



Vibrational Resonance

CAN WE CREATE HARMONY?

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What are Vibrations?



What comes to mind when we think of vibration?

- ▶ Everything we experience with our 5 senses is also due to vibration patterns
 - ▶ Hearing, smell, touch, taste and sight
 - ▶ Extrasensory feelings and thoughts are also vibrational and have specific frequencies
- ▶ Vibrations are a universal force that exist as energy frequencies within all matter as well as the ether, which is the space between everything.
 - ▶ Things that appear solid in a fixed state are still in motion.
 - ▶ When we look at an atomic level we see that a huge amount of 'space' exists within all particles e.g. football field analogy
 - ▶ With this perspective, there is actually more space than matter within any object even if it 'appears' solid

What comes to mind when we think of vibration?

- ▶ What happens when we go even deeper?
 - ▶ What is happening in the nucleus to that same atom?
 - ▶ What is happening inside the quark and boson particles that make up the nucleus?

This is where it gets interesting.....

- ▶ Quantum physics has demonstrated the existence of vibrating strings of energy within these particles that, in essence are all the same.
- ▶ Super string theory shows all matter is the same however becomes different, based on the rate at which it vibrates. These strings of energy exist within the subatomic particles of everything!

Vibrational Theory through History





All through time, great philosophers,
sages, mystics and scientists have
postulated the role energy and
vibration play in everything....

Origins in Ancient History

- ▶ Dating back over 5000 years ancient mystical, esoteric and secret teachings from the mystery schools of ancient Egypt to the great Greek philosophers, as well as through Vedic traditions in India, all share common themes with the Immutable laws of the universe.
- ▶ For the ancient Greeks and Egyptians, Hermes Trismegistus or Thoth is thought to have first wrote of these laws and arguably the most important.... the law of vibration –
 - ▶ ‘the entire universe is in vibratory motion, nothing is at rest. All material objects are made of a wide variety of molecular structures which are not rigid or fixed, rather fluctuate according to temperatures and harmony’

Traditional Cultures

- ▶ Sangam period in Tamil region - Aintiram ancient text (3000BCE)
 - ▶ OM sound is a huge wave of the ocean of the Primal Source
- ▶ Vedic Scriptures – Rig Veda hymns (1000 BCE) describe Bhraman
 - ▶ Underlies all of creation and exists in all of creation, inside, outside and everywhere
 - ▶ The essence of the universe
- ▶ Buddhism – Mahayana Sutras (100CE), Neo-Confucianism (800CE)
 - ▶ Tathagatagarbha (buddha-nature) - that which exists in everything
 - ▶ Li – underlying reason and order of nature, basic pattern of the universe

Early Revolutionary Physicists

- ▶ John Keely (1837-1898) – ‘Sympathetic Vibratory Physics’ principles;
 - ▶ Interconnectedness of all things and energies
 - ▶ all things are built from vibration using universal principals of vibration alone,
 - ▶ all things exist by virtue of harmony among the vibrations that make it what it is,
 - ▶ all things are intimately connected by sympathetic vibration
- ▶ Einstein (1915) - ‘Everything is energy and that’s all there is to it. Match the frequency of the reality you want and you cannot help but to get that reality. It can be no other way! This is not philosophy, this is physics’
 - ▶ Theory of relativity demonstrates that everything is relative to the observer, so depending on perspective, it defines outcome based on environment
= Law of Vibration

