

Rhonda Stagnaro Low

Sound Healing Project

Subject: Essential Oils- Tuning Forks in a Bottle

“Everything is energy and that is all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. There is no other way. This is not philosophy. This is Physics.”Albert Einstein

Pure Essential oils have the highest frequencies of any measured natural substance. Being referred to as “tuning forks in a bottle”, therapeutic grade essential oils can improve health in several ways. First, Essential Oils are vibrational medicines which can change dysfunctional patterns in our energy body. Second, they can protect and oxygenate cells and cleanse toxins from the body. Third, because Essential Oils are produced by the immune intelligence of the plants, they contain anti-parasitic, anti-bacterial, anti-fungal and anti-viral properties which helps fight infection, support the immune system and can initiate cellular and tissue regeneration. Lastly, Essential Oils can dissolve petrochemical microfilm coating on human growth hormone (hGH0 receptor sites) which directly effects aging and many other health issues.

Chemically, the structure of the Essential Oil’s cell is very similar to the human cell structure; carbon, hydrogen, nitrogen and oxygen. This shared chemistry makes Essential Oils one of the most compatible of all plant substances with human biochemistry. Beyond colors, textures and scents, scientists know that plants are alive with sentience, communication and ancient wisdom. They speak their own language to communicate with one another and with us. They emit hundreds of harmonics that give them personality and set them apart as distinguishable and unique. They forage, eat and excrete waste. They recognize their own family, and protect one another. They respond to music and feel love. They pass down their learning and wisdom from generation to generation through its seeds. These messages have been found to be beneficial to humans and animals as they are to the parent plant. In concentration, Essential oils are 50-70x more potent than the herb or plant they were derived from.

In 1992, Bruce Tainio, built the BT3 Frequency monitoring system. It is a highly sensitive sensor to measure bio-electrical frequencies of plant nutrients and essential oils. Filtering lower and higher ranges, the BT3 measures composite frequency of the vibratory emissions in electrical voltage, which is the MHz of elements and enzymes remaining in the oils. Each oil has many frequencies, which makes up its “fundamental harmonic”. Oils, vegetables, herbs, animals and people all have fundamental mechanical, sonic and electromagnetic frequencies. According to Dr. Richard Gerber, M.D. humans have multi-dimensional fields which are egg-shaped. Flower essences work with all subtle bodies, physical, mental, emotional or spiritual, where homeopathy only works with the physical and etheric bodies. Essential oils have a direct and profound effect on the deepest levels of the body and psyche.

According to Dr. Royal R. Rife, physician/scientist, when the essential oils are absorbed into the body fluids, some of the electromagnetic emissions from the essential oils are then converted into ultrasound emission. The ultrasound frequency becomes a higher frequency than the original electromagnetic frequency, entraining it to a higher vibration, so it can help the body to heal from the lower frequency disorder. Studies show that, higher frequency oils will encourage spiritual growth and realization (92-360 MHz). Mid-frequency oils will promote emotional change and low frequency oils effect structural and physical changes including cells, hormones (produce endorphins instead of adrenaline), and viruses, bacteria and fungi. The following is an example of how essential oils can boost voltage. Rose oil has the highest frequency of any essential oil at about 320 MHz. The harmonics of rose includes 160 MHz and 80 MHz, so it can transfer its “energy” to the brain since the brain operates at about 70-78 MHz. Rose essential oil is known to help with brain function, not because it has the highest frequency, but because one of its harmonics readily transfers energy to the cells of the brain. The harmonic of Lavender essential oil is 59 MHz which is very close to the resonate frequency of many of our organs and why it is considered the “Universal Oil.”

There are three primary ways of using Essential oils. **Aromatically**, 2 to 3 drops of oil can be placed on the palms and inhaled. It can also be inhaled by using a vaporizer or diffuser. By inhaling the fragrance, the oils are working with the part of the brain that is connected to the limbic system, which affects emotional trauma release, appeases anxiety and helps overcome depression. **Internally**, 1 to 2 drops in food or water. Essential oils placed on the food will be

distributed to every cell in the body within 21 minutes. It will even penetrate a finger or toenail to treat fungus underneath. **Topically**, essential oils begin working rather quickly. Certain oils applied on the body have decreased pain 50 – 80 percent within 1 – 3 minutes. For example, oil applied to the bottom of the feet can travel to the neck and reduce pain by 70 percent within one minute. 1 to 2 drops, 1x per day, can be placed on an ailing chakra to raise its vibration. Essential oils change our emotional profile easily because their small molecules penetrate blood brain barrier quite easily targeting different parts of the brain on a biochemical level. They can act as neurotransmitters, peptides, steroids, amino acid precursors, hormones, enzymes, vitamins, trace minerals and other message carrying molecules (called ligands). By effecting emotions, we effect chakras and by effecting chakras we remove hidden blockages fine-tuning our emotional and physical harmony. *Please note that Essential oils should be **used with great caution** and under professional guidance. See page 3 of handout for Dangers of Essential oils.*

In direct opposition to Essential Oil's homeostatic intelligence are today's pharmaceuticals. In comparison, drugs toxify and feed the body with lies; Oils detoxify and feed the body with truth. Oils address the causes of disease at a cellular level by deleting misinformation and reprogramming correct information so that cells function properly and in harmony with one another. Drugs never deal with the actual causes of disease. They are one-dimensional and programmed to carry out certain actions, whether the body can benefit or not. Essential oils are multi-dimensional, and can work in different directions depending on the needs of the person. They do not resonate with toxins or negative emotions in the body, so they are very effective in dislodging forgotten traumas by surfacing them in our consciousness, allowing us to deal with the trauma and then let go.

American's are very aware of the dangers they face in the world and their immediate environment, however, at the same time they have become very desensitized to the things that are killing them, causing allergies, depressing the immune system, and creating a weakness for diseases, such as candida, fibromyalgia, chronic fatigue syndrome, hypoglycemia, and other chemical sensitive problems. Introducing Essential Oils into your healing practice can be one of the most affordable, accessible and effective ways to help clients towards balance and homeostasis. I believe that Essential oils have the ability to help man maintain an optimal frequency in his body, to the extent that disease and chronic illness will not be able to exist.