



Frequency Science 2.0 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 the Consciously Creating Overview.

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Okay, so get this right. Imagine, like, tuning your thoughts and beliefs to shape your reality, like you're finding a station on the radio. That's the basic idea behind frequency science. Wild, huh? And that's what we're diving into today. You know, you sent over these really fascinating pieces from a doctoral thesis all about frequency science, and it's part of this whole consciously creating program. And get this, it even, like, caught the attention of some researchers over at Kent State. Yeah, what's captivating about this whole thing, I think, is that it's not just your run-of-the-mill frequency, you know, like sound waves or radio waves. Oh, it's the stuff we're used to. Yeah, it takes it a step further. It suggests that everything, even our thoughts and beliefs, vibrates at a specific frequency. So we're not just, like, throwing around good vibes here. We're talking about, like, measurable frequencies. Exactly. So the thesis actually starts with a basic definition of frequency. It's the number of times something, you know, repeats within a given time frame. So think of ocean waves hitting the shore. Yeah. The more waves per minute, the higher the frequency. Okay, I'm with you. But the really fascinating part is when you apply that same concept to intangible things, like thoughts and beliefs. Okay, so a wave, yeah, I get how a wave has a frequency. Right. But how can a thought have a frequency? It's pretty mind-bending, right? Yeah. So basically, everything in the universe, I mean everything, from the tiniest little atom to those giant galaxies are in constant motion. They're constantly vibrating. Yeah. And that vibration creates a frequency. Okay. And, you know, our thoughts, they're part of this universe, so they, too, vibrate and have their own frequencies. So if I'm, like, totally stressed out, right, my thoughts are literally vibrating at a different speed than if I'm, like, you know, zen. Exactly. It's pretty cool. The thesis, then, kind of connects this to quantum physics, right? It wants you to imagine consciousness as this, like, limitless field. And within that field, truth is kind of like the baseline frequency. Our own individual consciousnesses, they make ripples in that pond, so to speak. Gotcha. And those ripples are our thoughts and beliefs, all vibrating at specific frequencies. Right. They even use this analogy of, like, an orchestra. Okay. So each person's consciousness is an instrument, and together they create the symphony of, you know, the collective consciousness. Okay, yeah, I'm starting to see the, like, music metaphor here. Yeah. But wouldn't that mean, then, that if we're all part of this big orchestra, that our frequencies could, like, influence each other? That's exactly where it gets really interesting, right? Right. So think about two tuning forks. Okay. When you strike one, the other starts vibrating at the same frequency, even though they're not, like, touch... Yeah, yeah, yeah. The thesis is suggesting our thoughts can kind of



work the same way. So, like, if I'm around somebody who's super negative, could their, like, low frequency actually bring mine down? It's definitely possible. The thesis points to a bunch of research that shows, you know, lower frequency thoughts, like fear, anger, that kind of thing. Yeah, resentment. Yeah, they can kind of drag down your overall vibration. It makes me think about that study you mentioned before at Kent State. Weren't they looking at this consciously creating program? Yeah, so they did a seven-year study comparing consciously creating with other personal development programs. And what they found was, like, remarkable. People in the consciously creating program had much more significant and lasting positive changes. Okay, so this program, it's not just about, like, positive thinking or something. Right. It's rooted in this, like, whole concept of frequency science. Exactly. So how does it work? Basically, consciously creating wants to help us shift our thinking, you know, our thoughts and beliefs to be more in line with what it calls universal truth consciousness. Okay. Which is basically a state of higher awareness where we tap into our full potential. Gotcha. And in terms of frequency, that means raising our vibration. So it's about aligning our thoughts and beliefs and actions with, like, our best selves. Exactly. How do we even know what frequency our thoughts are at? Well, that's where EEGs come in. You familiar with those? A little bit. So EEGs measure the electrical activity in our brains. Right. Which can actually be correlated with different brain states and frequencies. So we can, like, actually see the frequency of our thoughts on, like, a screen. It's not quite that literal, but we can see patterns. Okay. For example, research has shown that alpha brainwave frequencies, those are typically linked to, like, relaxation. Right, feeling calm. Yeah, they increase when people practice mindfulness. Okay. So it seems like things like meditation can actually shift us into higher frequency states. That's pretty wild. Yeah. So the thesis suggests that scientists have been using EEGs not just to study thought frequencies, but maybe even to figure out if we can consciously change those frequencies. So, like, you could tune your thoughts to get, like, a better reality. Yeah. That's the big question, isn't it? Yeah, that's, like, serious science fiction stuff. It definitely pushes the boundaries of what we know right now. But the cool thing is, this program, it's not all about, you know, brainwaves and quantum physics. It also gives us this whole glossary of terms to kind of explain the practical side of things. Oh, perfect. Yeah. Yeah. Let's unpack some of those. What are some of the ones that, like, really stand out to you? Well, there's a few that are really central to the whole program, like true self. Okay. It refers to, like, our highest potential, the version of ourselves that's coming from a place of, you know, love, courage, unlimited possibilities, that kind of thing. Like the ideal me that I sometimes get glimpses of. Right. Exactly. And then there's the flip side of that, the untrue self, which is... I'm guessing that's, like, all the negative self-talk and, like, those limiting beliefs that I have. Precisely. That's the untrue self, also called the ego. So the program suggests that we often let our ego run the show, which can keep us stuck in those lower frequencies. Oh, okay. Yeah. And it emphasizes this idea that we have a choice. Okay. We can either let the ego, you know, keep us trapped in that fear and negativity, or we can consciously choose thoughts and beliefs that will lift us up. Okay. So we've got to be aware of when our ego is, like, calling the shots. Right. And choose the thoughts that are more aligned with our, like, true self. Exactly. What are some other key terms we should know? So two really important ones are high-low frequencies. They refer to basically the vibrational states associated with different thoughts and emotions. Okay. And then there's true forgiveness, which helps us raise our frequency by, like, letting go of those untrue