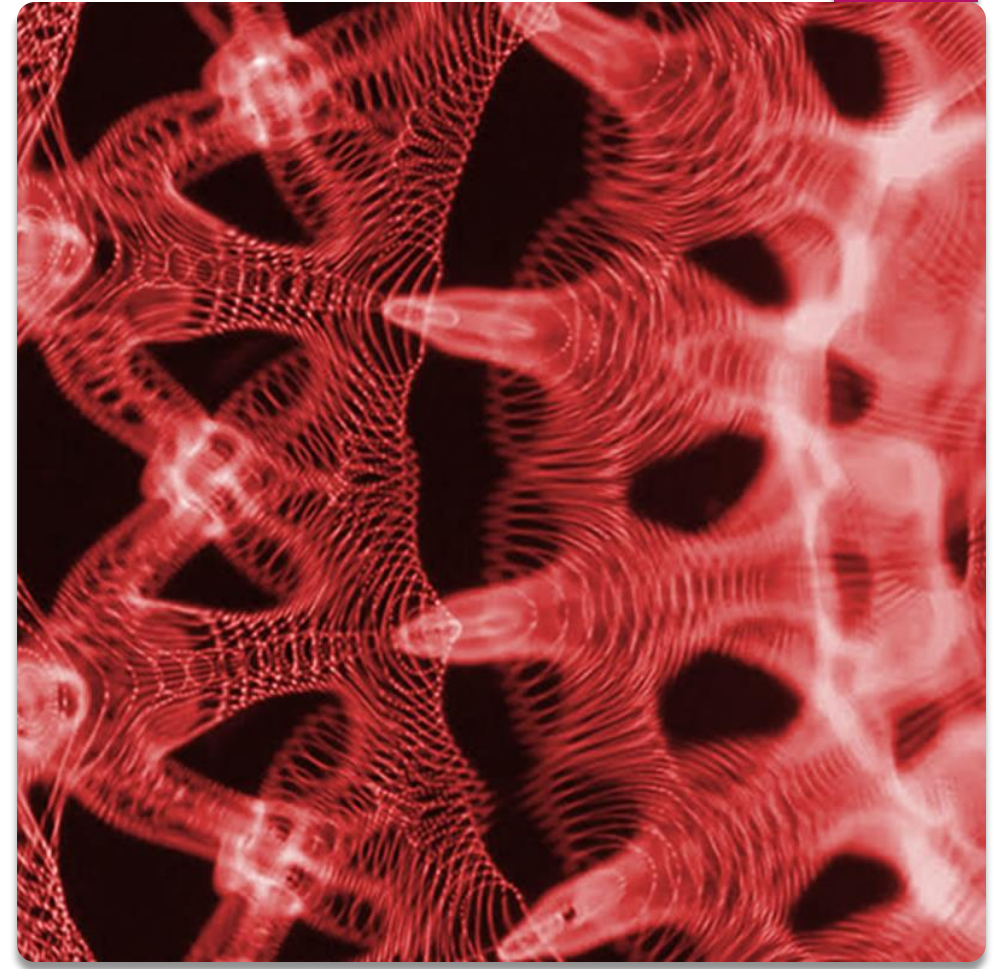
Early Revolutionary Physicists

- ▶ Nikola Tesla (1856-1943) – frequency research
 - ▶ 'If you want to find the secrets of the universe, think in terms of energy, frequency and vibration'
 - ▶ Frequency based on photon oscillations, whereby different molecules have different vibrations absorbing or emitting light
 - ▶ Just by changing frequency or vibratory rate, 2 D sand is shown to change pattern with different frequency sounds, as do other molecules by changing their vibratory rate via alterations in temperature.
 - ▶ Responsible for the discovering Earth's electromagnetic resonance, later called the Schumann Resonance

Metaphysics Meets Quantum Physics

- ▶ Actual entities – Philosopher Alfred North Whitehead 1960's
 - ▶ Ultimate units of reality too small to be sensibly perceived
 - ▶ Momentary self-constituting subjects of experience
 - ▶ 'Spiritual atoms'
- ▶ String theory – Physicist Edward Witten 1980's
 - ▶ Tiny vibrating strings are the ultimate constituents of physical reality
 - ▶ When in harmony resonate as perceptible entities or types of matter

Physical Frequencies & Energetics of Emotions



Frequency of the Physical

- ▶ Frequencies of organs
 - ▶ Commutations for body organs and tissues – Peter Manners (1940-50's)
 - ▶ Slightly different variations of the same organ in different people, however within a very narrow range.
 - ▶ Used an overlay of 5 frequencies to create a signature frequency useful in a generic way, but precise enough to stimulate the target tissue.
 - ▶ Resonant frequencies measured more recently in research
 - ▶ Resonant frequencies of standing humans (Randall 2010)
 - ▶ Aggregate frequencies of body organs (Sharma 2017)

