

- 1 *Light Years Ahead* Dr Norman Shealy: 1996 notes
- 2 Nogier frequencies notes
- 3 Solfeggio frequencies notes

Depression often associated with lower hormone levels and magnesium deficiency  
Magnesium is one of the most critical chemical regulators of the body p. 170.

Calcium and magnesium work together. Magnesium means magnetic p. 170

It is the complex of magnesium and calcium which results in the piezo-electric effect p.  
170

The Secret of Light University Science and Philosophy 1947 Walter Russell

Liss Cranial Electric Stimulator: a visual flicker at 15 Hz.; "actual output is 20 k Hz  
stimulates beta endorphin, melatonin, and serotonin production. used as antidepressant;  
effects do not last outside hardware p. 172

flicker rates from 3.1 to 12 cycles/second is within relaxation and safety range p. 176

Copper wall effect: Elmer Green; Menninger Foundation, Topeka Kansas. sit in front of  
copper wall with 250 Milligauss magnetic field overhead enhances release of "unfinished  
business" p 177

in normal subjects, 7.8 Hz colored flickering light (lumatron) used. Found increased  
levels of most hormones with red, green, and violet light. Max effect was with green.  
Green was the least favorite of the 3 colors p. 187.

Controlled testing of Quartz crystals: In one particular experiment, the quartz crystals  
were 3 times as effective as a placebo in preventing a recurrence of depression p. 290.

The first chakra is the foundation of unfinished business. basic feelings of safety in the  
relationships within the family.

Peter Mandel was aware that Chinese and Russian scientists had demonstrated that the  
acupuncture meridians transmit light p. 236

A normal cell emits light at an intensity of one candle power, defined as the light of one  
candle seen at 35 kilometers p. 236 Dr. Popp  
described a constant level of light radiation moving gently around the body p. 236

more:

[http://books.google.com/books?id=\\_aVEPXDq4ZoC&dq=isbn:0890877629](http://books.google.com/books?id=_aVEPXDq4ZoC&dq=isbn:0890877629) light years ahead

[http://fashiontribes.typepad.com/main/2005/06/untitled\\_podcas\\_5.html](http://fashiontribes.typepad.com/main/2005/06/untitled_podcas_5.html) interview with Cousens

[http://www.alivewithgabriel.com/site.php/arti/read/living\\_foods\\_-\\_the\\_next\\_evolution3/](http://www.alivewithgabriel.com/site.php/arti/read/living_foods_-_the_next_evolution3/): Eating the Wild Electron

We are human photocells whose ultimate biological nutrient is sunlight.

<http://www.esmhome.org/library/led.html>:

He found that tissue derived from ectodermal tissues had a positive response to 292 Hz. Tissue derived from endodermal tissues responded best to 584 Hz and tissue derived from mesodermal tissues responded best to 1168 Hz. These frequencies are all harmonics of each other and happen to be harmonics of the D note.

<http://www.nutrition4health.org/nohanews/NNS04HealingHeatAndLight.htm>

The embryos of all animals, including us, form into three tissues: ectoderm (outside skin), endoderm (inside skin), and mesoderm (middle skin). All organs form from these three tissues. The pattern of resonating frequencies is the same in all animals-"a monumental discovery." ...

Dr. Nogier discovered that these three frequencies, which resonate with the three embryonic tissues, are harmonics of the musical note "D" (American system). In addition to these three specific frequencies, tests have been done with two harmonic frequencies lower (including "D" itself) and with two harmonic frequencies higher. All seven of these frequencies appear to be life enhancing. The very highest one (4672 Hertz) can be exceedingly helpful for pain. Dr. Charles McGee recommends having either a pad or a hand-held LED of the lights with the seven frequencies always handy for first aid. Using the highest one (called "E") has resulted in amazing cures, for example, when used promptly, taking away the pain and eliminating blistering in cases of a child or adult touching an exceedingly hot object. Pulsed LEDs have been used in veterinary medicine for many years, especially for racehorses, who sometimes suffer gross injuries and quite often (if not always the lead horse) they get mud thrown in their faces and suffer corneal injuries. The pulsed LEDs have improved and remarkably quickened healing. The owners of the racehorses are enthusiastic! In his book and in his lecture, which we have on video, Dr. McGee lists our organs and tissues-along with their appropriate Nogier frequencies. Also, he provides a list of illnesses with the helpful LED frequencies.

### Synergy

Stemming from his work with qigong masters in China, Dr. McGee noticed that when they are energized and concentrating for healing, there is a pattern to the palm of the hand-like a target-white in the center of the palm surrounded by reddened tissue. One day he noticed this pattern on the hand of his friend Rodger Estes. It seems that Rodger is a natural qigong master-without the many years of training in concentration, breathing, or

any one of the many forms of exercise that have developed in qigong. This was wonderful serendipity! Over the years, when he was at health fairs, selling the anal heater, he would wander around and find that certain things felt great to him. He would gather those things. Gradually he developed a simple program, consisting of four things. First, the two modalities we have described: the anal heater and the LED lights, using the seven frequencies based on the musical note "D" and including the three Nogier frequencies, harmonic with our embryonic tissues, which do develop into all our organs and the other parts of our bodies, including our limbs. Qigong masters have told McGee and Estes that the energy from these blankets and hand-held LEDs ("Chee" lights) is "almost equivalent" to their own energy (qi) with which they can cure the crippled with their intent-even at great distances. Very few people know of the work of Dr. Nogier, so, when you hear about "pulsed LEDs," the frequency of the pulses may be merely random and have nothing to do with the wonderful healing frequencies discovered by Dr. Nogier.

