

## Chapter 6

### Resonance

The concept of increasing ones vibration is widely used by those looking to evolve towards higher states of health and understanding. Science does not deny the vibrational quality of all living matter, but certainly disputes these more subtle claims.

That is not a problem here because I am looking at this subject from a different viewpoint, running parallel to the accepted laws of biology rather than competing against them. Science seeks measurable truths, such as the structure of our cells, how the brain communicates to our body through neuropeptides, how we maintain homeostasis through hormones and negative feedback cycles and the mechanism of disease. I want to look at the same issues but from a resonance viewpoint, examining the subtle communication processes that we feel but cannot see. This follows on nicely from the previous chapter on DNA.

I am keen to avoid going over old ground here as this is a heavily covered subject, but I do want to use my experience with clients and the input from my usual sources to hopefully add to the debate. In particular, I want to cover the subject of internal communication between our cells. This is important within the context of this work because these principles underpin the technical section of the manual. I am asking our bodies to absorb data and heal through the application of focused intent, so we need to understand the process by which this happens. We cannot engage the powerful simplicity of our intent unless we have a clear grasp of the mechanics behind it. When I drive my car it is a reasonably automatic process, but I needed years of training and practice first to ensure that this instinct is correctly guided. The same applies here.

#### **The holographic body**

Most ball sports are based around reaction time to some degree. When well trained, the body needs to respond almost automatically once the brain has determined the correct move to make. I know from my own experiences playing cricket that if a bouncer is aimed at my head, I will instinctively duck or rock out of the way before my conscious mind has issued any instructions to the rest of my body to do so. The speed of reaction required is far too fast to be delivered by a feedback loop communicating through the nervous system, regulating the contracting and extension of muscles through a series of neurological stimuli.

Our responses can only be explained if every cell in our body is tuned into the collective whole. When we decide that our head needs to move to the left, **all** the cells within our nervous system act on this signal instantaneously. The reason they can do this is that our cells are in constant communication with each other through our DNA. The photon emissions from our DNA travel at the speed of light (not surprising as they are the component parts of a light wave), so once the conscious intent has been set, the muscles can respond instantaneously. Consciousness pervades every cell in our bodies, so when a decision is made, it is available instantaneously throughout. If our defence mechanisms relied on a series of ion exchanges through the cells of the nervous system, predators would have long since seen to our extinction as a species.

The best analogy I have for this is the schoolteacher talking to the class. The teacher could whisper the message to the first pupil who then passes it on to the next person and so on. Apart from being cumbersome and time consuming, there is a great risk of it being diluted or altered. It is much more effective for all concerned if the message is spoken out loud for all students to hear together.

Another way of looking at the interconnectedness of the human being is through the holographic model. This is a largely metaphorical explanation for the way all cells within our body seem to understand the status of every other.

The first serious proponent of this theory was Karl Pribram, as explored by Michael Talbot in the book 'The Holographic Universe'. His basic premise is that our bodies are holographic in nature and we live within a holographic universe. In effect, all our cells contain complete information about the status of all of the others. This basic principle underpins most complementary healthcare, where therapists treat the client as a complete unit, looking for ways to heal the individual as a whole rather than merely address specific, localised symptoms.

The holographic model also explains how the brain is able to store so many specific memories – in the order of  $2.8 \times 10^{20}$  over a lifetime according to Talbot – which far exceeds the number of neurons in the brain. In a hologram, each different angle of view could create a different picture, so one neuron could contain a number of memories. I suspect Pribram and Talbot intended this to be a metaphorical model rather than a literal one because the practical explanation they offer gives us the clearest image of this process at work:

“Neurons possess branches like little trees, and when an electrical message reaches the end of one of these branches it radiates outward as does the ripple in a pond. Because neurons are packed together so densely, these expanding ripples of electricity – also a wavelike phenomenon – are constantly crisscrossing one another, creating an almost endless and kaleidoscopic array of interference patterns, and these in turn might be what give the brain its holographic properties.”

This proposition applies to the electrical activity of the brain, but as DNA is also a transmitter, it is easy to extend this model to the rest of the human body.

