



**F R E Q U E N C Y A N D
T H E H U M A N
B O D Y**

FREQUENCY AND THE HUMAN BODY

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The human body is a symphony of sounds. Every organ, every bone, every tissue, every cell has its own resonant frequency, its own sound.

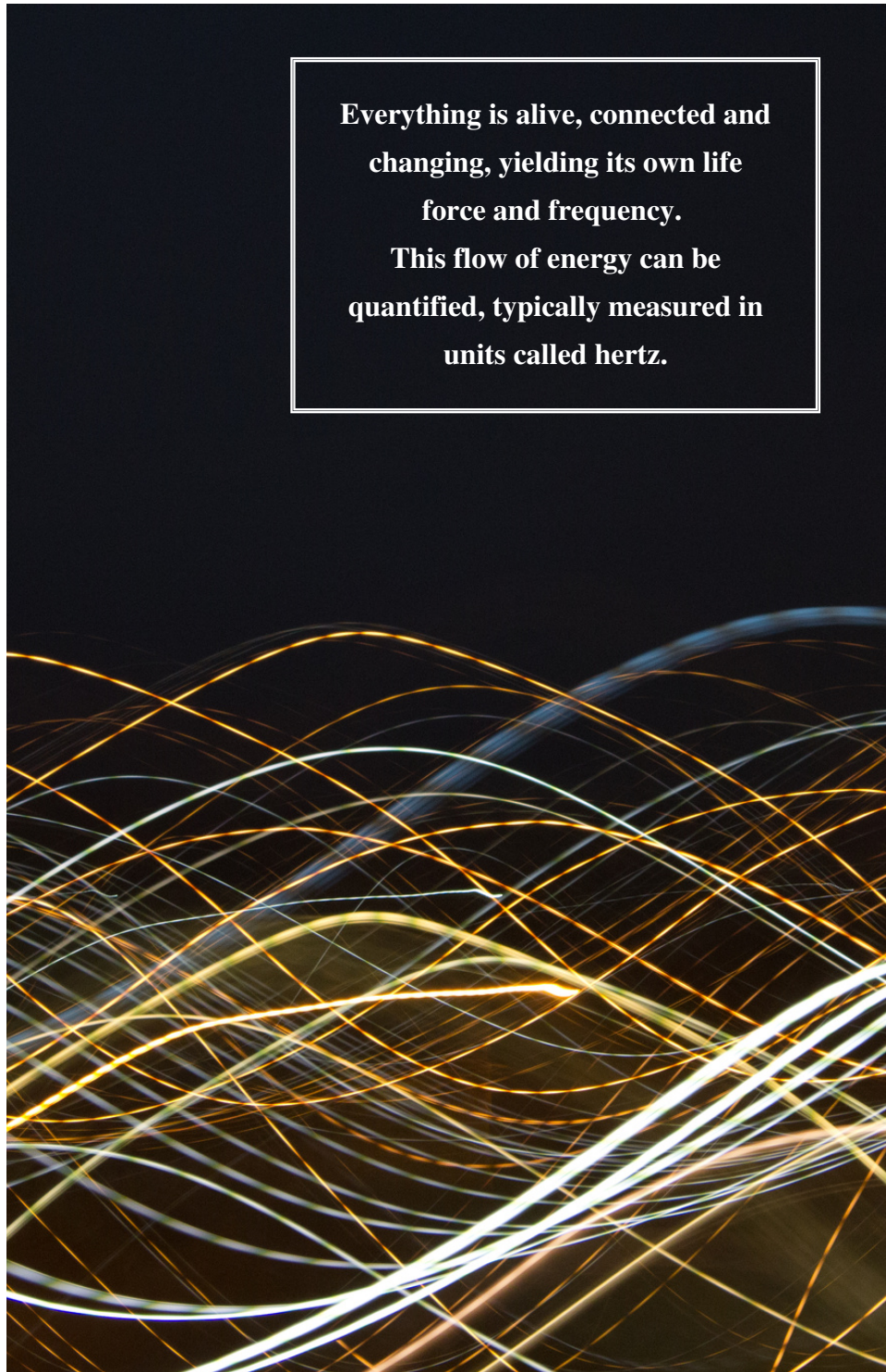
Everything vibrates. On a quantum level, everything is vibrating at various frequencies. These vibrations influence our life in subtle yet profound ways. Our bodies omit frequency even when in a state of rest and are deeply influenced by the frequencies in our everyday environment.

The human body is a symphony of sounds. Every organ, every bone, every tissue, every cell has its own resonant frequency, its own sound. However, when an organ is out of time or out of tune with the rest, then the entire body is affected. This harmony leads to states of disease and disintegration. In this frequency plays an important role to identify the actual problem in the human body. The healthy human body resonates at a frequency of 62-78 MHz, and disease starts when the frequency drops to 58 MHz

If you were to zoom in down to and beyond an atomic level, you would theoretically be able to see that everything is in constant motion.

