Cancer Reverser – Part 4: Frequency

# Step 4: Frequency (Energy, Mind, Environment)

* ✳️ Original:  
  Everything in life has a frequency—organs, plants, thoughts, emotions.

💡 Clarifier:  
You are vibration. Everything you feel, think, or consume carries a charge—positive, negative, or neutral. Healing starts with \*raising your frequency\*. High-frequency inputs create a high-frequency body.

* ✳️ Original:  
  Schumann resonance of Earth has shifted. So has our body’s baseline.

💡 Clarifier:  
Earth’s frequency used to be a stable 7.83 Hz. But now it spikes often. That means our nervous systems are adjusting to a new energetic climate. Supporting your own baseline is crucial during this shift.

* ✳️ Original:  
  Listen to healing frequencies daily for 30 mins (e.g., 528 Hz, 432 Hz, 1000 Hz for cancer support).

💡 Clarifier:  
You don’t have to do anything complicated. Just hit play. These frequencies are embedded into music that you can sit with, move with, or sleep with.  
528 Hz = DNA repair  
432 Hz = natural harmonic balance  
1000 Hz = immune cell support

* ✳️ Original:  
  Use headphones or background music while walking or resting.

💡 Clarifier:  
It doesn’t need to be a seated meditation. You can listen:  
- During a walk  
- While journaling  
- As background music during chores  
- Or lying down to rest  
The key is consistency, not position.

* ✳️ Original:  
  ACTION: Play healing frequencies every day. Avoid EMF-heavy environments.

💡 Clarifier:  
Two videos are already waiting for you on the website in the Cancer Reverser program. Just choose one, press play, and commit to 30 minutes.  
  
Avoid high-EMF zones (Wi-Fi routers, Bluetooth devices, towers) when possible—especially during sleep.  
Tip: Switch your phone to airplane mode overnight or use EMF-blocking cases if needed.