## Resonance behind the holograph

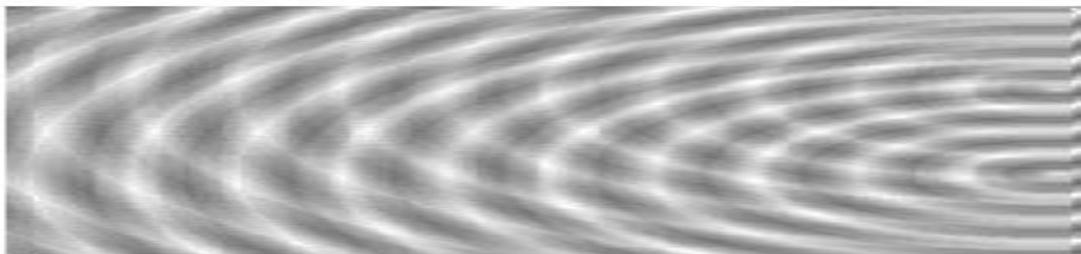
So, if our bodies are holographic in nature, how does this work in practice? I have already mentioned the photon emissions from our DNA. These electromagnetic particles have wave-like properties and are emitted from the arials in our DNA at the speed of light. Their emissions are available to the billions of strands of DNA in the rest of our body to receive and act upon. They have been measured outside of the body to a range of 50 miles in Russian military trials, so goodness knows how far their presence is truly felt in a universe unlimited by the boundaries of our scientific equipment. This photon resonance explains the practicalities behind the laws of attraction – we radiate out our emotions and beliefs and receive back events and people in line with our own signals.

The sheer scale of this is mind-blowing. We each have trillions of cells and billions of miles of unraveled DNA, all emitting their photon signals in waves that crash into each other, forming interference patterns that create a new resonance afresh. Each point of impact represents a new expression of our consciousness, where one influence meets another to create a third.

As a practical example, imagine someone with a ‘guilt’ based belief system stored in their DNA based on childhood events. This signal will be on continual transmission, perhaps weak, perhaps strong, but it will be there at some level to influence every thought and decision made thereafter. When this theoretical person thinks about, say, their job prospects, these two resonances will meet to create a third – a hybrid of career and guilt. This thought would have a lower resonance than a combination of career and confidence and would have a less supportive and perhaps even damaging effect on that person’s decisions and behaviour.

To give an idea of the scale involved here, we can consider four resonances being released from four strands of DNA which we will call A, B, C and D. You might think this would create 4 interference patterns, but if we apply basic factorial mathematics, we find that there are in fact 15 combinations. We have:

A, B, C, D, AB, AC, AD, BC, BD, CD, ABC, ABD, ACD, BCD, and ABCD.



If you expand these concepts to allow for the trillions of strands of DNA, the number of interference patterns is beyond our imagination. Using this model, it is easy to see how our DNA has the capacity to store the detail from all of our history, the myriad of

different frequencies creating a master signal which is in effect an average vibration for that individual, as unique to them as their own smell. This harmonic resonance in turn transmits to a wider audience and forms part of the species resonance for mankind.

There is an interesting tangent to all this. If photon emissions create interference patterns that define who we are and our consciousness level, what lies in the spaces in between, at the frequencies where there is no activity? This is the space in between the waves, the area outside of vibration, where there is no movement at all. We are back to the world of peace, the space beyond our world where God / Source / Universal Intelligence resides that provides the silence against which our resonance can be felt.

Most ancient cultures acknowledge the power of quiet time and meditation. They talk of the answers to all our questions being within us and discourage us from looking outside ourselves for healing. This now makes more sense, when we calm our minds we also calm the pond of interference patterns created by our DNA. How can guilt and shame take hold of us when we deny them the opposing ripple with which they can interact? They still broadcast their negative signals, but with no conscious thoughts to engage with, the power of the process eludes them. They echo off into space with minimal impact.

This allows us the opportunity to connect back to Source. When we do so, we absorb healing and knowledge via these spaces, at some point converting the purity of this connection back into the positive resonance most appropriate to us at that time. Healing really does come from within.