Even objects that appear to be stationary are in fact vibrating, oscillating, resonating, at specific frequencies. So all things are actually processes. Resonance is a specific type of motion

Everything is alive, connected and changing, yielding its own life force and frequency.
This flow of energy can be quantified, typically measured in units called hertz.





"Resonance/sync (another word for synchronized vibrations) is a tendency for different processes to move together – to oscillate – at the same or similar frequency." Tam Hunt and Jonathan W. Schooler

At the smallest level of our reality, everything is ultimately made of molecules. Not just molecules, but molecules in motion.

Everything has a vibrational frequency, including you, me, your table, the neighbor's cat, and of course, essential oils.

As previously stated, everything vibrates. The human body is no different. Interestingly enough, each organ has its own optimal frequency range. When the frequencies of our body interact with the frequencies in our environment, they can have either a **healing** or **weakening** effect on our physical, mental and spiritual wellbeing.

It is confirmed that every organ has its own frequency-based spectrum but according to analysis the frequency of the human body is not stable; it varies on some parameters like environmental, physically fitness, etc

Table1: Frequency Table of Body Organs [13]

S.N.	Name of Body Organs	Frequency (MHz)
1	Brain Frequency	72-90
2	Normal Brain Frequency	72
3	Human Body	62-78
4	Heart Frequency	67-70
5	Liver Frequency	55-60
6	Pancreas Frequency	60-80
7	Disease Start at	58

How can we measure this Frequency in the body?

All of the genetic information about an organism is located in DNA.

DNA is one of the most harmoniously structured biomolecules; it comprises a substantial amount of the body. An average adult body contains about 300 grams of DNA or 0.3% of the body weight.

The body has a BIOFIELD. Biofeedback is the process of gaining greater awareness of many physiological functions of one's own body by using electronic or other instruments. Basically this is where all information of the body and bodily processes can be retrieved.

Types of biofeedback:

- **Brain waves.** (EEG).
- **Breathing.** During respiratory biofeedback
- **Heart rate.**(ECG)
- **Muscle contraction.** (EMG) or lie-detector test
- **Manual muscle testing**
- **Sweat gland activity.** (EDG) measure the activity of your sweat glands and the amount of perspiration on your skin, alerting you to anxiety.
- **Temperature.** Temperature often drops when you're under stress, a low reading can prompt you to begin relaxation techniques.

Vibrational frequency in the body and communication.

In **Particle physics**, they talk about the smallest building blocks of matter: what you get when you divide cells and molecules into tinier and tinier bits until you can't divide them any more.

All particles have a **field**. If we think in terms of fields, this sudden appearance of new kinds of particles starts to make more sense. The energy and excitation of one field transfers to others as they **vibrate against each other**, making it seem like new types of particles are appearing.

The biofield can be **read, scanned and interpreted** in many different ways, just like any **blueprint**.

This energetic field is like a superhighway that allows the **DNA in our cells to communicate faster than light** and maintain a coherent, holistic, intelligence, in the organism. The bio-field is comprised of **multiple frequencies** and information.

Your bio-field is a complex living structure and the energy of that structure is sometimes referred to as Quantum Energy.



Brainwaves and frequency:

The brain contains billions of neurons. When a small electrical current passes through these neurons, communication takes place. When large numbers of neurons are activated simultaneously, communication between the neurons, electrical pulses are produced. (this can be measured by an EEG).

Brainwaves are based into 5 categories based on frequency of oscillation of electrical pulses.

- **Delta (0.1-3Hz)** Sleeping and dreamless state. Healing state. Dominant in infant state up to 1 year. Information contained in the unconscious mind is accessed through the delta brainwaves. If these brainwaves increase a person becomes less aware of the physical world.
- **Theta (4-8Hz)** Emotions, memories and sensations. The state between wakefulness and sleep. Related to the sub-conscious mind. Dominant in certain tasks that do not need our attention like brushing teeth and taking shower.
- **Alpha (8-12Hz)** Fully relaxed and when mood is calm. Bridges the conscious and subconscious mind. Tasks for creativity.
- **Beta (13-32Hz)**. Noticeable when we are involved in active thinking, problem solving and decision making. Fully alert and awake
- **Gamma (32-40Hz)** Found in every part of the brain. Involved in deep problem solving.



Final word

Every organ, every bone, every tissue, every cell has its own resonant frequency, its own sound.

This frequency and vibration allows cells to communicate with one another.

This information is also stored in the bio-field of the human body and can be read using certain tools.

I believe this is a wonderful tool given by God when used in line with His Word (Bible).

Another point I would like to make is the following.

The Word stated that life is in the blood. When we look at blood we see it is composed of

1. White blood cells (carry your DNA)
2. Red blood cells
3. Plasma

So in my opinion it might be that the our blood is **constantly crying** out too in the form of frequency and vibration.

“What have you done? Listen! Your brother’s blood cries out to me from the ground.Gen 4:10

We also see that life is in the blood.

For the life of the flesh is in the blood Lev 17:11

So, it is possible that the body has a way of communication through the bio-field and science is finally catching up.