Frequency of the Physical

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

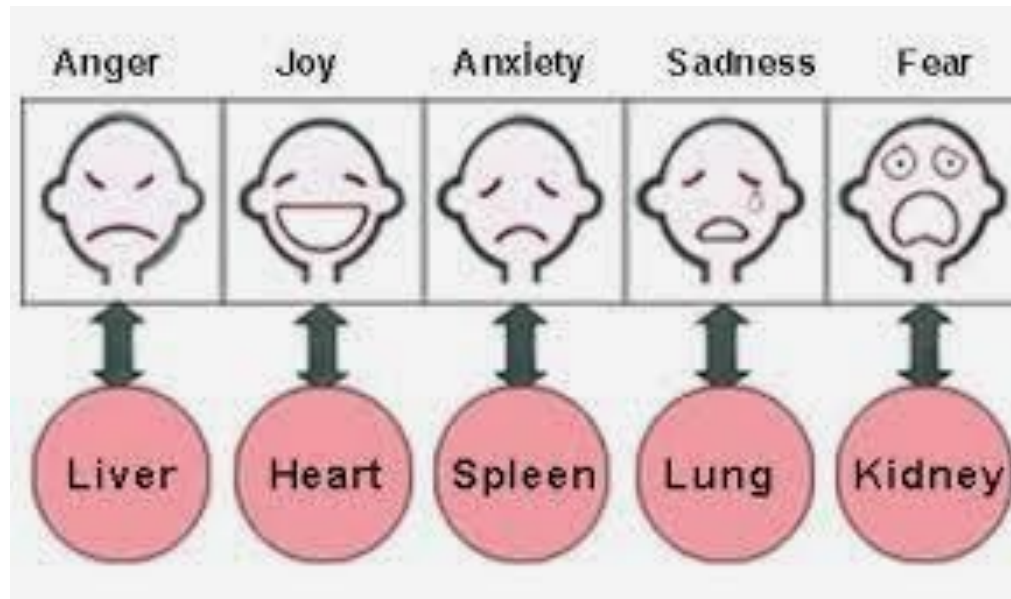
(Sharma 2017)

Frequency of Disease

- ▶ Dr Rife(1935-1950) – measured frequencies of microorganisms
 - ▶ Experimental frequencies <http://www.royalrife.com/freq.html>
- ▶ Edgar Cayce (1900's) –
 - ▶ Reading 1861-12, A.9. 'Every individual entity is on certain vibrations. Every disease is creating in the body the opposite or non-coordinant vibration with the conditions in a body-mind and spirit of an individual. If there are used certain vibrations, there may be seen the response.'

Energetics of Emotions

- ▶ Traditional Chinese Medicine Principals outline the internal causes of disease (Zhang zi he 1156-1228)



Frequency of Emotions

▶ Solfeggio frequencies –

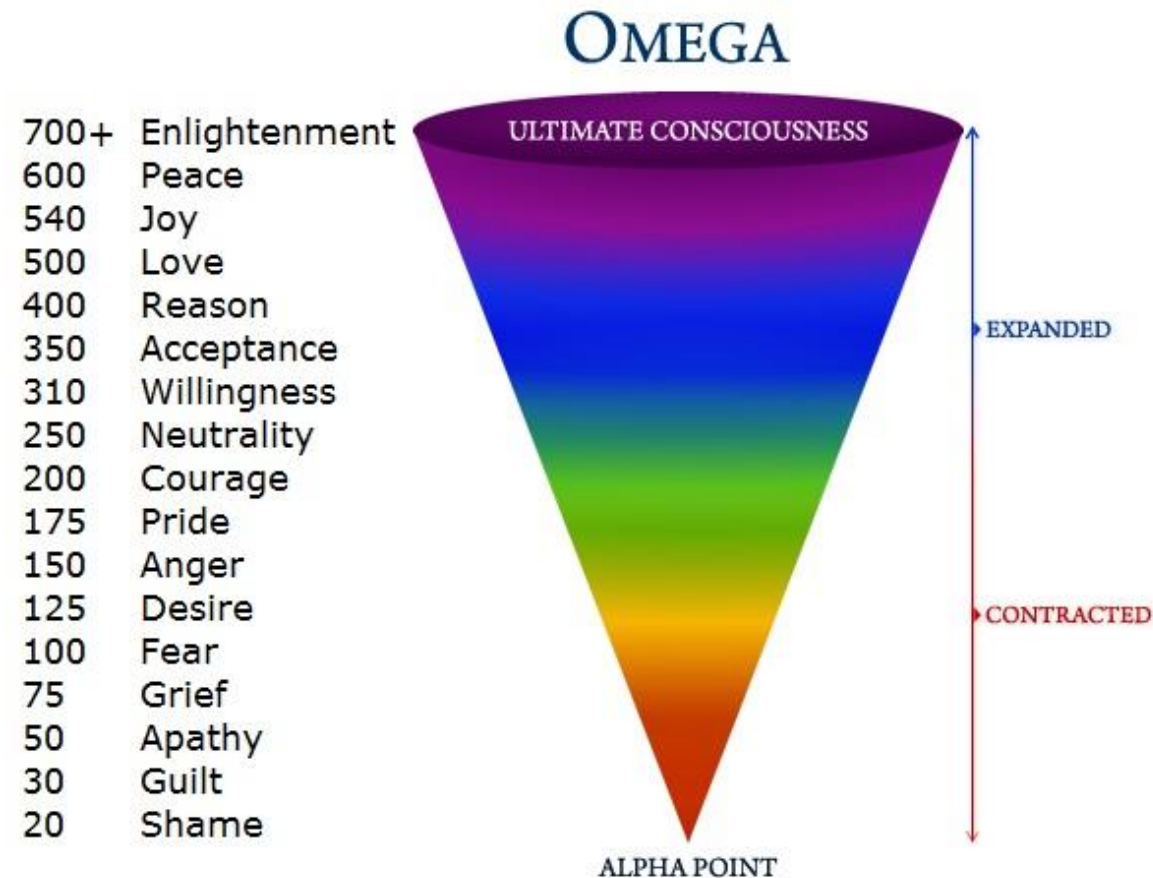
- ▶ Originally from Ancient Egypt and in Pythagorean teachings which blended sound, colour and light with mathematics and sacred geometry.
- ▶ Structure of music explored and scales emerged to stimulate different healing experiences and alter moods
- ▶ Benedictine Monk Guido d'Arezzo (1000AD) revived the ancient 6 tone scale into the 6 ascending note syllables Ut-Re-Me-Fa-Sol-La
- ▶ Physician and herbalist Dr Joseph Puleo (1970's) documented 6 electromagnetic sound frequencies corresponding to the 6 syllables from the hymn to St John the Baptist → given an open vision of their deeper relevance