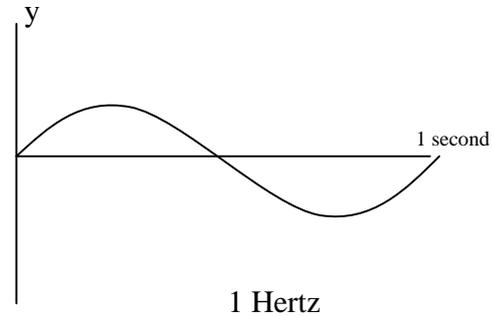
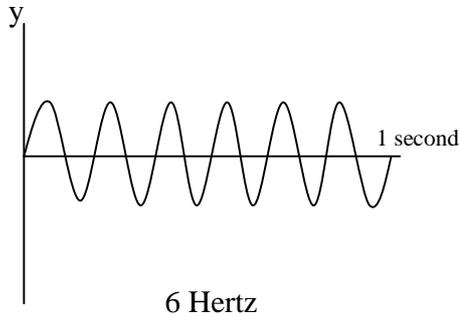
### **Good and bad resonances**

The vibrational world frames all existence; even the spiritual dimensions have a resonance, albeit too high for us to appreciate while in physical form. This begs the next series of questions – what is a good resonance? What happens when a good resonance meets a bad one, when fear and love compete against each other?

I want to consider these issues at the conceptual level, but we still need to agree a basic understanding about the properties of waves so that when I use the phrases ‘frequency’ and ‘amplitude’ we have a shared understanding of what that means.

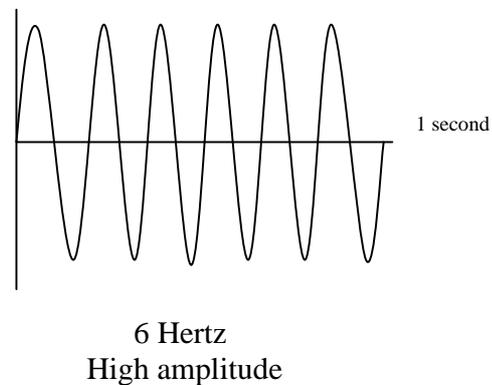
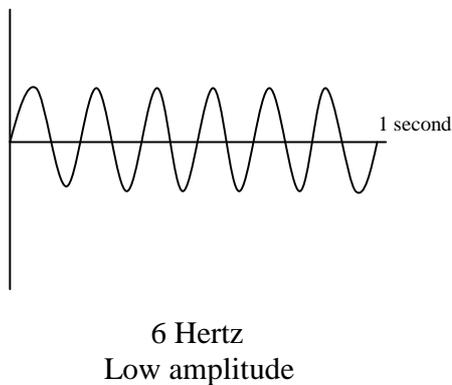
To start then, we need to agree on **photons**. These are quantum level particles that make up light waves. They travel at the speed of light and can have a variety of frequencies to reflect the light wave they represent, whether that is red, green, or the resonance emitted from our DNA. They are the quantum particles that form the interference patterns within our bodies that I have referred to already. In effect, they are the practical mechanism by which every cell knows the status of every other.

Moving on, these photons make up light waves that can have a variety of frequencies and amplitudes. To explain this further, here are two waves:



Assuming the length of the horizontal axis represents one second, the above graphs show sine waves with different **frequencies** measured in Hertz. One Hertz means one complete oscillation per second. The higher the frequency, the higher the vibration, so when we talk about evolving and increasing our vibration, this is the specific measure to which we refer.

As a separate issue we have **amplitude**. This is the power of the wave i.e. the strength with which that frequency is broadcast:



If someone has a healthy body, the organs will resonate at the correct frequency but will also have a high amplitude. This makes the state of good health more robust and it will take more interference from bad energies and toxins to detract from this core vitality.

These waves are continuous, making a constant tone at that frequency in line with the steady release of photon particles from the DNA. There is, however, an important stillness in the frequency spectrum not being used, just as a musical chord depends on the space created by the notes not being played.

So, if we restrict ourselves to a conceptual view, we need to know how resonance impacts on the three key areas of good health, illness and healing.

First of all, I do not believe that there is one perfect resonance in the human body any more than there is a perfect note in music. Our bodies are a composite of hundreds of different systems, each of which has an ideal frequency that combine to create an overall frequency. This aggregate sound is harmonious when the body and mind is in good health.