limiting beliefs. This is all, like, seriously thought-provoking. Yeah, right. It's like we're, you know, peeling back the layers of reality and realizing that maybe we have more control over our experiences than we thought. Exactly. And we're just getting started. Yeah. The Consciously Creating program goes way deeper into all of this. Of course. Giving us tools and techniques to actually use these principles in our daily lives. In everyday life. But before we jump into that, let's just take a second to reflect on what we've learned so far. Yeah, let's pause here for a moment. Okay. We've covered a lot of ground. Yeah. I bet our listeners' minds are already, like, buzzing with questions and insights. I hope so. We'll be back soon to explore even more about this Consciously Creating thing and, you know, how to use these principles to actually create the life we want. It's exciting. But before we go, I want to leave you with this. If our thoughts really do have frequencies, what kind of symphony are you adding to right now? Think about it. We'll see you in part two. See you then. Welcome back. So we've talked about thoughts and beliefs having frequencies. What about emotions? Do they, like, fit into this whole picture? Emotions are actually a really important part of this. Remember that definition of Consciously Creating? Yeah. It's about aligning our thoughts, beliefs, and emotions with universal truth consciousness. So emotions also have, like, their own frequencies. Precisely. Think about how your body actually feels when you experience different emotions. You know, joy, for instance, might feel really light and expansive, while anger might feel tight, constricted. So those physical sensations are, like, reflections of the different frequencies. That's the idea. According to the glossary, those high-frequency emotions, like love, joy, gratitude, create the sense of expansion and connection. And then, on the other hand, you have those lower-frequency emotions, like fear, anger, resentment. They lead to feelings of, you know... Like contraction. Contraction and separation. Okay. That makes sense. So if we want to raise our frequency, we need more of those high-frequency emotions. Exactly. But how do we actually do that, especially when, you know, life throws us curveballs? Right. That's a great question. Well, that's where this idea of inward condition comes in. Okay. Inward condition. What's that? It's defined in the glossary as, like, the total sum of our beliefs, thoughts, and feelings... Okay. ...at any given moment. So it's kind of like taking inventory of our, like, internal state. Oh, exactly. What am I believing? What am I thinking? How am I feeling? Exactly. And the key is to observe without judgment. Right. It's not about, you know, beating ourselves up. Okay. It's not about feeling those low-frequency emotions. It's more about just acknowledging them... Yeah. ...and then consciously choosing to shift our focus. To something more positive. Exactly. Okay. I see how that ties into, like, consciously raising our frequency. But sometimes it feels like my emotions are in control of me. Right. Not the other way around. Yeah. I think a lot of people feel that way. Yeah. But the program suggests we might actually have more power... Okay. ...over our emotions. I'm saying... Yeah. It all comes down to understanding the role of our inner guide. The inner guide. Okay. I'm intrigued. Tell me more. Think of it like your internal compass. Okay. Always pointing you towards truth, towards your true self. Okay. And it communicates with you through your emotions. So my emotions are like messages from my inner guide. Exactly. Even the, like, not-so-pleasant ones. Even the... But here's the thing. Okay. Those messages can get a little distorted, right? Correct. By the ego. And for a lot of us, that's driven by fear, limiting beliefs, all that. Yeah. Yeah. So sometimes a message from your inner guide might get misinterpreted... Okay. ...as anxiety or fear. That makes sense. Yeah. Because sometimes I feel anxious... Right. ...even when there's, like, no real danger. That's a