Frequency of Emotions

The main six Solfeggio frequencies are:

- ▶ **UT - 396 Hz** – Liberating Guilt and Fear.
- ▶ **RE - 417 Hz** – Undoing Situations and Facilitating Change.
- ▶ **MI - 528 Hz** – Transformation and Miracles (DNA Repair)
- ▶ **FA - 639 Hz** – Connecting/Relationships.
- ▶ **SOL - 741 Hz** – Expression/Solutions.
- ▶ **LA - 852 Hz** – Returning to Spiritual Order.

Energetics of Emotions



Dr David Hawkins
'Map of consciousness'

Energetics of Emotions

From the book "Ask and It is Given" by Abraham-Hicks - www.abraham-hicks.com

EMOTIONAL GUIDANCE SCALE	1	Joy/Appreciation/Empowered/Freedom/Love	FEELING GOOD
	2	Passion	
	3	Enthusiasm/Eagerness/Happiness	
	4	Positive Expectation/Belief	
	5	Optimism	
	6	Hopefulness	
	7	Contentment	
	8	Boredom	FEELING BAD
	9	Pessimism	
	10	Frustration/Irritation/Impatience	
	11	Overwhelm	
	12	Disappointment	
	13	Doubt	
	14	Worry	
	15	Blame	
	16	Discouragement	
	17	Anger	
	18	Revenge	
	19	Hatred/Rage	
	20	Jealousy	
	21	Insecurity/Guilt/Unworthiness	
	22	Fear/Grief/Depression/Despair/Powerlessness	

Abraham Hicks
Emotional Guidance Scale

Energy Held In Water

- ▶ Masaru Emoto frozen water crystal photography (1990's)
 - ▶ Water Crystals from pristine sources have highly defined patterns, however when from polluted sources have disturbed crystalline structures.
 - ▶ Similarly different music creates harmonious and disharmonious patterns based on whether symphony chamber music or heavy metal rock respectively
 - ▶ Praying to water assisted with rearranging the variant crystal patterns into more regular patterns, closer to their true nature.
 - ▶ Water was also imprinted with words and based on their relative frequency ranging from positive to negative, crystal variations have also been documented.
 - ▶ **“Water carries within it your thoughts and your prayers. And as you yourself are water, no matter where you are, your prayers will be carried to the rest of the world.” Emoto**