When these organs are exposed to discordant vibrations from low emotions, toxins, environmental stresses etc there is a battle between the healthy vibration of the organ and the external influence. To stay healthy, we must ensure that the positive influences on that system exceed the negative ones. This applies at the esoteric level of resonance that we are looking at here, but also at the more measurable biological level.

The laws of attraction dictate that we magnetically draw in frequencies most similar to our own. Like attracts like. These laws apply at the macro level where as individuals we may draw in events and people that most closely resonate with us – and this may work in a negative as well as a positive way. Someone with an abusive history may attract abusive people just as strongly as a loving person will attract loving people.

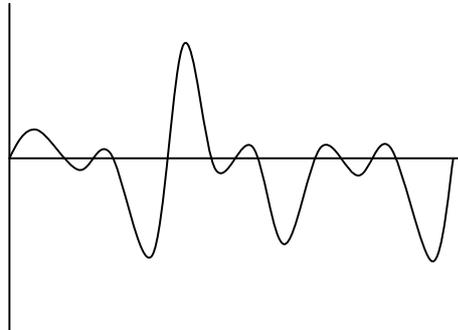
Confused thoughts, contradictions between our conscious intent and faulty belief systems create a disjointed resonance and a muddled attraction. We think we know what we want and deserve, but our DNA may be emitting a different photon signal.

These laws also apply at the micro level where specific organs have a natural affinity for specific emotions, in effect the essence of Traditional Chinese Medicine. As an example, our kidneys are vulnerable to the vibrations of fear and sexual indecision because they share the same basic frequency.

Any complementary healthcare therapist will confirm the affinity of organs and certain emotions and I believe this is why. In other words, if an organ is resonating at 1000 hertz it would naturally pick up emotions, good or bad, that resonate close to this frequency. It is as though each organ is tuned into a particular radio station and will pick up these influences above all others. This goes against most thinking that suggests that low emotions are low frequencies. I believe they are damaging to our health because they operate within the frequency spectrum of our physical body, whether high or low. If they did not, they would pass us by, as would the transmissions of Classical Gold while we are tuned into Radio 1.

Of course, where they do interact they can cause havoc. Their damage comes from creating chaos out of order through affecting the natural order and structure of a healthy vibrational wave. Dr Emoto's work with water crystals confirms this – all the inherent strength and beauty of the water crystal is lost when exposed to the disruptive frequencies of low emotions.

If we return to our wave drawings, we can see pictorially how a low emotion might distort the health of a healthy vibration. How does this look to you?



When I look at it, it makes me feel very uncomfortable; it still resonates at 6 hertz because there are 6 cycles in the extract shown, but it is discordant. When this interferes with the symmetrical and structured wave of our healthy organ it will cause damage, hopefully very little, but this will depend on how strong it is.

Incidentally, when I dowsed to see which emotion this most strongly resembles, I get the answer guilt. Nasty! I suggest you don't look at it for too long.

In contrast, a healthy emotion would have a more even, structured look in line with the waves I have drawn earlier. These serve to support the strength of the organ and protect it from the weakening effects of any discordant vibrations.

This then brings us back to amplitude. If our kidneys in the example I am using are at a healthy resonance, they should have a high amplitude, which would translate into a strong energy system and balanced chakras. External influences will either add to or detract from this core strength. If these influences are positive, the owners of these kidneys should be in 'vibrant health' as the saying goes, but if fundamentally negative, this could lead to illness. There is therefore an important distinction to be drawn between someone with a little bit of fear of public speaking and someone who lives permanently in a state of deep anxiety.

The frequency will not change – the kidney is still a kidney after all. It will not transmute mysteriously into a liver, (more on this concept later) but it could become stronger or weaker depending on the balance of influences.

In numerical terms, the influences on these mystical kidneys could look like a profit and loss account. They could have a natural vibration of level +100, which would be supported by the benefits of a happy and loving family (+5) but detracted by the influences of a stressful job and the fear of redundancy (-8). The net result would be +97 which might be enough to maintain sufficient balance in the kidneys for them to fulfill their duties. If not, the frequency emitted would be recognized by the body's internal brain and the body would compensate – drawing energy from other systems. The kidney meridian might then test weak to a kinesiologist, representing the first stage of ill health.

