

## ✦ What Are Frequencies?

Frequencies are **vibrations measured in hertz (Hz)**, cycles per second. Everything in the universe, including the human body, operates at different vibrational frequencies.

[https://www.neuralsync.org/what-are-healing-frequencies/?utm\\_source=chatgpt.com](https://www.neuralsync.org/what-are-healing-frequencies/?utm_source=chatgpt.com)

Your brain, your heart, your cells — all communicate through electrical and vibrational patterns. In fact, brain activity itself is measured as **brainwave frequencies** using tools like EEG.

[https://pmc.ncbi.nlm.nih.gov/articles/PMC11772076/?utm\\_source=chatgpt.com](https://pmc.ncbi.nlm.nih.gov/articles/PMC11772076/?utm_source=chatgpt.com)

At its simplest level:

👉 **You are not just physical — you are vibrational.**

## 🌱 Why Frequencies Matter

When you are in a state of balance, your body, mind, and emotions are in a **harmonious frequency pattern**.

But stress, trauma, emotional pain, and life experiences can disrupt this natural rhythm.

Science shows that:

- The body responds to vibration and sound
- The nervous system can shift states through external stimuli
- The brain moves between different frequency states (relaxation, focus, healing)

This is where frequencies become powerful — they act as a **gentle guide back to harmony**.

[https://www.soundmedicineacademy.com/pages/sound-healing-blog/how-sound-healing-works-the-science-of-frequency-and-resonance?utm\\_source=chatgpt.com](https://www.soundmedicineacademy.com/pages/sound-healing-blog/how-sound-healing-works-the-science-of-frequency-and-resonance?utm_source=chatgpt.com)

## 🔬 Why Frequencies Work (Science + Energy)

There are three key scientific principles behind frequency work:

### 1. Resonance

Resonance occurs when one vibrating system influences another to vibrate at the same frequency.

👉 Like two tuning forks — strike one, and the other begins to vibrate.

Your body responds in the same way. When exposed to supportive frequencies, it naturally begins to **“tune” itself back into balance.**

## 2. Entrainment (Brainwave Synchronisation)

Your brain has the ability to **match external rhythms**, known as brainwave entrainment.

For example:

- Alpha waves → relaxation
- Theta waves → deep healing, creativity
- Delta waves → deep restorative states

When you introduce a frequency, your brain begins to **shift toward that state naturally.**

## 3. Nervous System Regulation

Research shows that sound and frequency can:

- Stimulate the Vagus nerve
- Reduce stress
- Improve emotional regulation
- Support relaxation and sleep

This is why frequency work often creates a feeling of:

→ calm

→ release

→ emotional clarity

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## How Frequencies Help

Frequencies support the body and mind by:

- Calming the nervous system
- Shifting emotional states
- Supporting mental clarity
- Enhancing meditation and creativity
- Encouraging the body back into balance

Even though not all claims are fully proven medically, there is strong evidence that **frequency-based practices support relaxation, stress reduction, and mental wellbeing.**

[https://www.changainstitute.com/blog/do-healing-frequencies-work?utm\\_source=chatgpt.com](https://www.changainstitute.com/blog/do-healing-frequencies-work?utm_source=chatgpt.com)

## **How to Use Frequencies (Step-by-Step)**

### **Step 1: Set your Intention**

- Ask yourself:  
What do I need right now? (e.g. calm, clarity, healing, release)
- Write your intention in the **Present** tense
  - a. “I am...”
  - b. “I feel...”
- Write it as though you have already achieved the outcome
- State: I give myself **permission** and I **allow** this to happen **NOW!**

### **Step 2: Choose Your Frequency in Artfilled Wellness**

- How does the image make you feel?
- How does the message resonate with you?
- What emotions does it stir within you?

Trust your intuition, your body knows best.

### **Step 3: Connect**

Sit quietly and:

- Breathe in slowly
- Tap the Frequency into the body:
  - Say the number as you tap the chest bone or the pain point
  - By saying the number, the frequency and vibration of your voice adds to the release
  - Repeat the tapping and voicing the number for 10 repetitions or use your intuition on this. Repeat as necessary

- Visualise the brightest light imaginable entering the top of your head and shining internally, lighting up every single cell in your body. As though you are switching **ON** a **LIGHT** switch.
- Feel the warmth flowing through your:
  - Head
  - Neck
  - Shoulders – down into your arms- wrists- hands – to tip of Fingers
  - Chest – Stomach – Hips – Legs – Ankles – Feet – to tips of Toes
- Allow your body to feel it, not just think it

#### **Step 4: Receive**

Let go of trying to “make something happen.”

This is where the shift automatically occurs:

- 👉 The body begins to respond
- 👉 The nervous system softens
- 👉 The frequency integrates

#### **Step 5: Integrate**

Notice:

- sensations
- emotions
- shifts in awareness

Give your body time to recalibrate. Write your thoughts and insights. Write the Frequency number/s on a small piece of paper. Place the number facing your skin on the left side of the body. As the energy flows into the body on the left side. This keeps the frequencies flowing within.

Infuse the numbers into water, by placing the numbers on a glass bottle. Have the numbers facing into the water and allow to infuse for a couple of hours. Drink throughout the day. This infusion increases the frequency numbers by 40,000 times.

Lloyd & Phyllis Mears – Energy Balancing by Numbers [www.balancingbynumbers.com](http://www.balancingbynumbers.com)

#### **☀ Benefits of “Installing” Frequencies**

When you consciously work with frequencies, you may experience:

- A sense of inner calm and safety

- Emotional release and clarity
- Improved focus and creativity
- Deeper connection to intuition
- Greater balance within the body
- A feeling of being supported, both internally and externally

Over time, this creates:

👉 **A more regulated nervous system**

👉 **A more coherent inner state**

👉 **A stronger connection to self**

**Frequencies are not something outside of you, they are something you remember within you. When you align with them, you return to your natural state of balance, flow, and healing.**