Emoto's Water Crystal Photographs

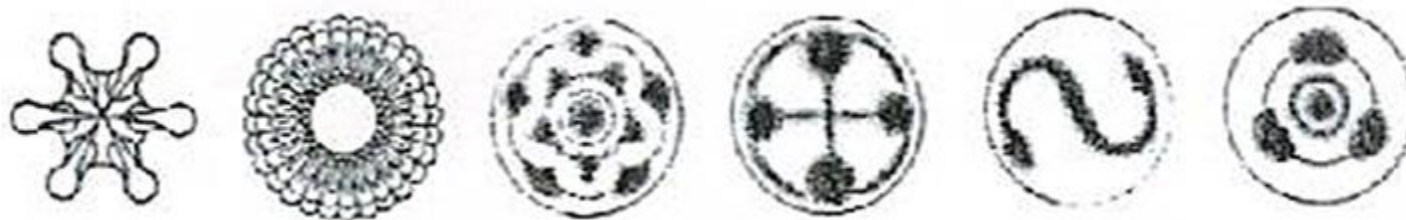


Energy Held in Water

- ▶ Dana Tomasino (1997) – Water's capacity to store and amplify energy
 - ▶ HeartMath Research Centre
 - ▶ Effectively memorises energy patterns and retains energetic memory of frequencies for extended periods ie. homeopathic and essence medicines
 - ▶ Technology to detect and measure water amplifying weak electromagnetic fields e.g. heart energy detected in water placed at a distance
- ▶ Structure of cellular water is different in property and behaviour than bulk water
- ▶ Particular structure is critical to the healthy chemical functioning of the cell.

Energy held in Matter

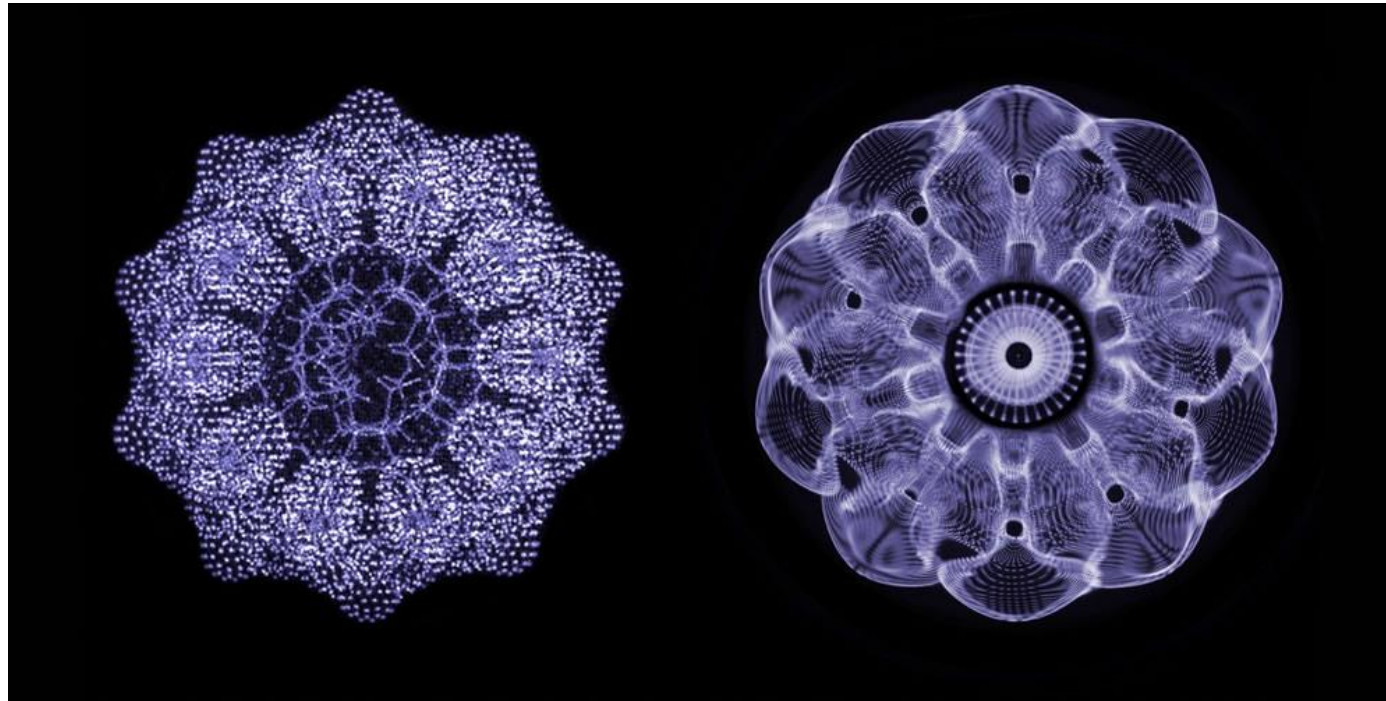
- ▶ CymaScope 3D sound structures – John Reid (1990's)
 - ▶ Sound is the transfer of movements between adjacent colliding molecules, which creates geometry when encountering a membrane leaving a vibrational imprint → cymascope reads these vibrations
 - ▶ Based on the work of Ernst Chladni (1800's) who used a sand-strewn brass plate, excited by a violin bow to produce varying geometric patterns known as Chladni Figures



Energy is held in Matter

Crosssection of DNA

Cymatic Energy




Energy is held in Matter

Sonic bubble of energy around a played violin – this occurs due to waves moving in a spherical pattern, not moving linearly as we are generally taught...