If we summarise this section then, we have the following rules:

1. Each organ in our body has an optimum frequency.
2. A healthy organ has a high amplitude within this frequency.
3. Each organ resonates with positive and negative influences of the same frequency.
4. Low emotions and toxins have a discordant, unstructured wave that destabilises the structure of the healthy organ it interferes with.
5. The overall health of an organ depends on whether the positive influences are stronger than the negative.

### **The resonance of spiritual growth**

We must now consider the concept of spirit and spiritual growth, of raising our vibration as individuals and a species, rising to higher levels of understanding and consciousness.

This has to be a theoretical study, but for me the key point here is that we still have a physical body. We are still composed of flesh and blood irrespective of our state of enlightenment. This visible body does not change so the frequency in which we operate also remains static.

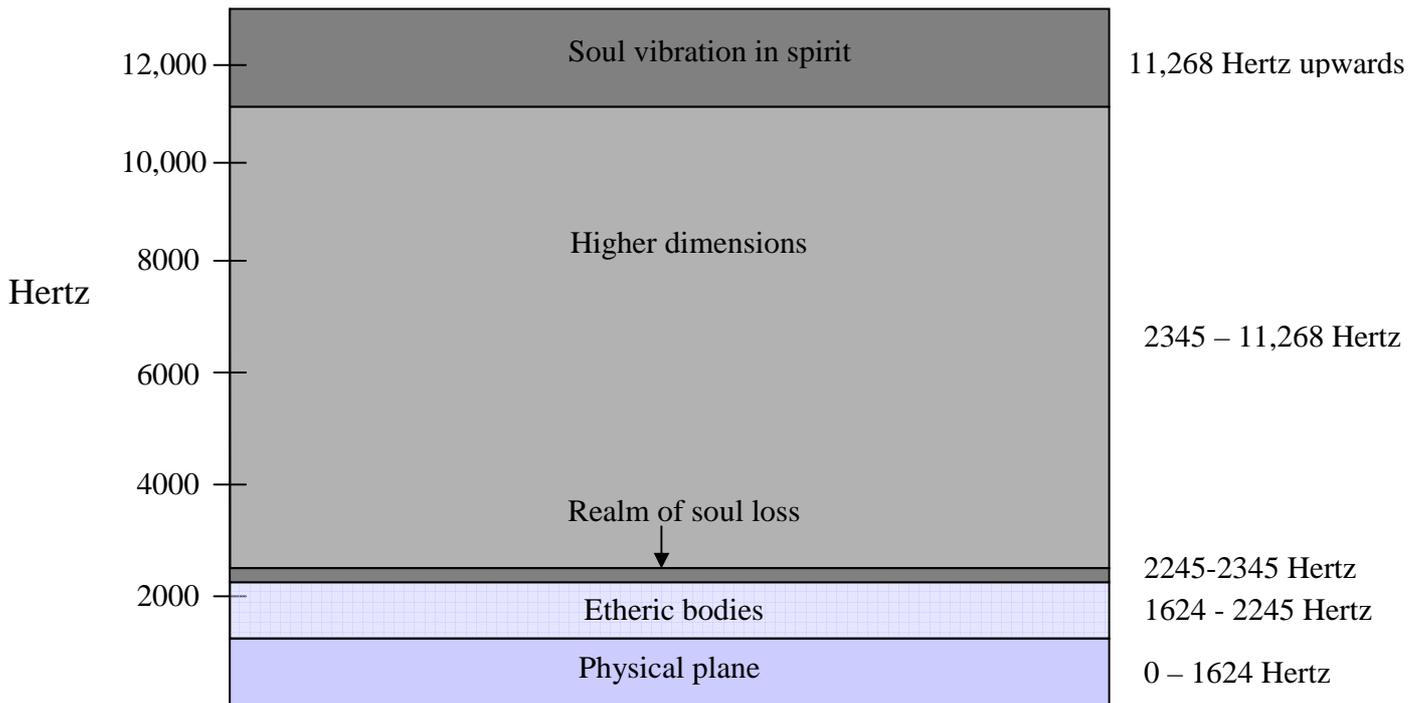
The big changes are in the multi-dimensional nature of our bodies. There is almost unlimited channeled information on the evolution of our DNA towards a 12 stranded version that represents the highest potential of who we are. These extra strands exist in a world we cannot see but can access through our more intuitive senses. When we feel we have evolved, we feel more at peace, more connected to the world at large and can start to tap into a sense of unconditional love for mankind as a whole.

