law suits to stop them - and unfortunately, most gave in.

The AMA and Maurice Fishbein, sought - and succeeded in discrediting and suppressing Rife's work. The manufacturer's of the parts for his machine, were threatened with closure and law suits - so they stopped making the parts. Rife's clinical notes - proof of efficacy, were stolen, destoyed or illegally confiscated. - along with his Frequency Generator. Sadly, he died on 5th August, 1971 - a broken man; divested of the recognition for a gift to humanity that could have spared millions the painful deaths and infirmities that disease often brings - especially cancer. You can read more about this lost opportunity in the excellent book by Barry Lynes:

"**THE CANCER CURE THAT WORKED.**"

Instruments & Techniques In Vibro-Acoustic & Frequency Healing

In Physics (Waves): Frequency refers to the number of times a wave oscillates (completes a cycle) per second. It is measured in Hertz (Hz). For example, if a sound wave has a frequency of 500 Hz, it means the wave completes 500 cycles per second.

You can experience vibro-acoustic therapy (VAT) and frequency healing in many different ways:

Tuning forks:

These are often used by practitioners in combination with other therapies to apply targeted frequencies to areas of the body needing special attention.



432 Hz tuning vibrates in harmony with the Earth's frequency and Maria Reynold from *Peaceful Mindful Yoga says*, this is the frequency that: ***"unifies properties of light, time, space, matter, gravity & magnetism, with our own biology."*** ***LEARN MORE!***

Koshi Chimes:

Handcrafted, combining bamboo veneer and tuned metal rods which produce natural overtones. There are four different elemental tunings: (Earth, Water, Air & Fire. Each produces a different timbre. The bamboo emits rich harmonics and clear, soft tones that are uplifting & incredibly soothing - even a moment of Koshi Chime sound can act as a reset. For example: hanging a chime near a window so a gentle breeze triggers the soft tones or at the start or end the of the day - before sleep. Chimes are traditionally used to clear mental clutter or as a transition between activities that helps you to focus on a different 'head space'. *See them* **HERE!**





Himalayan 'Singing' Bowls:

Often used by practitioners (*I use them myself*) in combination with other therapies to apply targeted frequencies to areas of the body where energy needs to shift to enable healing to take place; off-body and on-body techniques are used. Being exposed to the sounds that are produced, i.e. *warm, earthy & golden*, is described by clients as feeling like ***"a sonic cuddle."***

source: The British Academy Of Sound Therapy

Old Wisdom And New Technology - Why Limit Yourself?

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.





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 speicialise 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.....

DR. LEE BARTEL - HOW THE FAMILY HONEY FARM LED TO AN UNDERSTANING OF THE MAGICAL HEALING OF 40 Hz

In his TED talk, 'Music Medicine - Sound At A Cellular Level', Dr. Lee Bartel presents a case study of an Alzheimer's patient named "Mr. A," who participated in his 40 Hz brainwave stimulation trial. Before the trial, Mr. A was experiencing typical symptoms of Alzheimer's, including memory loss, confusion, and difficulty performing everyday tasks. His cognitive function had been declining over time, and his ability to recognize family members and engage in conversations was significantly impaired. As part of the study, Mr. A was exposed to 40 Hz sound stimulation for a period of several weeks. During this time, he listened to a special sound therapy created using 40 Hz frequencies, which is believed to stimulate brain activity and promote the clearing of amyloid plaques.



Dr. Lee Bartel's research into frequency & healing is ongoing & he currently has research studies underway on ***the effect of pulsed sound stimulation on the cognitive effects of long COVID*** at Baycrest Centre, Ontario.

Remarkably, after the course of therapy, Mr. A showed noticeable improvements; his memory and attention span improved, and he was better able to recall recent events. He even demonstrated a greater ability to engage in conversation and recognize family members. The results of his case were encouraging, suggesting that regular exposure to 40 Hz stimulation could have a tangible impact on reversing some of the cognitive decline associated with Alzheimer's disease.



You can hear what 40 Hz sounds like - here!

Source: Sonic Electronix - Thank 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. Find your bowl & much more here – ***with 10% off – for a limited period.***



• **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.

Cons & Contra-indications - Sound Therapy/Healing

• **Variable Results**: while many people experience immediate benefits, sound therapy is not a one-size-fits-all approach; not everyone responds to these therapies in the same way and results can sometimes take longer to show up - but it's worth remembering that the same applies to many mainstream treatments - this is why different drugs have to be tried when one doesn't work or suit the patient.

• **Requires Consistency**: For long-term effects, regular sessions may be needed. Some users may find it difficult to commit to frequent visits or sessions although 'top-up'

• **Potential for Misuse**: As with any emerging (or re-emerging) treatment, there's a risk that sound healing devices and techniques could be misused if not properly managed. ***It's crucial to seek out well-trained practitioners or verified devices to ensure safety and efficacy.***

• **Lack of Standardization**: The world of sound therapy, frequency and vibroacoustics is still evolving; different practitioners may use different methods and equipment and the standards aren't universally regulated - although the principles are the same.

However, ***standardization is sadly, not a realistic aspiration***; in the UK, for example, we should not ignore the same lack of stansardization in mainstream medicine - here are a few examples:

a) the use of **psychotropic medications, such as antidepressants** or antipsychotics, also lacks standardization; different clinicians may have varying preferences based on their training, available resources and a patient's response to drugs.

b) the use of ***opioids for pain relief has no standardized protocol*** and is highly controversial, with some physicians favoring non-pharmaceutical approaches while others prescribe pain medications.

c) **Palliative and Hospice care**: *End-of-Life care protocols are highly variable*, depending on factors like institutional resources, healthcare provider philosophies and regional guidelines.

d) **Oncology Protocols**: ***cancer treatment protocols are often not standardized across regions or even within hospitals.*** The type of cancer, patient age, co-morbidities, and even genetic markers can lead to varying treatment approaches - which I know from personal experience.