(www.cymascope.com)



If communication carries vibration,
waters hold vibration and
our body is almost $\frac{2}{3}$ water,
what do you suppose happens to us when
our environment, internal or external, is
surrounded by higher or lower frequency
energies?

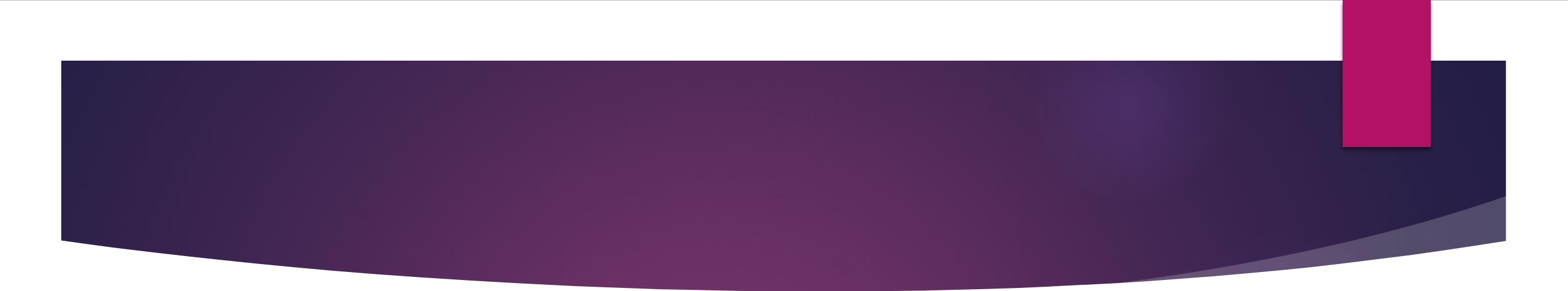
Energetics of emotions

Bullying plant Experiment



Love, hate and ignore rice in water





"Water is the mirror that has the ability to show us what we cannot see. It is a blueprint for our reality, which can change with a single positive thought. All it takes is faith, if you're open to it." ~ Masaru Emoto

Modifying Frequency & Creating Harmony



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Empirical use of Sound

- ▶ Sound –
 - ▶ Religious traditions around the world tout the power of the vibration of divine sound in healing, spiritual growth and dedication.
 - ▶ Prayer, mantra, the word of Saraswati or Jesus Christ
 - ▶ Frequency of tones, musical notes and other sounds used traditionally to induce varied feeling states
 - ▶ Low frequency sound used in chants of Tibetan monks, Gregorian chant, African and Australian Aboriginal music, to calm, excite, motivate warriors and induce relaxation.
 - ▶ Tonoscope - Hans Jenny (1950's)
 - ▶ Pronunciation of vowels in ancient Hebrew and Sanskrit causes sand to take the shape of the written symbols, hence eliciting a specific frequency.
 - ▶ Modern languages don't have this effect.

Empirical use of Sound

- ▶ Sound –

- ▶ Bible references (1200BCE-100AD)

- ▶ John 'In the beginning was the word and the word was God' that brought the universe into being
 - ▶ Exodus 'When the voice of the trumpet sounded long, and waxed louder and louder, Moses spoke and God answered him by a voice'
 - ▶ Samuel – David drove out the evil spirit lodged in Saul by playing the harp
 - ▶ Revelations – John hears in the beginning of his vision 'a great voice, as of trumpet', which allows him to be in the state to receive the message

Frequency Research

- ▶ Sound –
 - ▶ Schumann resonance (1954)
 - ▶ Occurs at a wavelength equal to the circumference of the Earth and base frequency of between 6-8 Hz (7.83 Hz)
 - ▶ Earth's heartbeat that generates natural healing in living things at this rhythm
 - ▶ All biological systems resonate at this same frequency
 - ▶ Same rhythm produced by alpha waves in the brain during meditation, relaxation and creativity
 - ▶ Cymatics – Mozart Effect (1960's)
 - ▶ In non-solids sound moves as waves while in matter it causes a change in the oscillation of the particles relative to the sound.
 - ▶ Music at around 60 BPM can shift consciousness from the usual beta wave (14-20 Hz) towards Alpha range