In other words, although our physical bodies remain unchanged, our emotions and our thoughts are rising in frequency. As we open up the extra strands and potential of our DNA, our overall resonance climbs as we start to vibrate across a broader spectrum.

This heightens the disparity between old thought patterns and beliefs stuck in our unconscious and the higher states we are hoping to reach. Our spirit cannot ascend to new lofty levels if we have low vibrational emotions holding us back. They will act as an anchor that will inhibit our growth into this new potential.

This is why we are all being challenged to clear our 'stuff' quickly. Our overall progress is measured by the lowest vibration we have left and there is perhaps more at stake now than ever before.

If we accept that we exist beyond our physical bodies, we can view ourselves against a scale of increasing resonance. Starting with our physical body, we move up through the etheric bodies and beyond into higher dimensions and then to the realm we occupy at the soul or consciousness level. I have dowsed to find the relevant levels and came up with the following:



The physical and etheric bodies have historically been the focus of most healing. When we look to grow beyond our current limitations, opening up the 12 multi-dimensional strands of our DNA, we move into the ‘higher dimensions’ that exist between 2345 and 11,268 Hertz. Above this lies the level of our soul when not confined to physical form; the resonance to which we return after death and to which many aspire if targeting the much discussed ‘ascension’ status while in physical form.

An interesting layer is that just above our etheric bodies. This is the small bandwidth layer of soul loss, where aspects of our core self reside when forced out of our physical and etheric bodies through severe trauma or upset.

I used to consider ‘soul loss’ in geographical terms, with the missing essence floating somewhere outside the physical body waiting for healing and an appropriate time to return. I now see soul loss in resonance terms, where the essence lost has not moved in time or space but merely increased its vibration to move just outside the physical and

etheric spectrums and just safe from the zones where the trauma and low emotions lie waiting.

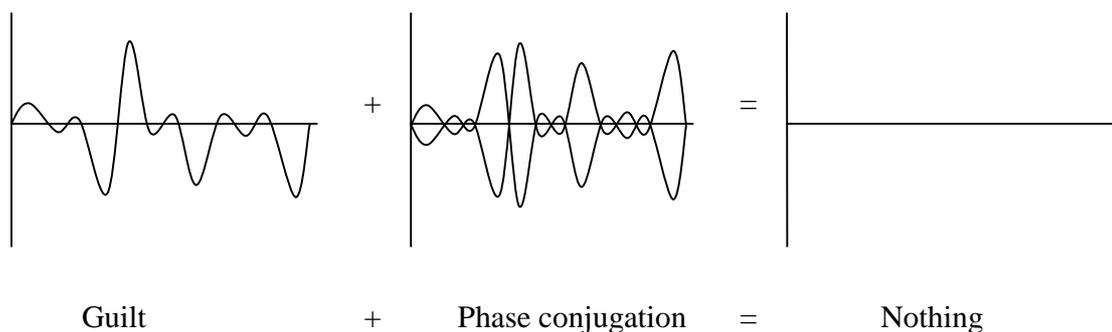
When we attempt to heal these imbalances, understanding this concept gives an extra level of intent to help focus the healing. When the core trauma is healed, the soul essence can drop in resonance and re-engage with the etheric bodies.

### **Vibrational healing**

If we continue to look at healing as a form of wave management, we must establish how we can best neutralise or transform the negative, discordant, resonances of our low emotions and toxins.

If we take our example of guilt again, we have an uneven wave that interferes with all that it touches. We have two choices here, either delete it or convert it to a more balanced vibration within the same frequency.

To delete it, we can use a concept called ‘phase conjugation’ which formed a strong part of the early versions of my Quantum K healing manual. In effect, we create a harmonic resonance that exactly mirrors the vibration we wish to delete. The effect looks like this:



In recent months I have moved on from this concept because I think there is a better process. Rather than delete it, we should try to heal that emotion. If we apply the appropriate healing, we can convert it back to a healthy and harmonious wave pattern – a chance for redemption if you like. This then reinforces our good health and becomes a positive vibration in our energy field.

