



## **Frequency Science, Consciousness and Reality Transcript**

This is a transcript of an AI podcast called a Deep Dive produced by Google's NotebookLM. The Deep Dive is produced as dialog between a male and a female host. The transcript is produced as a one paragraph monologue, which accounts for the unusual verbiage. Regardless, the profoundness of the concepts is very clearly reported, as it is in the Deep Dives. The sources for this Deep Dive were the essay, Frequency Science, Frequency Science: Understanding Consciousness Through Vibration and Frequency Science: A Comprehensive Analysis.

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Ever notice how like a certain sound can just totally change your mood? Like you hear a piece of music and suddenly you feel different? Yeah, definitely. That's kind of what we're talking about today in this deep dive about frequency science. Okay. Basically the idea that everything vibrates with like a certain frequency. Everything from like our thoughts and emotions to like the planets and stars and everything. It's a pretty wild concept. Yeah, for sure. But we've got some really interesting sources that dig into the science behind this. And like how we can maybe use this knowledge to make some positive changes in our lives. That's what I'm interested in. You too. So how does it work? Yeah, that's a good question. I guess we should start with like what frequency actually is. Yeah, what is it? And how does it connect to this idea that everything's kind of like vibrating all the time? Well, the scientific definition of frequency is basically just how many times something cycles or vibrates in like one second. Okay. And we measure that in hertz. Hertz. Yeah, like think of a guitar string. When you pluck it, it vibrates at a certain frequency. Right. And that creates the sound that we hear as a specific note. So are you saying that everything has a frequency? Like even my thoughts right now have a frequency. That's the idea. Yeah. Wow. And what's really interesting is that these frequencies, they can actually like interact with each other. So there's this analogy and one of the sources, source C, I think it is. Okay. It talks about a violin string. So when you play one note on a violin, it can actually make the other strings vibrate too, even though you didn't touch them. Oh, wow. Yeah. That's called resonance. Resonance, okay. Yeah. And it's like our thoughts and emotions might be kind of like those violin strings. Okay. You know, they're vibrating and maybe influencing the frequencies around us. So like, if I'm in a bad mood, it could actually like bring down the energy of the whole room. Exactly. I've definitely experienced that. Yeah, we all have. So it's not just that we're like receiving these frequencies, but we're also like sending them out too. That's right. Based on like what we're thinking and feeling. Exactly. What we're focusing on, what we believe, all of that. Wow. That's kind of a mind-blowing concept. It is pretty wild. But is there like any scientific evidence to back this up? You know, there actually is. Really? Yeah, there's a lot of research, especially in quantum physics and neuroscience that's starting to support these ideas. Okay. For example, SourceBee talks about quantum entanglement. Quantum entanglement. Yeah, it's this phenomenon where like two particles can be linked together no matter how far apart they are. So like they could be on opposite sides of the universe and still be connected. That's what it seems like. That is wild. Yeah, it suggests that

