

Frequency Science 1.0 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* and *Frequency: Science, Consciousness and Reality*

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All right, so get ready because today we're diving deep into some seriously mind-bending stuff. Frequency science. Oh, sounds intense. You sent over some excerpts from this essay, same name, and let me tell you, it's got me questioning everything. It basically says that like, literally everything from our thoughts to like, the chair I'm sitting on vibrates at a certain frequency. It's a pretty wild concept to kind of, you know, bridges that gap between hard science and what some might consider a bit more... Out there. Out there, yeah. Exactly. And I'm not going to lie. I'm a little skeptical. Sure. But also like, super intrigued. I mean, if it's true that our thoughts have these measurable frequencies and they actually can like, impact our reality, wouldn't we all be living completely different lives? That's a great question and it's definitely one we're going to unpack today. Okay. But first, let's just make sure we're on the same page here. Okay, yeah. So the essay defines frequency as, quote, "the measurement of the number of times that a repeated event occurs per unit of time." Okay. That rings a bell, like from high school physics. Right. Like sound waves, right. Higher frequency is a higher pitch. Exactly. Precisely. Yeah. And light waves work the same way. Different colors have different frequencies. Yeah. Think about a rainbow. Oh, okay. That's essentially a spectrum of light frequencies. Okay. So this isn't just like some made up thing. Right. This is like, rooted in actual physics. Yeah, absolutely. But then how do you apply that to like, thoughts and emotions? Those aren't like, physical things. Right. That's where things get- You can't measure them with a ruler. Exactly. That's where it gets really interesting. So the essay argues that everything in the universe, even things that we can't see or touch, like thoughts and emotions, have this vibrational frequency. Okay. It says that vibration is essentially movement. And because everything in the universe is in motion, you know- From a big bang. Well, yeah, exactly. Because of forces like gravity- Electromagnetism. The big bang. That set everything in motion. Yeah. And it hasn't stopped. And it hasn't stopped. So everything's still moving. Exactly. Which means everything has a frequency, including your thoughts, your emotions, everything. Okay. Hold on. How do you even measure the frequency of a thought? Okay. So the essay mentions a technique called electroencephalography. E.G.? E.G. Yeah. Have you heard of that? Yeah, yeah, yeah. That's the thing they use like, for sleep studies, right? Exactly. They put the little like- Electrodes on your head. Electrodes all over your head. It's a real scientific tool. Okay. Used in medicine and research. And the essay suggests that the electrical activity that's picked up by these EEGs can be correlated to the frequency of our thoughts. So they're basically saying they can like, read your mind with this? Kind of, sort of. But isn't this just like a fancy way of talking about positive thinking? Like the secret and all that stuff. Yeah, that's a valid point. There are definitely some similarities. Manifestation. Yeah. But I think this essay takes a more scientific

approach. Like grounding it in physics and these principles of vibration. So it's not just like, wishing really hard for something to happen. Not exactly. It's more about the idea that our thoughts, which have their own unique frequencies, are constantly interacting with the frequencies of everything around us. So like, influencing each other. Exactly. Influencing and being influenced. Like an energetic feedback loop. Okay. So like, if I'm thinking negative thoughts all the time, is that like, emitting a low frequency signal that's actually attracting negativity into my life? That's one way to interpret it. And that's definitely something a lot of people have wondered about. I mean, the essay itself doesn't make any like, definitive claims about specific outcomes, but it does heavily imply that the frequency of our thoughts can have a tangible impact on our reality. This is like, really making me rethink everything I thought I knew about the world. It's like, we're all walking around emitting these invisible energy waves. Exactly. And they're like, bumping into each other. That's a great way to visualize it. Okay. And if that's the case, then it stands to reason that we each have like, a unique frequency signature. Okay. Based on? Based on the combined frequencies of all of our thoughts, our beliefs, and emotions. So like, even though obviously, I experience a range of emotions throughout the day. Exactly. From, you know, frustration to joy to whatever. You have a baseline. There's still like, this baseline frequency, that's just me. Right. The essay even uses the example of experiencing frequencies