I suspect that Reiki and other forms of energetic healing work in this way. They are intelligent energies, so when we channel them we bring in a vibration that can take any form and will vary depending on the circumstances of the client.

There are a wide range of therapies gaining popularity based on resonance healing. In the medical world we have ultrasound treatment for kidney and bladder stones. We also have

bio-resonance machines working directly with these concepts and zappers to delete parasites.

In Germany, they are pioneering using mild electrical currents at the appropriate frequency to treat tumours. The frequency chosen is absorbed by healthy cells but destroys the cellular integrity of cancerous cells until the tumour literally blackens and atrophies.

The intent behind the harmonics in Quantum K is also vibrational in nature. The number sequences I use speak directly to the crystalline structure of our DNA and seek to transmute negative emissions so that the structure and resonance of any DNA holding a negative emotion is returned to blueprint status i.e. its optimum state of existence. I also invoke the vibrations of crystals and plants to support this healing.

Here is an example specifically geared towards emotional cleansing. If you picked up any negativity from looking at the ‘guilt’ wave I drew earlier, scanning this will undo it:

Crystal: Tourmaline						Plant: Bergamot						
Master number 1												
Number	3	9	7	5	4	3	2	0	1	1	3	8
Gateway	1	1	1	1	0	0	0	0	0	1	1	0

The beauty of the harmonics in Quantum K is that they deal with damaging records held in our DNA before they have been converted into photon emissions. We need to know exactly what we are looking to heal to help focus our intent, hence the technical pages detailing all the different causes of ill health. Using this comprehensive list, we can address the deep underlying issues rather than try to simply heal the physical and emotional symptoms resulting from them. If we rely on herbs and healthcare procedures to address specific organs that show imbalance, we can be accused of the same superficiality that we direct at the medical profession, we are just using natural solutions rather than drugs.

The beauty of vibrational healing is therefore its depth when used properly. It can also offer instantaneous relief and I will give you two example of this from my experiences as a kinesiologist.

First of all, there is the tried and tested dehydration test. A weak arm to the appropriate test is *instantaneously* corrected when the client drinks a glass of water. Now in all practical senses, the water is sitting idly in the client’s stomach, so why does the muscle test strong? It could be argued that this is the body’s way of saying that a remedy is in place, but I believe it is much more natural than that. I believe the body has already drawn much of what it needed from the vibration of that water the moment it passed the client’s lips. Water has a resonance that is picked up immediately by all the cells in the

holographic body. Its healing properties are released immediately, including its electromagnetic frequency, ideally –238 millivolts negative electrical potential.

The same can be said of food. Its vibration interacts with our cells immediately it is consumed. The molecules of carbohydrates, fats, proteins, minerals, vitamins etc are too large to be directly absorbed by the molecules within our cells; it is their light frequency that stimulates and energises our cells. About 96% of our body composition is Hydrogen, Carbon, Nitrogen and Oxygen, so we are fundamentally gases held together in physical form by carbon. We are much closer to plants than we like to believe, our energy drawn from the light emissions of our food just as a plant photosynthesizes its own primary food source – the sun.

This is a huge subject; suffice it to say that there is an invisible vibrational world running alongside the observable biological one that we study at school.

While still on the subject of instantaneous healing, it is worth looking at another example, that of detoxing. If we use herbs like chlorella to cleanse the body, we are relying on the biological chelating process to bind the herb with the metals in preparation for their excretion. This can take months and there is no guarantee that the herbs will root out every toxin.

The advantage of vibrational healing, whether through homeopathy, bio-resonance, Quantum K or targeted Reiki, is that we are tackling the damaging resonance of the heavy metals as well as their physical properties. When I test the level of toxicity after a treatment, I quite often find that it measures as ‘zero’. This has always intrigued me as the molecules of metal must still be there in some form. I believe the body is saying that the negative vibration has been cancelled even though the molecules remain. I suspect the metal still looks like metal, but it has been vibrationally neutralized and no longer creates damaging interference patterns with our healthy cells. Residues will be excreted in due course but the healing has already occurred.