classic example. It's just my ego getting in the way. Exactly. The program is very clear that the ego isn't bad inherently. It's just trying to keep us safe, right? Right. But it tends to focus on these perceived threats. Right. Which, you know, can trap us in those lower frequencies. So how do we know then? Yeah. How do we know if it's, like, our inner guide talking... Right. ...or our ego? That's a great question. And that's where true forgiveness comes back into play. Okay. It's about letting go of those untrue, limiting beliefs that the ego is holding onto. Right. And that allows the clear guidance of your inner guide... To come through. ...to come through. Yeah. This is really making me rethink my whole, like, relationship with my emotions. Yeah. Instead of trying to, like, suppress them or ignore them. Right. Maybe I should be listening to them, you know? (Laughter.) Like, they're messages from my inner guide. That's the idea. Okay. It's about really tuning in... Right. ...to what your emotions are telling you. Yeah. But it's also important to remember that not all emotions are created equal. Okay. Yeah. So the glossary talks about this subjective science frequency scale. Okay. So, high frequency emotions rate a six or above. Okay. Lower frequency emotions rate a five or below. So it's not about denying or suppressing the, like, quote, unquote, negative emotions. Right. It's about understanding where they fall on the scale. Exactly. And using that awareness to make choices. Gotcha. This is starting to click for me. Good. But I have one more question. Okay. So, if everything has a frequency... Yeah. ...does that mean that my frequency can, like, impact the world around me? That is a profound question. Yeah. And one that's, you know, been pondered for centuries. Right. The thesis doesn't give us, like, a definitive answer. Okay. But it does touch on the concept of entanglement... Okay. ...from quantum physics... Right. ...where particles can be linked even when they're super far apart. So are they saying we might be entangled with each other? Yeah. It's a really interesting idea. Through our frequencies. Exactly. It's like we're all connected by these, like, invisible threads. It's a fascinating possibility. The thesis actually states that... Okay. ...since everything was touching at the moment of the Big Bang... Yeah. ...we are all entangled at the level of frequency. Whoa. Okay. That's kind of mind-blowing. Yeah. Like, we're all part of this giant web of energy... Right. ...constantly influencing each other. And being influenced. Yeah. It's this constant give and take. It really makes you think about... Yeah. ...the interconnectedness of everything. Right. If we are all entangled this way... Yeah. ...what kind of impact are we having... Right. ...on, like, the collective consciousness... Exactly. ...with our own individual frequencies? Yeah. It's a big question. It is. It really makes you think about personal responsibility in a whole new way... Right. ...if we're all connected... Yeah. ...our individual choices and actions, you know? Yeah. They have this ripple effect that goes way beyond just us. It's like, if we raise our own frequency... Yeah. ...we're not just benefiting ourselves... Right. ...we're contributing to, like, a more positive collective consciousness. That's the idea. This is so much to process, but I'm really enjoying this conversation. Me too. Are there any other key terms from the glossary? Yeah. There are a few more that stand out... Okay. ...that you think we should highlight. One that I think is really important is true integrity. True integrity. Mm-hmm. Because when the frequencies of beliefs, thoughts, emotions, feelings, and behaviors are in complete alignment, resonating in complete coherence with the frequencies of truth... Okay. So it's not just about talking the talk. Right. It's about walking the walk, too. Exactly. Our actions need to match up with our beliefs and intentions. It's about creating that inner harmony... Right. ...which then, you know, ripples outwards. That makes sense. It also connects with... Yeah. ...that idea of true



