

# Frequency, Form, and Consciousness

The true nature of reality is much more interesting than many realize. Frequency (sound, light, intention) is a carrierwave containing information, and in some circumstances we can see that information made manifest in our physical reality. This paper will highlight a few key demonstrations of this principle. Additionally, we'll see that perhaps consciousness is the primary building block of reality, using frequency as a means to inform and create our material reality.

## Cymatics

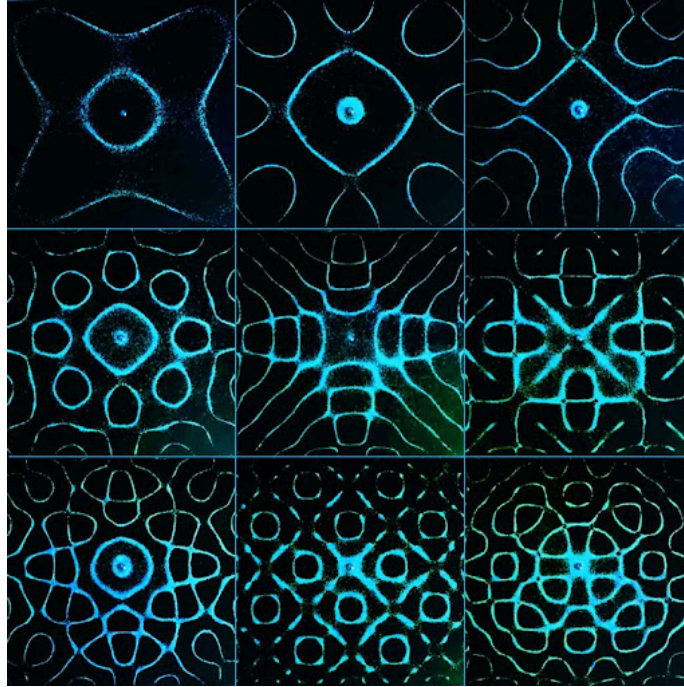
Let's begin with cymatics, the study of visible sound and vibration, typically demonstrated by transmitting sound waves through a medium (such as water, sand, or powder) to reveal geometric patterns.

Cymatics demonstrations usually involve: a vibrating surface or plate (e.g., Chladni plate or speaker); a medium (e.g., sand, salt, water); and a sound source (e.g., tone generator or musical instrument). When sound passes through the medium, particles or fluid reorganize into standing wave patterns.

These patterns shift as the frequency changes, and there's an interesting frequency-to-geometry relationship worth noting:

- Low frequencies create simple shapes (circles, ovals, radial patterns)
- Mid frequencies form polygons, hexagons, mandalas
- High frequencies generate intricate, fractal-like structures

The following photo is an example of geometric patterns produced by nine different frequencies, arranged from low frequency (upper left-hand corner) to high frequency (lower right-hand corner):



(photo credit: Cymatics Sounds Studio)

Here's a short and excellent video showing cymatics in real-time:

<https://www.youtube.com/watch?v=wwJAgUBF4w>

### Cymatics Key Findings:

1. Frequency organizes form. This is the heart of sacred geometry and many spiritual traditions.
2. Since sound waves move in spherical pressure gradients in open space, this means that the 2D patterns we see in cymatics are just the surface imprint of a 3D field of vibration. In other words, in reality, sound waves generate 3D geometries.

The importance of cymatics as it relates to this paper is to demonstrate that **frequency, in this case in the form of sound, contains information, and that information is made visible through the medium** (sand, salt, etc.). This suggests that the universe is not built from matter, but from frequency carrying information that organizes our visible world. **In other words, our entire physical world is made from frequency.**

## Dr. Masaru Emoto

Dr. Masaru Emoto was a Japanese researcher who explored how human emotion, intention, and language influence the structure of water. His groundbreaking work involved freezing droplets of water after exposing them to words, music, or prayer, then photographing the resulting crystals under a microscope.

Dr. Emoto discovered that:

- Water exposed to positive words (like "love" or "gratitude") formed beautifully symmetrical, complex crystals.
- Water exposed to negative words (like "hate" or "fear") formed chaotic, fragmented, or misshapen crystals.
- Classical music and heartfelt prayers also produced highly structured crystalline patterns, while discordant or aggressive inputs disrupted order.
- Water crystals from the same body of water before and after intentions and prayers change from incoherent to highly coherent.