Frequency Research

- ▶ Sound –
 - ▶ Cymatherapy – Dr Peter Manners (1970 - 2000's)
 - ▶ Vibrational device designed to treat bone and muscle injuries
 - ▶ Set Field Theory of photons and phonons – Anthony Flemming and Elizabeth Bauer (2000's)
 - ▶ Biophotons as binding agents between electrons and protons in atomic structures
 - ▶ Biophonons as vibrational energy that sits aside biophotons within biology
 - ▶ Sounds create structure just as biophotons use structure to communicate.
 - ▶ Demonstrate how precise frequencies control DNA replication
 - ▶ How sound frequencies promote tissue healing
 - ▶ Advancing the quest for quantum's unified field theory




Current Research in Applied Sound -

▶ Sound –

- ▶ Mantra (prolonged repetitive verbal utterance) Effect – (Berkovich-Ohana et al. 2015)
 - ▶ On MRI imaging, cognitive tasks generally display reduced activations in one area of the brain and a subsequent increase in activity elsewhere at the same time
 - ▶ With mantra, there is an overall reduction in activity without such increases elsewhere demonstrating an overall calming effect.
- ▶ Sacred word repetition in PTSD and insomnia - (Bormann and Thorp 2018)
 - ▶ Based on a personal selection with spiritual reference
 - ▶ Benefits concentrated focus and mindfulness
- ▶ Singing – (Kang 2018)
 - ▶ Induces changes in neurotransmitters and hormones
 - ▶ Upregulation of oxytocin, IgA and endorphins to improve immunity and happiness.

Modifying frequencies

Creating harmony

Colour		Wavelength interval	Frequency interval
	<u>Red</u>	~ 700–635 nm	~ 430–480 THz
	<u>Orange</u>	~ 635–590 nm	~ 480–510 THz
	<u>Yellow</u>	~ 590–560 nm	~ 510–540 THz
	<u>Green</u>	~ 560–520 nm	~ 540–580 THz
	<u>Cyan</u>	~ 520–490 nm	~ 580–610 THz
	<u>Blue</u>	~ 490–450 nm	~ 610–670 THz
	<u>Violet</u> or <u>Purple</u>	~ 450–400 nm	~ 670–750 THz

