



# Frequency Science

## Introduction

This essay, Frequency Science, was created and presented as part of my Doctoral thesis and is part of a transformational program called the Consciously Creating Course. The Roots of the Consciously Creating Course was a transformational training program, created by the same source, same author, which was subjected to an in depth seven year study approved by Kent State University. The findings were unprecedented, stating that the program achieved more profound, expeditious, and long lasting results than any transformational, personal development or positive psychology program they found in their research. The study also confirmed the long-term effects of the Consciously Creating Course extending into years and all ways of perceiving life.

This essay is based on my understanding of consciousness, (at the Individual, the Collective, as well as the Universal levels), Metaphysics, quantum physics, science and psychology. Also being based on many years of study in a number of disciplines, it is my conception of the Reality of Life itself.

Frequency Science is a Foundational Principal of the Consciously Creating Course. The other Principles of the Consciously Creating Course are built upon the premises of each of the previous Principles presented. Ultimately, all of the Consciously Creating Principles are woven into all of the other Consciously Creating Principles which produces the synergistic effects of the Consciously Creating Course. Deepening your understanding around all of the presented Principles will give you a deeper understanding of the subsequent Principles as you a hearing them for the first time. You will get a deeper understanding of this phenomena as you proceed on the Journey.



## Frequency Science Essay

This essay explores the concept of Frequency in the context of consciousness. I put forth that everything in the universe, including Intangible objects, thoughts, feelings, and beliefs, possesses a Unique Frequency. I connect this idea to quantum physics, suggesting that consciousness is a quantum field where beliefs and thoughts resonate at specific frequencies, impacting our individual experience of reality and a primary function of Consciousness is to create a visceral reality that reflects the core Frequency of the beliefs, thoughts and emotion/feelings held in each Specifically Unique Consciousness, which, all together, Creates the Collective Consciousness. The essay also delves into the use of electroencephalography (EEG) to measure brain activity and how this technology can be used to understand the Frequency of our thoughts. Ultimately, I believe that, by understanding and Guiding the Frequency of our thoughts and beliefs with Free Will, we can elevate our consciousness to a higher level of awareness.

I offer a most rudimentary look at Frequency in this essay. However, I don't believe we need to go any deeper into the science of frequencies for our study of consciousness. We'll start with scientific distinctions for frequencies and then see how they apply to our study in consciousness.

Frequency is the measurement of the number of times that a repeated event occurs per unit of time, the number of waves that pass a given point in one second. The frequency of wave-like patterns including sound, electromagnetic waves (such as radio or light), electrical signals, or other waves, expresses the number of cycles of the repetitive waveform per second. The frequency unit is called a hertz (Hz), named after the German physicist who first confirmed the existence of electromagnetic waves, Heinrich Hertz. The frequency formula is the wave speed divided by the wavelength.

A vibrating object moves back and forth from its normal position, and a complete cycle occurs when it moves from one extreme to the other and back again. The frequency of a vibration is the number of cycles that occur in one second, and is measured in hertz (Hz).

Vibration is movement and yes, everything in the universe is in motion, according to science: Forces like gravity and electromagnetism keep large objects moving, while the strong and weak nuclear forces keep the quantum world moving. The Big Bang's expansion of the universe from a single point established movement as a fundamental aspect of the universe. Ergo, everything in the universe is in motion and everything in motion has a frequency so everything in the universe has a frequency. Everything tangible and Intangible. EVERYTHING has a frequency. Frequencies in resonance stimulate more movement, more vibration, more resonate frequency.

Frequency is also seen in the scientific quantum theory of Entanglement as demonstrated in the double slit experiments. And since everything was touching at the moment of the Big Bang, we are all entangled at the level of Frequency. Scientific studies have also shown that thoughts of love, peace, joy, gratitude, creativity, etc., thoughts that "Reflect" the Universal Truth Consciousness, what I refer to as Truth all have high frequencies. And thoughts of doubt,



worry, frustration, anger, resentment, jealousy, etc., thoughts to the contrary, what we refer to as un-true all have low frequencies. We measure the frequency of our thoughts with an EEG. Something scientists have been doing for some time.

Electroencephalography (EEG) is a non-invasive method used to measure electrical activity in the human brain. Invented in 1929, this technique has evolved into various forms and is now employed for diverse purposes, including diagnostic tests, scientific research, and an increasing array of consumer applications (Berger, 1929).

To comprehend the functioning of an electroencephalogram, it's beneficial to grasp some fundamental concepts about the brain's operation.

The activity of the brain is characterized by a surge of electrical signals coursing through brain cells known as neurons. When a neuron is activated or "fires," an electrical current cascades down the cell. When numerous neurons fire simultaneously, sensors on the scalp can perceive this voltage shift — a mechanism that underpins electroencephalography. An EEG cap consists of numerous tiny sensors, known as EEG electrodes, that track electrical impulses and signals originating from various regions of the brain.

While the routine EEG is usually performed in a fixed location, ambulatory EEG enables the patient to use the device while carrying out their everyday tasks or conduct a prolonged EEG from the comfort of their home.



## Conclusion

Everything, everything right down to our beliefs, thoughts and feelings. Have a frequency. Put in terms of quantum physics, Consciousness is the quantum field, Limitless Truth is the fundamental ground state and the collective consciousness is the shared wave function of the world and from there your individual consciousness interacts with and creates your specifically, unique experience of reality. And your consciousness recreates it at a higher frequency every time you let go of an un-true, limiting belief. And your consciousness recreates it at a lower frequency every time you hang on to, do not let go of, not Forgive an un-true, limiting belief. Everything about your Body/Mind complex has a frequency, including your thoughts, beliefs, and emotions/feelings. The sum total of all of those frequencies is what is referred to as "Your Frequency." The range of your frequencies is wide and varied, but you tend to operate within a recognizable range. For example, you can imitate the frequencies of love and you can emanate the frequencies of fear and still be operating, as yourself, within a range of frequencies considered normal.

Everything about everything in the universe is about frequency. It is a logical deduction to conclude that the frequency of everything in the universe is affecting every other frequency in the universe. How could it be otherwise. It is also a logical deduction to conclude that an atmosphere of higher frequency is more desirable and conducive for the propagation of higher frequencies.

For our purposes in the study of consciousness, this is far as we need to go. Just knowing that a primary function of Consciousness is to create a visceral reality that reflects the core FREQUENCY of the beliefs, thoughts and emotion/feelings held in each Specifically Unique Consciousness, which, all together, Creates the Collective Consciousness is enough. Of course, if you have a desire to dig deeper into the science of frequencies, the internet is full of research material.