everything's kind of like interconnected at some fundamental level. And it ties into this idea that everything came from the same source in the Big Bang. Right. So even though things have expanded and separated over billions of years, this interconnectedness might still exist at the quantum level. Okay, I'm starting to see how this connects back to frequency science. So if everything's connected through this quantum entanglement, then our thoughts and emotions could be like creating these ripples that extend way beyond ourselves. Exactly. We're all influencing each other, even if we don't realize it. That's a lot of responsibility. It is. But it's also kind of empowering in a way. Oh, for sure. Like we have more power than we think to create positive change. Absolutely. So what about the brain? Like what does neuroscience tell us about frequencies? Well, SourceBee and See both talk about how our brains actually produce electrical signals. Right. And those signals have frequencies too, which we can measure with an EEG. An EEG? Yeah, electroencephalogram. Okay. And what's interesting is that different mental states like correlate with different brain wave patterns. Like so when I'm relaxed, my brain waves are vibrating at a different frequency than when I'm stressed out. Exactly. That makes sense. For example, when you're in deep sleep, your brain waves are mostly in the delta frequency range. Delta. Yeah, which is super slow and rhythmic. But when you're awake and focused, your brain waves shift into the beta frequency range. Beta. Which is much faster. Oh, wow. I can totally feel the difference when I'm relaxed versus stressed. Exactly. It's like your whole energy shifts. Totally. And this brings us to a really important point. Okay. What's that? These brain wave frequencies, they don't just reflect our mental state. They can actually influence it too. So if I can learn to control my brain waves, I can actually change how I feel. That's the idea. That's pretty wild. There's this whole field of neurofeedback therapy. Neurofeedback therapy? Yeah, where people learn to consciously regulate their brain waves using real-time feedback. Oh, wow. And it can help with things like focus anxiety and even cognitive performance. So we can train our brains to vibrate at more desirable frequencies. Exactly. That is incredible. I'm wondering, though, does this go even deeper? Can frequencies affect our biology on a cellular level? It might. Yeah. Source C mentioned some research about how frequencies can impact our DNA. Wait, are you serious? Our genes can respond to frequencies. It's still early research. Right. But some studies suggest that DNA can act like an antenna. An antenna. Yeah, absorbing and emitting electromagnetic energy, including specific frequencies of light and sound. So this could potentially affect how our genes express themselves. That's what some researchers believe. Wow. This is all pretty mind-blowing. It is pretty amazing stuff. So we've covered a lot of ground here. Oh, yeah. Quantum entanglement. Yeah. Brain waves, and now even DNA. Right. But how does this actually change us? What can we do with this knowledge? That's a great question, and that's what we're going to explore in the next part of our deep dive. OK. I'm ready for it. So stay tuned. All right. All right. So we've talked about how we're basically swimming in this sea of frequencies. Yeah. It's a wild concept. And we can actually influence those frequencies ourselves. That's right. But how do we actually do that? What are some tangible ways we can become those conscious conductors you mentioned? Well, one of the most basic principles in frequency science is that, like, attract, like, or another way to put it is what you focus on expands. So our thoughts and emotions and beliefs, they all have a vibrational frequency. Right. And those frequencies attract similar frequencies from the world around us. So if I'm constantly thinking negative thoughts. Yeah. I'm actually attracting more negativity into my life. That's the idea. That's a little scary. It can be,

but it's also empowering. How so? Because it means we have the power to change it. Okay. But how do we do that? It's easy to say think positive. Right. But actually doing it is a whole other story. It takes practice. Yeah, for sure. One thing that can help is mindfulness. Mindfulness. Yeah. Sorcey talks about how mindfulness and meditation can help us become more aware of our thoughts and emotions without getting, like, swept away by them. So instead of trying to, like, push away those negative thoughts. Yeah. We can learn to just observe them. Exactly like watching clouds drift by. I like that analogy. And over time as we practice this. Yeah. We can start to choose which thoughts and emotions we want to engage with. Okay. So we're not just reacting to our thoughts and feelings. Right. We're actually choosing them. Exactly. That makes sense. But what about, like, in those moments when you're really stuck in a negative spiral? Is there anything we can do to shift our frequency more quickly? There are definitely things you can try. Okay. Like what? Well, remember how we talked about sound and music having specific frequencies? Right. We can actually use sound to help shift our own vibration. Oh, yeah. I've heard about things like binaural beats and sound healing. Exactly. Do those actually work? There's more and more research suggesting they do. Yeah. Binaural beats, for example, they use slightly different frequencies in each ear. Okay. To create this third frequency that can actually entrain brainwaves. Entrain brainwaves. Yeah. Basically synchronize them to a specific frequency. And that can induce different states like relaxation, focus, or even creativity. So it's like using sound as medicine. Kind of, yeah. What about sound healing? How does that work? Sound healing uses different instruments like singing bowls, tuning forks, or even the human voice to create vibrations that can harmonize the body's energy field. Interesting. And promote healing. So it's not just about listening to calming music. Right. It's about using specific frequencies to create resonance. Exactly. That can shift our overall vibration. That's the idea. This is all very cool, but I have to admit, I'm a little skeptical. Yeah, I understand. Like, is there any way to actually measure our frequency and see if these techniques are working? That's a good question. Yeah. There are some devices out there that claim to measure the human biofield. Okay. And its frequencies. Right. But the science is still pretty new. Yeah. But you don't necessarily need a fancy device to tell if your frequency is shifting. Oh, really? How so? Your body is a pretty amazing feedback mechanism. Pay attention to how you feel. When your frequency is high, you tend to feel lighter, more joyful, more connected. Okay. You might experience more clarity, creativity flow. Interesting. You might even notice that you start attracting more positive experiences into your life. Like what kind of experiences? Synchronicities, opportunities, supportive relationships. So it's like our external reality becomes a reflection of our internal state. Exactly. If things are feeling chaotic and difficult, it could be a sign that our frequency needs a boost. That's a good way to put it. And if I'm feeling good and things are going well, it probably means my frequency is high. Exactly. I like that. It's like we're all walking around with these invisible antennas, transmitting and receiving frequencies all the time. And the more we understand how it works, the more we can become conscious creators of our own experience. Exactly. We have more power than we think. This is really empowering. It is. It's not just about individual transformation either. Sorcey talks about how our individual frequencies can actually influence the collective consciousness. Yeah, that's pretty amazing. So as we raise our own vibration, we're also contributing to a higher collective frequency. Exactly. It's like a ripple effect. One person's positive energy can spread out and affect others. That's the idea. That gives me so