of love or fear, but still remaining within a range that's considered normal for that individual. That makes sense. Okay. So if we have this unique frequency, can you actually like, change it? And if so, how? Ah, the million dollar questions. Right. I mean, while the essay doesn't really give us a step-by-step guide to like, frequency manipulation, it does suggest that our consciousness plays a key role in shaping our reality. So it's not just like, you know, slapping a smile on your face and saying positive affirmations. There's got to be more to it than that. Definitely more nuanced to it. And remember, it emphasizes that feedback loop, right? Between our thoughts and our reality. So it's not just thinking positive thoughts, it's also about cultivating positive emotions. Okay. And maybe most importantly, becoming more aware of our overall like, energetic state. So it's deeper than just like, surface level positivity. It's like a more fundamental shift. Exactly. It's about cultivating a genuine sense of inner peace, joy, love, and allowing those frequencies to kind of radiate outward. But let's be real, like, life isn't always sunshine and rainbows. We all have like, challenges, setbacks, you know, negative emotions. How do you reconcile that with this whole maintaining a high frequency thing? Yeah, that's where mindfulness comes in. It's not about denying those difficult emotions. It's about observing them without judgment. Okay. And choosing not to get swept away by them. So like, acknowledging them, but not letting them like, take over your whole vibe. Exactly. You have the power to choose which frequencies you want to amplify. Okay. So say I'm like, actively working on this. I'm meditating. I'm practicing gratitude. You know, all that good stuff. Does that mean I'm going to manifest like, a perfect life, win the lottery, all my dreams come true? Well, I mean, the essay doesn't make any promises about like, specific outcomes. No. Or like, material wealth. Remember, it's more about the overall frequency of our being. Okay. And how that interacts with the universe. So maybe it's not about manifesting specific things. It's about creating like, an interstate. Exactly. That's like, conducive to positive experiences. Yeah, like attracting opportunities, connected with the right people. Yeah. Okay. Exactly. And don't forget about that concept of collective consciousness that we talked about earlier. Right? Right. If we're all interconnected through these frequencies, as we raise our own vibration, we might actually be contributing to a more positive collective frequency too. That's a powerful thought. We're all part of this giant symphony of energy

and like, either adding to the harmony or like- Creating dissonance. Creating, yeah. Dissonance makes you think about like, the ripple effect of your- Absolutely. Thoughts and actions, you know? Right. Imagine if everyone took responsibility for their own energetic output. Yeah. What kind of impact that would have on the world? It's like the butterfly effect, but like, on an energy level. Yeah. Speaking of interconnectedness, you know, the essay also mentioned that double slit experiment. Oh, yeah. And how it relates to this whole frequency and consciousness thing. I vaguely remember learning about that in college. Right. But it kind of went over my head. It's a tough one. Can you break it down for us? Sure. So the double slit experiment, it's one of the most famous experiments in quantum physics. And it demonstrates that light and matter can behave as both waves and particles. So essentially what they did was they fired these particles through two slits. Okay. And they expected to see like two distinct bands on a screen behind the slit. Okay. Yeah. But instead they saw an interference pattern, which is what you'd expect to see with waves. So the particles were acting like waves. How is that even possible? That's the mind boggling part. What they found was that the act of observing or measuring the particles seemed to influence- Oh, wow. Their behavior. So just by like looking at them, the scientists were changing what was happening. Exactly. Yeah. It suggests that consciousness itself might play a role in shaping reality. Okay. Now my head is spinning. How does this connect back to like frequency and the stuff in this essay? Well, the essay uses the double slit experiment to support the idea that consciousness isn't just a passive observer. It's an active participant in creating reality. Wow. And if everything in the universe was interconnected at the moment of the big bang, as many physicists believe, then we might all be entangled at the level of frequency. So our thoughts and intentions- Could potentially be influencing the very fabric of reality. That's a wild thought. It is wild, but it's also incredibly empowering. Yeah. I need a minute to process all of this. Yeah. It's a lot. This is intense. This is making me question everything. It's a lot to take in for sure. Yeah. But it's also incredibly