

The Frequency of Healing

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by [Rosanne Lindsay](#), Traditional Naturopath, [Nature of Healing](#)

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All matter is frequency and vibration, whether alive or inanimate. If it exists, it has a frequency.

In the same way a wooden table has a specific frequency, so do sounds, thoughts, emotions, prayer, meditation, words, actions, cells, organ systems, and whole bodies, to name a few.

As sound vibration is made visible through the science of Cymatics, energy is felt in the human body as e-motion, or energy-in-motion. Sound can be defined as vibrations that travel through the air, water, or other medium. Both sound vibration and emotional vibration manifest form. As electromagnetic beings, made mostly of water, the human form resonates in frequencies.

[The human senses](#), limited as they are, translate frequencies:
Eyes – Translate different photon vibrations creating the colors we see.

Ears – Translate sound wave frequencies into the notes we hear.

Nose – Translates the certain molecules into different odors.

Sense of touch – Translates tiny vibrations that create texture through the stimulation on nerves.

The Law of Correspondence

The Law of Correspondence states that there is always a correspondence between the outer world and the inner world – “as within, so without” or “as above, so below.” For example,

there is a correspondence between numbers and sound and between sound and healing.

Pythagoras, the author of the Pythagorean Theorem, also founded the doctrine of the "Music of Spheres" which correlates the practice of numerology with tones. Since his time, many others have connected [healing tones](#) with healing [and colors with healing](#). Of course, colors also correspond to the chakras (wheels of light) in the energy system of the body. Thus, sound healing focuses on specific frequencies that [resonate with the chakras, the sources of life energy](#).

Everything distills down to a unique frequency. Frequencies either come together in harmony (health) or in dissonance (disease). When it comes to the frequency of healing, like heals like.

Sound Healing

*Music can heal the wounds which medicine cannot touch. –
Debasish Mridha*

Does music come to you more readily than words? Hans Christian Anderson said, "Where words fail, music speaks."

Music reflects both health and dis-ease. Musical notes that are overabundant or missing in your voice range correlate to specific physical ailments. Thus, if you know the frequency, you can find the solution.

According to Sharry Edwards, of Human BioAcoustics in the U.S., "BioAcoustics Voice Spectral Analysis can detect hidden or underlying stresses in the body that are expressed as disease." The vocal print can identify toxins, pathogens and nutritional supplements that are too low or too high. In addition, vocal print can be used to match the most compatible treatment remedy to each client. The introduction of the proper low frequency sound to the body, indicated through

voice analysis, has been shown to control: pain, body temperature, heart rhythm, and blood pressure. It has also been shown to regenerate body tissue, and alleviate the symptoms of many diseases (in some cases, even those considered to be incurable).

According to [Elaine Thompson](#) of Sound Therapy UK, a partial list of notes as they relate to the human body include:

C: Personal power, female sexuality, caring for the self, caring for others, eye muscles (C and C#) blood problems, the heart muscle, cancer, circulation, large body muscle strength.

D and D#: cell oxygenation of digestion, liver, anger, emotions, mineral transport, constipation when note is full – digestion of food, male and female hormones, oxygen to eyes and muscles. **D#:** Food allergies; Parkinson's Disease, **Lack of D** Multiple Sclerosis

E: Lungs, dairy allergies, **overabundant E** for catarrh, bronchitis, asthma (congested kind), emotionally represents the heart; **too much E** can mean being stuck in a situation that you don't like but don't know what to do about it or can't change – **lack of E** = no joy in your life or asthma (nervous kind) or hay fever & sinusitis (D#-E).

F: Kidneys, bladder, prostate, sexuality (male); **Lack of F/F#** in a man can mean possible low sex drive or not enough sexual activity. Procrastination or workaholic. Inability to integrate perception and action.

G: Neurotransmitters, minerals, the "happy" note. G is the colour of the sky. **Lack of G/G#** = depression (apathetic) **too much G/G#/A** = manic depression and mental disorders.

A: Eye problems, knees. Together with A# it represents the immune system. A = degeneration of the body functions, calf muscles, lower legs, degeneration of eyesight (**missing A**).

B: Represents the body electric, ears, hearing, deafness, and without B minerals don't work so well. You lose your body electric balance when you have too much computer radiation. This can be helped with a daily shower.

Energy Manifests Matter

Low frequencies manifest anger, aggression, desire for control, and a state of disharmony, while high frequencies manifest joy, love, desire for peace, and a state of harmony. You have a choice what frequency you manifest. By shifting emotions, you are able to shift matter, and shift your reality.

You are an electric and magnetic being, and an Earthling. You are consciousness embodied in an Earth Suit, connected through energy that flows around you and through you. You are a spark of the Creator. You are a unique, individual expression of universal energy. You are connected to everything. You direct your energy through intention, feeling, and sharing your gifts to create your personal reality.