N.B. Pregnancy, medication, pacemakers, stents, 'Grand Mal' seizures and any other ***current physical or emotional condition or state, must be disclosed before any treatment*** *- & discussed with your health care professional beforehand. You should also have a 'contra-indications' discussion before treatment - from any responsible practitioner. I personally, have an information sheet for any new clients & we discuss this by phone, prior to the sound therapy session. Discernment, good research and recommendation (where possilbe) are essential if you're to have the most beneficial experience.*

THE FUTURE OF VIBROACOUSTICS & FREQUENCY HEALING

Thankfully, Rife's ground-breaking frequency technology has not been totally erradicated - and forward-thinking companies are realising the incredible benefits of frequency healing. Here are some useful facts, courtesy of *Resonant Light*:



Why Is Music So Important To Us? The frequencies, and rhythms have a healing (***or exciting***) effect on our cells, emotions & nervous systems. Have you ever stood at the front of a stage & wanted to move to the beat of the bass drum, that's ***sympathetic resonance***; it happens when one object vibrates in response to another object's vibrations. When a stringed instrument is played, other strings may resonate at their own frequencies. In the human body The vibrating column of air and the bones in the neck and head vibrate in sympathy with each other; this resonance is important for our sense of pitch & place.

Another place to find the Rife technology, is in the 'children' of the same science - using ***frequency to balance positively*** - so, instead of the destruction of 'rogue' or damaged cells, like cancer cells, use it to make harmonious frequencies that build health at a celluar level as preventative medicine that keeps us 'in tune' with our natural, healthy state - *homeostasis.* Any doctor worth their salt will tell you that preventative medicine is the best kind! Click **Meditation Cushion + Discount** for access to a special money-off deal on the inHarmony Sound Cushion - ***for a limited period only...***



Meditation Cushion + Discount

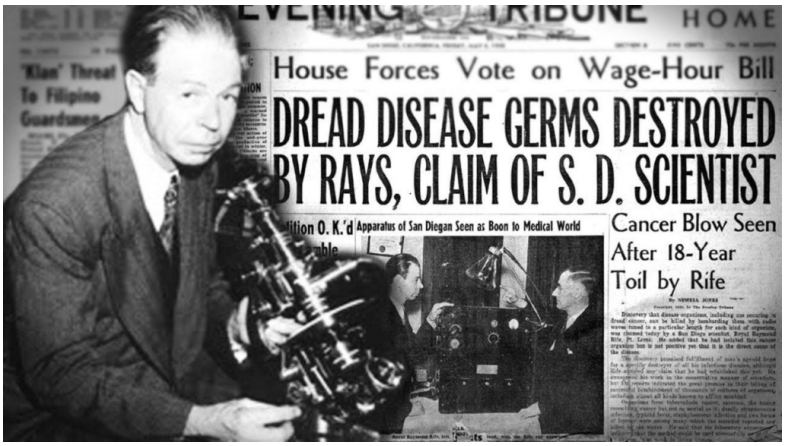
Conclusion

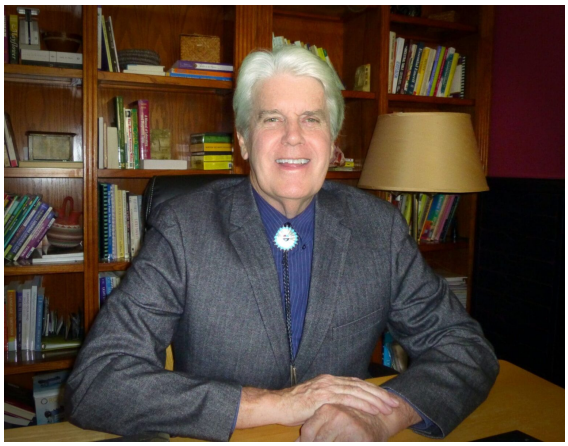
The ability to harness sound and vibration to affect change at a cellular level is a breakthrough that's been a long time coming back, as we have seen...but ALL our environments need to be as beneficial as possible; from our cells to our homes and even our communites. We feel those energies and respond accordingly. So, our homes need to be a sanctuary - a haven for the love we share and a fortress against the vagaries of a constantly changing world. I hope we've given some useful insights into how you can achieve this within your own home.

The work of pioneers like Royal Rife ***(who discovered that frequencies could destroy 14,000 different pathogens - including cancer***) and Dr. Lee Bartel (who explored the healing effects of frequencies on brain health) & the continuing work of Dr. James Bare, has paved the way for these therapies to be taken seriously - because they're backed by science and are beginning to be incorporated into traditional healthcare models around the world.

What's Next?

If you're considering an holistic, natural approach to healing with frequency, it will not leave you with side effects or require another intervention to counteract the damage of the first. There is hope! So, keep exploring - because it could save your life or that of a loved one. I, personally, would not have had surgery for breast cancer if I'd been armed with the wisdom I've learned during my research. Scientists who light the way include Dr. James Bare (*picture below right*) is one of many modern torch-bearers of Rife's work; he continues to research and use frequency for healing & wellbeing.





References:

- Bartel, L. (TED Talk). "Music Medicine: Sound at a Cellular level."
- British Academy of Sound Therapy. (2023). "The Healing Power of Sound Therapy."

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