This honours my overriding belief that healing should be simple. We need to understand the process by which it is achieved, but having done so, our intent can be clear and uncluttered.

### **The germ theory**

Finally, we need to cover the connected subject of germ theory because the process of contagion has vibrational interference at its core. If our DNA can store and resonate emotions, can they do the same for diseases?

To reach any sort of conclusion on this huge subject, we need to briefly look at the history of Pasteur’s germ theory that underpins modern medicine and then see where it

falls down and if there is a greater truth waiting for us. I stress again – if you understand what makes you ill, you are halfway towards a cure, so please bear with me.

I believe that there are archetypal disease patterns as well as archetypal personality types held in the ‘collective unconscious’. Carl Jung’s term is well known, referring to the way standard behaviour types influence the individual. I prefer to see this as the vibrational influence of man’s consciousness on the electromagnetic earth grid that surrounds us all. This grid records humanity’s resonance; in effect a summary of the personal records held within our own DNA.

We therefore have a responsibility to watch what we think and say as we are nourishing the quantum energy field with these vibrations. When enough people think in the same way, the combined resonances create an energetic tidal wave that takes form, creating either compassion and love or hysteria and prejudice. The frightening power of this phenomenon is that it takes only the focused intent of a small minority of the population to create a movement that affects us all. There are obvious examples in our recent history to illustrate this point, from terrorist fears and racial tensions on the one hand, to compassionate responses to natural disasters on the other.

In terms of disease, I believe that just as individuals create patterns of illness in themselves, so the type of disease we contract is based on the collective vibration of the human race. Low vibrations in the collective unconscious translate into the physical realm. We can effectively download disease patterns from the quantum energy field around us and when we evolve as a race, so do the diseases we create. Smallpox and Polio are now replaced by Asian flu, MRSA and AIDS. One day, when we have evolved beyond the vibrational spectrum of illness and disease, there will be no afflictions to affect us. The meaning in our lives will come from spiritual growth, not day to day battles with our health.

This may sound fanciful, but I have seen so many of my clients contract bacteria and viruses almost at will. As one batch goes, so another appears. This paper chase of infections continues until we intervene in some way and find the underlying cause of their illness, which is invariably emotional or environmental in origin. Until we make this discovery, the emotional imbalance draws in a disease or infection from the quantum energy field or other people of similar resonance.

Pasteur’s germ theory underpins modern medicine but it does not recognize these external influences.

Even Florence Nightingale recognized this fact, publishing an attack on the germ theory in 1860, over 17 years before Pasteur had even adopted it. She said of ‘infection’:

“Diseases are not individuals arranged in classes, like cats and dogs, but conditions growing out of one another. Is it not living in a continual mistake to look upon diseases as we do now, as separate entities, which must exist, like cats and dogs, instead of looking upon them as conditions, like a dirty and a clean condition, and just as much under our

control; or rather as the reactions of kindly nature, against the conditions in which we have placed ourselves?

I was brought up to believe that smallpox, for instance, was a thing of which there was once a first specimen in the world, which went on propagating itself, in a perpetual chain of descent, just as there was a first dog, (or a first pair of dogs) and that smallpox would not begin itself, any more than a new dog would begin without there having been a parent dog.

Since then I have seen with my own eyes and smelled with my own nose smallpox growing up in first specimens, either in closed rooms or in overcrowded wards, where it could not by any possibility have been 'caught', but must have begun. I have seen diseases begin, grow up, and pass into one another. Now, dogs do not pass into cats.

I have seen, for instance, with a little overcrowding, continued fever grow up; and with a little more, typhoid fever; and with a little more, typhus, and all in the same ward or hut.”

If you think a cold is always ‘caught’, please think again. The bacteria involved may pass from someone else into you, but at some level you must both have shared the same environmental or emotional stress. You may even have drawn in the appropriate disease resonance from the quantum energy field. The bug is simply the end product of the disease, not the disease itself. If anything was contagious, it was the emotional resonance that allowed the bug to take hold in the first place.

This reinforces the core point that ‘like attracts like’ in the vibrational world, whether we are looking at emotions or their physical manifestations such as bacteria, viruses and parasites. To attain true healing we must look beyond the bug, beyond the symptom itself and find the resonance that underpins it all.