

THE FREQUENCY OF HEALING

Frequency Specific Microcurrent

Frequency-specific microcurrent (FSM) is **a technique for treating pain by using low-level electrical current**. The current is delivered to certain parts of the body in an attempt to relieve the pain. A frequency is the rate at which a sound wave or electronic pulse is produced. This measurement is registered in hertz (Hz).

It was just over a year ago that I first heard about this. After trying other modalities to 'fix my leg' I wondered – maybe this one will work. I'm one of millions of people who live thru pain as a normal part of daily life. More like immobility. I am not a complainer, so, most people don't know about it. And the some that do, well, it irritates me when they try to console me. Or, tell me to "put ice on it."

So I went on a journey the moment vibration / sound / healing were all mentioned our first week of Summer Intensive. I started researching area therapists – found a training seminar in Italy ☺ but settled for an appointment here in the Bay Area with a woman who used FSM as one of her healing modalities. Because I believe in the magic before the science of things, I NEXT decided to read about it. BUT...not before my first appointment.

My first FSM session was July 25th. I went in not needing to know the details of the treatment – I really just wanted it to work. I cannot tell you how many different healing modalities exist and how none that I have tried have worked. None are ever for scar tissue, per se, but practitioners are always willing to try. At this moment, Intention was in high gear – but doubt naturally lingered. I was in the group called – You Just Have to Live with It. Those were actually the last words my surgeon said to me post-surgery. Ok – live without being able to walk properly – wasn't the biggest deal til you do it for 20 years and see the effects not being aligned has on the body.

Carol, the practioner, who I later learned is a healer of other modalities including developmental movement, energetic and emotional patterning in the body, brain and central nervous system and a variety of musculo-skeletal techniques, had the perfect temperament the moment I walked into the room. In FSM, I really have one job during the treatment – RELAX. She took my phone from my hand and asked me to relax on the table. Intention, I thought – holding my intention on this working is the key. It is needed in the formula for healing. It's the main vibration.

Two sessions later, we are chatting – I have filled Carol in on the original injury, subsequent emotional traumas and really anything she poked and prodded for. She is looking for connections – I have them, I am sure of it. I am one big connected piece, literally. Trauma, injury, day to day stressors – at one point she looked at me, her hands resting on my ankle, and said, “We have to get your ankle/leg back to being part of your body.” Sounded about right as I had detached the ‘bad’ leg and had been calling it that for years.

More micro-currents, please, Carol. Oh, ok - here’s what she is doing – like actually physically doing – if you have not had this treatment - I am relaxing and she has her hands on me in different places, quietly talking sometimes, other times in silence concentrating. There is a warm wet cloth under my lower back, neck and of course, draped on the ‘bad leg’. Even writing it disappoints me – the bad leg – will now officially be named, the good leg. I feel nothing, she feels things – talks to me about what she feels – kind of strange at first, but I believe what she says. Clipped to the cloths are little clips with wires to the box. The box is a Precision Microcurrent machine and Carol is concocting recipes as she goes – a little for the nervous system, inflammation, concussion, yes, concussion for use will be helpful. Scar, yes, but honestly Christine, you are an experiment. Great I thought – but I get it – I came in with Scar Tissues as my largest problem – not pain. To have pain, you must have nerves. She senses the nerves need help.

The Resonance Effect by Carolyn McMakin appeared next. I tell Carol that I am in a Sound Healing course and I want to learn more on this – on FSM. I want to understand how the frequencies work. It’s science, truly. It’s resonance. She brings me the book and I am engrossed. The frequency list that Carol McMakin stumbled on back in 1986 – no directions, just a list of frequencies specific for conditions such as pain, asthma, Lyme, Chron’s, PTSD. (On a side note, around 1910, the list and the machines were hidden due to the rules set forth by the AMA. The list and the frequencies and the machines were hidden for 10 years. An Australian gentlemen names Harry Van Gelder brought them back out and the rest is history in the making.)

Although I can’t say I have seen the results YET, I have several more sessions booked with Carol. *There IS a place in my mind that includes the thought that frequencies can change tissue function and structure quickly thru the power of resonance.*

CONCLUSION:

Frequency + I N T E N T = Healing

“Using frequencies to heal with the reality of resonance effect isn’t weird or woo-woo; its simply physics, applied to biology instead of star systems.”
-Carolyn McMakin

Christine Krenos
8.12.19