exciting. Like it opens up a whole new world of possibilities. It definitely does. And we are diving deep into some pretty mind bending concepts here. I think we all need a minute to just like absorb all this. Absolutely. Welcome back everyone. So before the break, we were talking about this idea that our thoughts and emotions could have measurable frequencies. Right. And that they could be like affecting our reality. Yeah. And that we each have a unique frequency signature. Based on those thoughts and emotions. It's pretty wild. But now I'm wondering if that's true, is there a way to intentionally shift your frequency to a more, shall we say, desirable level? Are there things you can actually do to raise your vibration? That's the question. Right. And while this essay doesn't give us a step-by-step guide- Okay. To frequency manipulation, it does suggest that our consciousness plays a key role in shaping our reality. So it's not just as simple as putting on a happy face and chanting affirmations. Yeah. Right. There's got to be more to it. Definitely more nuanced to it. Remember, it emphasizes that feedback loop- Right. Between our thoughts and our reality. It's not just about thinking positive thoughts, it's about cultivating positive emotions. Okay. And maybe most importantly, becoming more aware of our overall energetic state. So it's deeper than just surface level positivity. It's a more fundamental shift. Yeah. It's about cultivating a genuine sense of inner peace, joy, love, and allowing those frequencies to kind of radiate outward. Okay. But let's be real. Life isn't always sunshine and rainbows. Right. We all experience challenges and setbacks. Sure. You know, negative emotions. Of course. How do you reconcile those with this? Like maintaining a high frequency thing? Yeah. That's where mindfulness comes in. Okay. It's not about denying or suppressing- Right. Those difficult emotions. It's about observing them without

judgment. Okay. And choosing to not get swept away by them. So acknowledging them, but not letting them take over your whole vibe. Exactly. You have the power to choose which frequencies you want to amplify. Okay. That makes sense. So let's say I'm actively working on this. I'm meditating, I'm practicing gratitude, all that good stuff. Yeah. Does that mean I'm going to manifest a perfect life, win the lottery, have all my dreams magically come true? Well, the essay doesn't make any promises about specific outcomes. Okay. Or material wealth. You know? Yeah. Okay. It's more about the overall- Right. Frequency of our being. Yeah. And how that interacts with the universe. Okay. So maybe it's not about manifesting specific things. It's about creating an inner state- Yeah. That's conducive to positive experiences. Exactly. Like attracting opportunities, connecting with the right people. Yeah. Yeah. Okay. And don't forget about that concept of collective consciousness. Right. Right. We talked about it before. If we're all interconnected through these frequencies, then as we raise our own vibration, we might be contributing to a more positive collective frequency too. That's a pretty powerful thought. We're all threads in this big tapestry of energy. Yeah. I like that. And our actions are either adding to the beauty- Or creating, yeah, dissonance or chaos. Creating, yeah, a mess. It makes you think about the ripple effect. Absolutely. Or the thoughts and actions. If everybody took responsibility for their own energetic output, imagine the impact that would have on the world. It's like the butterfly effect, but on- Like an energetic level. An energy level. Speaking of interconnectedness- Yeah. The essay also mentions the double slit experiment. Oh, right. And how that relates to this whole frequency and consciousness thing. And I remember learning about that in college. What? But honestly, it kind of went over my head. It's a tough one. Can you break it down for us? Sure, sure. So the double slit experiment is one of the most famous experiments in quantum physics. Okay. And it demonstrates that light and matter can behave as both waves and particles. Both? Yeah. So basically they fired these particles- Okay. Through two slits. And they expected to see two distinct bands- Right. On a screen behind it. Yeah. But instead they saw an interference pattern, which is what you'd expect to see with waves. So the particles were acting like waves. How is that even possible? It's mind boggling, right? What they found was that the act of observing or measuring the particles seemed to influence- Oh. Their behavior. So just by looking at them- Yeah. The scientists were changing the outcome. Exactly. Which suggests that consciousness itself might play a role in shaping reality. Okay. My head is spinning a little bit. But how does that connect to- Sweet. You know, frequency and the ideas in the essay? Well, the essay uses the double slit experiment to support the idea that consciousness isn't just a passive observer. Okay. It's an active