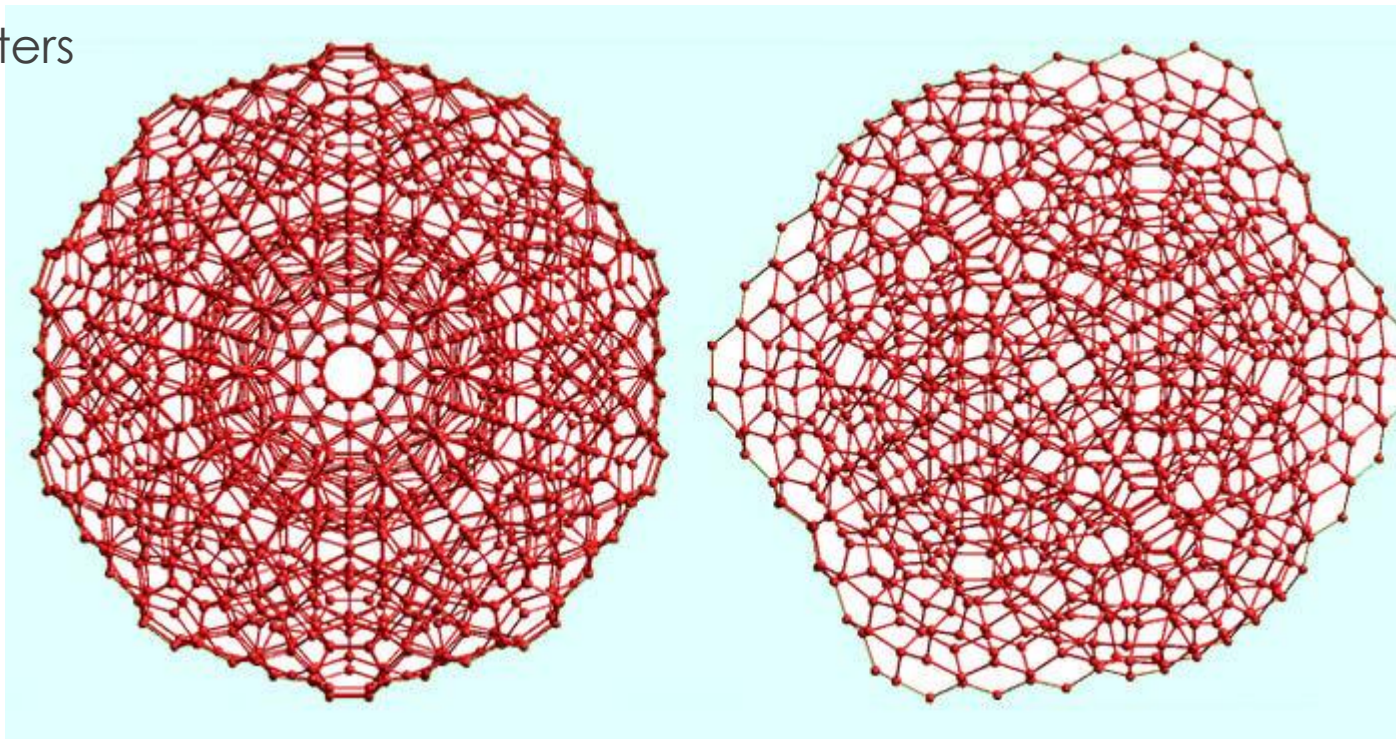
Modifying frequencies

Creating harmony

- ▶ Dr. Richard Gerber - vibrational medicine expert
 - ▶ is “an evolving viewpoint of health and illness that takes into account the many forms and frequencies of vibrating energy (like atoms) that contribute to the multi-dimensional human energy system,”.
- ▶ Vibrational medicines – flower essences, homeopathy
- ▶ Energy healing – reiki, healing touch, palowah, white light
- ▶ Acupuncture - Dr. Shui Yin Lo, biophysics of points where water clusters when aligned generate electromagnetic waves that travel through the meridians to the organs to interact with water clusters there
- ▶ Bio-resonance – computer generated frequency oscillations for healing and relaxation

Modifying frequencies

- ▶ Water clusters



Modifying frequency research

- ▶ Happiness and Pessimism –
 - ▶ Expecting less positive and more negative future outcomes is associated with higher risk of chronic disease (Matthews 2004) and early mortality (Giltay 2006).
 - ▶ Dispositional pessimism shown to correlate with higher levels of IL-6 systemic inflammation marker, resulting in shorter telomere length and predicting mortality
 - ▶ Telomeres cap the ends of chromosomes, protecting against damage (O'Donovan, 2009)
- ▶ Happy older people live longer - reduced all-cause mortality (Chei 2018)
- ▶ Positive self-perceptions of aging significantly increases longevity (Kasl 2002)

Modifying frequency research

- ▶ Social responses to disease –
 - ▶ Inflammation addresses injury to the physical body, however seems also to react to stresses resulting in injury of the symbolic self.
 - ▶ Sources of stress include social isolation, prejudice, early adversity and abuse, low SEC, among many others, shown to stimulate inflammation and are persistent.
 - ▶ Conditions of stress including loneliness, social exclusion and poverty, transcriptional responses to anti-viral defences are downregulated, whilst transcription of inflammation is upregulated.
 - ▶ Eudaimonia (wellbeing) is consistently linked to reduced negative effects on transcription, whilst hedonia (pleasure) sees mixed results

(Kitayama 2017)

Interoception Gateway in Mind-Body Medicine

- ▶ Interoceptive-allostatic and attention networks are core to MBM
 - ▶ Mind-body is not separate but a unified multi-scale functional reciprocal communication system.
- ▶ Interoception
 - ▶ Defined as the sensing, interpretation and integration of the physiological condition of the entire body, by the nervous system.
 - ▶ Inputs originate from CV, respiratory, metabolic, microbiome, facial tension and pain signals.
 - ▶ Is a perceptual capacity connected to self-regulation of the stress response.
 - ▶ Mindfulness based approaches enhance self-regulation resulting in common harmonious experiences including calmness, optimism, connection, acceptance, self compassion, more positive relationships, all strong predictors of longevity

(Stevens 2018)

Closing the Loop

- ▶ If we choose to live a higher frequency reality, our energy changes and our environment changes
 - ▶ Einstein's theory of relativity – 'every observation is relative to the state of its environment'
 - ▶ If we are observing from a higher perspective, what we see around us will also be in a higher frequency, thus changing our environment
- ▶ If heart energy lifts the spirit and in both the Veda's and TCM, the spirit lives in the heart → heart coherence necessitates peace from this higher perspective.

***'A Heart that is Joyful
does as a cure'***
Proverbs 17:22 –
King Solomon 1000BCE

References and further Reading

www.vitalitytime.com.au/presentations