The beauty of this 3rd dimensional space is that you embody the frequency you choose and manifest it as matter. You can't help it. The moral? Be conscious of your choices.

In all the possibilities of manifestation, conscious choosing is key. Choice means that individuals are not only responsible for their bodies but also for their thoughts. Each individual is responsible for his or her life.

The idea that **the individual is responsible** for health runs counter to the propaganda coming from *Group Think*, which manifests as the media, government, educational systems, religious institutions, laws and courts, and the allopathic medical system.

Outside of worldly systems, you come into this world through your body, alone. Likewise, you exit this world through your

body, alone. Therefore, you, alone, are responsible for your body and your life, even if you are part of an overarching family, community, country, and humanity. [You are in the world, not of the world.](#)

That means you are your own healer. While others can guide you to heal, you are created to heal yourself. To better appreciate all that you are, learn more about [your innate immune system here.](#)

To understand your innate self-healing ability, it is important to [perceive of the Big Picture.](#)

The Frequency of Freedom = Choice

1. My Body My Choice:

You cannot have health without freedom, nor freedom without health. Under the Natural law, individuals have the inherent right to make health decisions for themselves, without coercion or discrimination – the right to choose what goes into your body. All man-made laws fall under Natural law; not the other way around.

2. Cost-Benefit Equation & The Individual

The individual is responsible for determining the costs and benefits of any medical or holistic treatment.

3. Mental Health

Like physical health, mental health is an individual responsibility because it influences how we think, feel, behave, face challenges, maintain relationships, recover from setbacks, etc.

4. Natural Rights

The role of government, employers, or societies at large, are not there to make decisions for individuals. When you allow governments to legislate choice it binds freedom to a contract

and choice becomes obsolete. Choice and access are natural rights by birth and can neither be granted nor denied by any government or court.

5. Interference Frequencies

Arthur Firstenberg, author of [The Invisible Rainbow](#), and president of Cellular Phone Task Force, compiled information on the biological effects of radio wave frequencies in his free booklet [Radio Wave Packet, What You Need To Know About Wireless Technology](#). Of course, since radio was deployed, there are now harmful 3G, 4G, 5G frequencies, with more coming. From plants to honey bees, to birds, mammals, whales, and humans, these frequencies are known to maim and kill. So it is equally important to know [how to shield and protect yourself](#).

Create A Frequency of Healing

- Begin each day with a simple 'Thank you.' Life is a gift. A positive affirmation is much better than "Life sucks and then you die" or "Thank God it's Friday." Expecting the worst is a self-fulfilling prophecy.
- Love yourself. If you don't love yourself, why would you expect anyone else to love you? Love who you are, even your illness, which can be reversed because the body is made to heal itself if given the right tools. An illness is present to show you something you've been suppressing and it is time to express it.
- There is no law of limitation. What you perceive to be true, will be true; what you expect is what you'll get; how you talk to yourself is how you'll see yourself and where you'll find yourself.
- Move your body. Exercise. Dance. Dance like no one is watching.
- Turn off the T.V., the computer, and the cell phone.
- Understand the 5G networks and towers are set up to interfere with your frequency and find ways to shield

yourself, the plants, and Nature around you.

- Go to Nature, ground yourself, practice Earthing (bare feet to the Earth), listen and connect to the sounds around you.
- Be calm using your breath: 1) Breathe in through the left nostril, breathe out through the right; 2) Belly breathing. Breathe with your belly using 4-count breathing. Breathe in for 4 counts, hold 4 counts, breath out 4 counts, hold 4 counts.
- Be Creative: write, draw, cook, or sing.
- Have fun. Laugh instead of cry.
- Eat high frequency foods, foods of Nature, in their original packages.
- Do something nice for yourself.
- Bring music into your life.
- Share your gifts, the ones you are passionate about.
- Talk with a friend and keep the topic on the up-and-up.
- Follow your intuition.

When you choose to create a healing frequency, you activate your innate healing potential as a frequency being. Shift happens. When you shift perception, you shift the world around you. You shift your reality. And life, as you know it, is never the same again.

Related Articles

- [Self Healing: The Big Picture](#)
- [The Frequency of Freedom](#)
- [Say Goodbye to the Germ Theory](#)
- [Freedom Exists Under Natural Law](#)
- [To Question the Nature of Reality](#)

Rosanne Lindsay is a Naturopath, writer, earth keeper, health freedom advocate and author of the books [The Nature of Healing, Heal the Body, Heal the Planet](#) and [Free Your Voice, Heal Your Thyroid, Reverse Thyroid Disease Naturally](#).

Rosanne Lindsay is [available for consultation](#) through Turtle Island Network. Subscribe to her blog at [natureofhealing.org](#).

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