participant in creating reality. So it's like, we're not just watching the movie, we're in the movie. We're part of it. And if everything in the universe was interconnected at the moment of the Big Bang, as many physicists believe- Yeah. Then we might all be entangled at the level of frequency. So our thoughts and intentions could be affecting reality. Potentially influencing the very fabric of reality. That's a pretty wild thought. Wild, but incredibly empowering too. Yeah. It suggests that we have a much greater role to play- Yeah. In shaping our lives and the world around us than we might have thought. Okay. I need a second to process all this. This conversation is making me question everything I thought I knew about. Yeah, it's a lot. Like, the realities. It's a lot to take in. Yeah. But it's also incredibly exciting. Right. It opens up a whole new world of possibilities. It definitely does. We are diving deep into some pretty like- Mind bending. Mind bending concepts here. I think we all need a moment to absorb it all. Okay. So we've been exploring some pretty wild concepts here with this frequency science stuff. Yeah, for sure. Like this idea that everything, even our thoughts and

emotions- Right. ... vibrates at a certain frequency. It's a lot to take in. And that those frequencies are constantly interacting- Totally. ... and influencing each other. We're connected. But before we wrap things up, I want to bring it back down to earth a bit. What are some practical takeaways? How can we actually use this in our everyday lives? Well, I think the essay really emphasizes the importance of being mindful of our thoughts and emotions. Okay. It's about being aware of the frequencies we're putting out there, so to speak, and making conscious choices about which ones we want to amplify. So it's not about trying to be happy all the time. No, not at all. It's more about recognizing that we have a choice in how we respond to those emotions. Okay. We can choose to dwell on negativity- Yeah. ... or we can choose to shift our focus to something more positive and uplifting. So it's like choosing to focus on the solutions instead of the problem. Exactly. And remember, the essay says that a primary function of consciousness is to create a reality that reflects the frequency of our thoughts and beliefs. Right. So if we're constantly focused on lack and fear and negativity- Yeah. ... we might be attracting more of those experiences into our lives. Okay. That makes sense. But it's hard to shift your focus when you're feeling stressed or overwhelmed or just down. What are some things that people can actually do, like start raising their vibration? Well, mindfulness practices like meditation- Okay. ... can be incredibly helpful. Just becoming more aware of your thoughts and emotions. It's about observing them without judgment- Okay. ... and learning to detach from the ones that aren't serving you. So it's like creating space between yourself and your thoughts. Yeah, exactly. And gratitude is another powerful tool. Oh, yeah. When we focus on what we're grateful for, it naturally shifts our energy to a more positive state. It's like what you focus on expands, right? Exactly. There are so many things like spending time in nature, listening to music, surrounding yourself with positive people. Absolutely. Even small acts of kindness- Yeah. ... can have a ripple effect, not just on our own frequency- Right. ... but on the collective consciousness as well. It's like we're all these interconnected threads in this giant tapestry of energy. I love that. And every little act of kindness- Yeah. ... every positive thought just adds a little more beauty to the overall design. Beautifully said. And remember, this is a journey, not a destination. Mm-hmm. There will be times when we feel out of alignment- Right. ... when our frequency dips. Right. But that's okay. It's all part of the process. It's about progress, not perfection. Exactly. Yeah. The key is to just keep practicing. Keep learning. Keep learning. Keep striving to align ourselves with those higher frequencies of love, joy, gratitude. Well, this has been such an eye-opening dive. It's really made me think about the power of my own thoughts and emotions- Yeah. ... and how they might be shaping my reality. Yeah, me too. It's a good reminder that we're not just passive observers- Right. ... in this universe. We're active creators. I like that. Well, on that note, we'll leave you with this thought. Yeah. What if, by consciously choosing to focus on love, gratitude, kindness- Yeah. ... we could create a ripple effect- Right. ... that positively impacts not just our own lives, but the lives of everyone around us? What if we could actually raise the collective frequency of humanity and create a more harmonious and joyful world? Now, that's a beautiful possibility. Thanks for joining us on this incredible journey. Yeah. Thanks for listening, everybody. Into the world of frequency science. And until next time, stay curious.