much hope for the future. Me too. It's like we're finally starting to understand the true power we have to create a better world. And that brings us to the most exciting part. Okay, what's that? How do we actually put this knowledge into practice? Yeah, how do we become more conscious creators of our reality? That's what we'll delve into in the next part of our deep dive. All right, I'm ready for it. All right, so we've explored a lot of the science behind this whole frequency science thing. Yeah, we've covered a lot. Like how our thoughts and emotions actually vibrate, and even how our DNA might be affected by different frequencies. Right. It's pretty fascinating stuff. It is. But now I'm really curious about the practical stuff. Yeah. Like what can we actually do to shift our own frequency and create positive change in our lives? Well, one of the simplest but most powerful practices is gratitude. Gratitude. Yeah, when we focus on what we're grateful for, it shifts our energy from like a place of lack to a place of abundance. Okay, I've heard that before, but honestly, it's easy to forget to do that in like the day-to-day craziness. It is. Any tips for actually remembering to practice gratitude? Well, one thing you could try is making it a daily ritual. A daily ritual. Yeah, like set a reminder on your phone or pick a specific time each day to just write down three things you're grateful for. It could be anything big or small. Like what? The sunshine streaming through your window, or a kind gesture from a stranger, or a delicious cup of coffee. Okay, that's a good idea. I'm also a big fan of like visual reminders. Oh, yeah. With something like a vision board, help with that. Absolutely. Vision boards are great. It's like creating a visual representation of your goals and dreams and the feelings you want to experience. Right. And that can help keep your frequency aligned with those aspirations. So surrounding myself with images and affirmations that inspire me. Yeah. Can actually help shift my mindset and raise my vibration. That's the idea. Okay, vision board and gratitude journal check. We also talked earlier about the power of music. Right. And how it can totally affect our mood. Do you think we could use music strategically to shift our frequency too? Absolutely. Music is like pure vibration. And different types of music can evoke different emotions and energy states. Right. Like I always feel more energized after listening to something upbeat. Exactly. And more relaxed after listening to something calming. And Source C even talked about how our DNA might actually respond to certain frequencies. Yeah, that was pretty wild. It is. So yeah, music can definitely be a powerful tool for shifting your frequency. So is there like a science to choosing music for specific frequency shifts? Well, there's this field called sound healing. Sound healing. Yeah. And it explores using different sounds and instruments. Okay. To create vibrations that can harmonize the body's energy and promote healing. So like using specific frequencies to target the states we want to experience. Exactly. Like peace, joy, creativity. Interesting. Okay. I'm definitely going to start paying more attention to the music I listen to. I think that's a great idea. And remember, this is just the beginning. Right. There's so much more to explore. Definitely. So for anyone listening who's intrigued by all this frequency science stuff, where would you recommend they go from here? Just stay curious and keep learning. I like it. Well, thank you so much for joining me on this fascinating journey into the world of frequency science. It was my pleasure. We hope you've enjoyed it and maybe even learned a few things that you can use to raise your own vibration and create a more joyful and harmonious life. So we hope. Until next time, keep vibrating high.