Here are a few examples of his work:



(Love and gratitude)



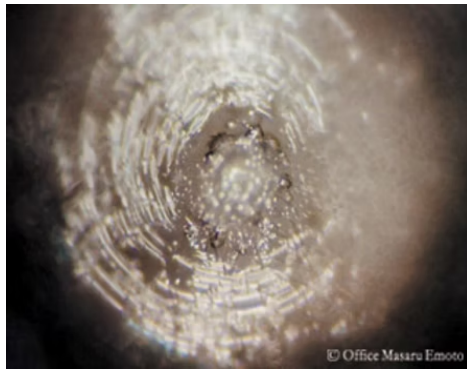
(Happiness)



(I can do it)



(I can't do it)



(You fool)



(You make me sick, I kill you)

For more information on Dr. Emoto's work, visit his website: <https://masaru-emoto.net/en/>

### **Dr. Masaru Emoto Key Findings:**

1. Intention (consciousness) shapes frequency, which in turn organizes form.
2. Coherent frequencies like love, joy, and appreciation produce beautiful, structured, and often fractal patterns.
3. Distorted frequencies like anger, hate, and envy produce chaotic and fragmented forms.

Dr. Emoto's research supports the idea that our thoughts and feelings not only affect our internal state, but also influence external material structures - especially water. Through Dr. Emoto's work we can see how the information carried on the frequency of our intentions directly affects materiality. **This is another example of frequency creating and shaping our reality.**



## Veda Austin

Veda Austin is a water researcher who explores the idea that water is a sentient medium capable of storing and reflecting consciousness. Her work demonstrates that the frequency of an image and intention carry information that is then transferred to water and made visible when frozen.

Her methodology involves placing a droplet of water in a petri dish, exposing it to an image, word, or emotion, and then freezing it for a brief period. Upon examination, the resulting ice reveals patterns or images that reflect the original information.

Here are a couple of examples of her work:





For more information and examples of Veda Austin's work, visit her website:

<https://www.vedaaustin.com/examples-1>

#### **Veda Austin Key Findings:**

- Water consistently forms crystalline or symbolic shapes that resemble the emotional or visual input it was exposed to prior to freezing.
- This effect occurs even when the influence is non-physical—such as thought, prayer, or mental imagery, similar to what we saw with Dr. Emoto's work.
- Water not only responds to information—it appears to *remember* and express it visually through form.

Veda Austin's work suggests that water is not simply a passive element, but a conscious interface capable of storing information in the form of vibrational patterns. While this has far-reaching implications for understanding water as a medium of intelligence and memory, the key point relevant to this paper is her demonstration that **the light (which is frequency) reflecting off of the image contains the information of the image**. This information is received by water and becomes visible when the water is frozen, illustrating once again that **frequency, in this case in the form of light, functions as a carrier wave for information**.

## Dr. Peter Gariaev

Dr. Peter Bariaev is a Russian researcher who explored the “Wave Genetics” model, made famous by his frog and salamander experiment.

In his groundbreaking experiment:

1. Light was shone through the DNA of a salamander embryo and then onto a frog embryo.
2. The frog embryo began to morphologically transform—developing salamander-like features.
3. Dr. Gariaev claimed that genetic information can be transmitted via laser light or sound waves, like a holographic code. This supports the idea that DNA is not just a molecule, but an antenna or bio-quantum field generator capable of sending and receiving frequency-based information.

Dr. Gariaev’s experiment demonstrates how frequency (light and sound) carry information that is then expressed physically. **Frequency is what gives birth to form**, in this case frequency encoded with the information of a salamander expressed through the embryo of a frog.

## Luc Montagnier

Dr. Luc Montagnier is a Nobel Prize-winning virologist (known for co-discovering HIV), who conducted a famous DNA wave transmission experiment.

In the experiment:

1. A dilute solution of DNA (from a bacterial or viral source) was placed in a test tube of water.
2. The solution was filtered to remove all physical DNA strands, leaving only water that had been exposed to the DNA.
3. This water was then sealed in a container next to another container of pure water, with no physical connection between the two.
4. A low-frequency electromagnetic signal (around 7 Hz, roughly Schumann resonance) was applied.

5. The electromagnetic signature of DNA from the test tube was detected in the previously pure water sample. The “imprint” or electromagnetic signature of the DNA had transferred to the water.
6. Montagnier’s team took a final step. By adding raw nucleotides (DNA building blocks) and polymerase (the enzyme that assembles them) to the “imprinted” water, they were able to reconstruct DNA in the second tube, with a sequence matching the original DNA.

Dr. Luc Montagnier’s experiment demonstrates that frequency is a carrierwave for information. He further demonstrated that the information can transfer to another medium, and that that information can assemble material into coherent structures (in this case, DNA matching the original sequence).

## Conclusion

All of these examples demonstrate that frequency is the fundamental and underlying building block of our material reality, carrying information used to assemble and arrange our physical reality. **Everything we interact with in the physical world is created from frequency.**

Additionally, as demonstrated by Dr. Emoto and Veda Austin’s work, through our conscious intention alone we are able to alter frequency to carry specific information. This suggests that consciousness is perhaps the fundamental building block of reality, and that consciousness is what informs frequency, which in turn organizes material reality. This relationship is perhaps best summed up by The Council, a group of beings channeled by Sara Landon, who stated, “Consciousness moves energy into form.”