communication. Yeah. So true communication is defined as communication inspired only by true thought, feelings, behavior experience. So it's not just about what we say. Right. It's the energy and intention behind it, too. Exactly. Right. And when our communication comes from that place of true integrity and alignment, it just has a much more powerful impact. Okay. This is so insightful. I feel like we're, like, cracking the code of conscious creation here. I hope so. But it's important to acknowledge that, you know... Yeah. ...it's all about one perspective... Right. Of course. ...on a really complex topic. Absolutely. It's important to approach this with an open mind... Yeah. ...and a healthy dose of, you know, critical thinking. Consciously creating offers this fascinating framework... Right. ...for understanding consciousness and, like, the power of our thoughts and beliefs. It's really interesting. But ultimately, it's up to each person to decide how they want to, like, use these ideas... Of course. ...in their own lives. And as you all said, you know, knowledge is most valuable when it's actually applied. Right. So, the question is, how are you going to use this information to create a more fulfilling and meaningful life? Oh, I like that. That's a good challenge for our listeners. Yeah. But for now, I think it's time to just, like, take a breath... Yeah. ...and let all this sink in. Absolutely. We'll be back soon for the final part... Yeah. ...of our deep dive into frequency science and consciously creating. Looking forward to it. But until then, stay curious and keep those frequencies high. See you soon. Welcome back to the deep dive. My mind has been, like, buzzing ever since our last conversation... Yeah, it's a lot to take in. ...about frequency science and the consciously creating program. I mean, we went from... Right. ...like, vibrating thoughts to the symphony of the collective consciousness. It's pretty wild. And the idea that we might all be, like, entangled at the level of frequency... Yeah. ...it's almost like we've opened up this whole new... Oh, great. ...toolbox for, like, understanding ourselves and the world. And we've just scratched the surface... Yeah. ...of what the program really offers. There's one concept from the glossary... Okay. ...that I think is, like, super relevant as we wrap up our deep dive here. Okay. It's this idea of true relationship. The glossary defines it as a relationship based on the reality of the true self of everyone and everything. Okay, so break that down for me. What does it actually mean? Right. Yeah. To have a relationship based on, like, the reality of the true self. Well, think about the relationships in your own life for a second. Okay. How often are you connecting with people on, like, a surface level... Right. ...based on roles and expectations... Yeah. ...rather than genuine connections? I mean, I'll admit... Yeah. ...I definitely do that sometimes. I think we all do. I get caught up in, like, the day-to-day stuff, you know? Sure. And forget to really see the people around me. We all do. But this idea of true relationship, it challenges us to go deeper... Right. ...to recognize that divine spark in everyone. Right. Even the people who we might see as, you know... Yeah. ...difficult or different. So it's like seeing beyond the... The masks, yeah. Yeah, the masks we all wear... Right. ...and connecting with each other's, like, true selves. Exactly. It's about recognizing that deep down, we're all interconnected. We're all part of this, like, grand tapestry of creation. Yeah. Remember that concept of universal truth consciousness? Yeah. This is kind of like living that principle... Right. ...in our interactions with others. What kind of world could we create? Right. Yeah. It's pretty amazing to think about. If we all approach relationships from that place... Yeah. ...of recognizing, like, our shared humanity. It's a beautiful vision, right? A world where relationships are built on compassion and understanding and, you know... Yeah. ...a deep appreciation for each person's unique beauty. Okay. So we've explored, like, the theory behind frequency science and consciously creating.



Right. But how do we really apply this, you know? Yeah. Good question. What are some, like, practical things our listeners can take away from all this? The most important thing is becoming aware of your own thoughts, beliefs, and emotions. Okay. Remember that inward condition we talked about before? Yeah, yeah. That's really the foundation of this whole conscious creation thing. It's like being mindful... Right. ...of what's happening inside. What are you thinking? What are you feeling? What are you believing? At any given moment. Exactly. Once you have that awareness, you can start making choices... Okay. ...that are more aligned with your true self and the reality you actually want. Yeah. It's about choosing thoughts that lift you up... Right. ...beliefs that empower you, and actions that, you know... Yeah. ...reflect your values. It's like aligning our inner world... Yes! ...with our outer world. That's a great way to put it. Our thoughts, beliefs, and actions, like, all working together. Exactly. And remember, true forgiveness, letting go of the past, all those, you know... Yeah. ...limiting beliefs and negative emotions... Yeah. ...that can hold us back, it's essential, you know... Right. ...to create space for something new. Like hitting the reset button... Exactly. ...on our frequency. Love it. But what about when things get tough? Yeah, that's real life. Like how do we stay aligned with our true selves when we're facing challenges? Well, remember that inner guide, that inner wisdom is always there for you. Yeah. Sometimes it's hard to hear it... Yeah. ...you know, over all the noise... Yeah, all the chatter. ...of our thoughts and emotions. That's where practices like meditation and mindfulness... Okay, yeah. ...spending time in nature can be super helpful. Yeah, I can see that. They can help us quiet the mind a bit... Yeah. ...and tune in to that deeper wisdom. It's like creating space for the inner guide to... Yeah. ...like speak more clearly. Exactly. And don't forget about gratitude. Oh, yeah. Focusing on what you're grateful for, even when things are tough... Yeah. ...it can actually raise your vibration and attract more good things. Gratitude is like a superpower, almost. It is. It shifts your perspective. From lack to abundance. Exactly. Yeah. And remember, this is a journey, not a race. Right. Be patient with yourself. There will be ups and downs, moments of... You know? Right. ...clarity, moments of confusion. It's all part of the process. It is. We're all works in progress, right? Mm-hmm. Constantly evolving, refining our frequencies. This has been a really eye-opening, deep dive. It's been fun. We've explored this fascinating framework for understanding consciousness, energy... Yeah. ...the power we have to shape our reality. Absolutely. And we've just like scratched the surface. Right. There's so much more to learn about this. There is. I think we've given our listeners a lot to think about. Definitely. But before we go, I want to leave you with one final question to ponder. Okay. Hit me. If our individual frequencies really do impact the collective consciousness, what kind of world do you want to contribute to? That's a great question. It really is. It makes us think about not just our own well-being... Right. ...but the well-being of everyone and everything. The whole planet. We'll leave you with that to contemplate. Until next time, keep exploring, keep evolving, and keep creating the reality you desire. Beautifully said.