<http://www.toolsforwellness.com/82059.html>

X-Light Qigong Master Kit - NEW COLOR THERAPY LIGHT BREAKTHROUGH  
Red- Blue- White- Infrared Combination The X-LIGHT is a small hand sized LED

## NEW COLOR THERAPY LIGHT BREAKTHROUGH

### Red- Blue- White- Infrared Combination

The X-LIGHT is a small hand sized LED device containing 14 red, white, blue, and infrared LEDs arranged in triangles (infrared LEDs are invisible to the eye when they are on). Qigong masters say the instrument emits energy very similar to chi itself (ki, qi, prana), our vital life force, and we are aware of no other device that comes this close to doing so. We believe this is the product of the unique combination of colors (wavelengths), geometric designs, and pulsing settings incorporated into the device. In practice the X-LIGHT appears to be able to produce energy balancing effects seen with qigong practice. Therefore, it is safe to try on almost any condition. When the fully illuminated X-LIGHT is aimed at the hand most people can feel this unique energy as heat, tingling, or a cool breeze. The X-LIGHT can be used to temporarily balance the energy system by shining triangular lights on the nails of each extremity (beginnings and ends of meridians) and also to charge up the energy storage center of the body described in Chinese theories (the dan tian). A switching mechanism allows the user to choose between three different color patterns of LEDs for treatment.

### Physical Description of the X-Light:

5 1/2 by 3 inches by 1 inch deep

Color switching is through the computer chip allowing treatment with 3 different color patterns: 1) red, white, blue, and infrared, 2) red and infrared, 3) blue alone.

Automatically cycles through seven pulsed settings. Operator has the option of selecting one of 7 different energy balancing settings. Operates on a 9-volt battery (not included) or more economically with a transformer (included). Small and portable. Fits in a pocket.

Multiple applications.  
affiliated with "Dr. McGEE"

Temperature and Biophoton Changes of the Middle Finger during Qigong and Light  
Imagery Tasks(Human PSI Forum "Human Potential Science" ...  
ci.nii.ac.jp/naid/110001080290/en/

Nogier Frequencies

<http://www.elixa.com/light/nogier.html> notes lower frequency scale in sound: name hz

U 1.14

A 2.28

B 4.56

C 9.125

D 18.25

E 36.5

F 73.

G 146.0

And higher frequency for laser/LED:

292 Hz. Tissue derived from endodermal tissues responded best to 584 Hz  
and tissue derived from mesodermal tissues responded best

to 1168 Hz. These frequencies are all harmonics of each other and  
happen to be harmonics of the D note.

In addition to these three specific frequencies, tests have been done  
with two harmonic frequencies lower

(including "D" itself) and with two harmonic frequencies higher. All seven of these frequencies appear to be life enhancing. The very highest one (4672 Hertz)

[http://www.rj-laser-usa.com/pages/Dr.-Paul\\_nogier.html](http://www.rj-laser-usa.com/pages/Dr.-Paul_nogier.html)

xxxx

xxxx

292

584

1168

xxxx

4672

physics of music: [www.phy.mut.edu/](http://www.phy.mut.edu/)

freq in hz

d0 18.35

d1 36.71

d2 73.42 <

d3 146.83 <

d4 293.66 < nogier original

d5 586.33 < nogier original

d6 1174.66 < nogier original

d7 2349.32 <

d8 4698.64 <

<https://www.mindvibrations.com/sofeggio-frequencies/>

Ut, Re, Mi, Fa, So, La

555 timer- frequency and duty cycle calculator:

[http://ourworld.compuserve.com/homepages/bill\\_bowden/555.htm](http://ourworld.compuserve.com/homepages/bill_bowden/555.htm)

also note: 7.8 hz is also a "special" frequency; corresponds to frequency of Shuman resonance

1 picofarad= 0.000001 microfarad

led from radio shack kit

r3 led protector 1k

c1 10 microfarad (mf)

r1 4.7 k

r2 10 k

freq 5.74 hz

(testx.wdq) FFT sample rate 240 sps signal time:

with

c1 100 microfarad freq= about 2 hz

capacitors with kit:

ceramic:

33 pf (1) "33" = 0.000033 microfarad

470 pf (2) "R472" = 0.000470 microfarad

.001 mf (3) "B102 s"

.0047 mf (2) "YR473 m 25 v kck" ?

.01 mf (5) "f103"

.047 mf (2) "471k kck" ?

.1 mf (3) "f104 kck" when switch on, cannot se light blink  
on/off; looks on all the time;

get voltage chsan

electrolytic

.47 mf

1 mf

4.7mf

10 mf

100 mf

470 mf

try:

1 mf,

.1 mf,  
 .001 mf,  
 470 pf  
 .33 pf

frequency calculation:

$$T=1/f= .7*(R1+2R2)*C1$$

$$f= 1/.7*(R1+2R2)*C1$$

farad= s\*\*4 A\*\*2 1/kg 1/M\*\*2 s= seconds A=Amphere kg= killogram M= meter

r3 led protector 1k ohm  
 c1 10 microfarad (mf)  
 r1 4.7 k ohm  
 r2 10 k ohm

freq 5.74 hz via multimeter and dataq

On line calculator:

[http://ourworld.compuserve.com/homepages/Bill\\_Bowden/555.htm](http://ourworld.compuserve.com/homepages/Bill_Bowden/555.htm)

Link inoperative

Using on-line calculator:			calculated:	
R1 (k ohm)	R2 (k ohm)	C1 (microfarads)	t1 (millisec)	sample fr (hz)
t2 (millisec)	freq (khz):	freq (hz):	measured (hz):	led freq/sample freq
peak db	harmonic db	notes:		
4.7	10	10	101.87	69.3
.00583	5.83	5.63-5.74 (3)	240	60.34
~48	2 different leds		4	
4.7	10	1	10.187	6.93
.0583	58.3	59.6-60.1 (2)	2000	59.14
~47	same led		33.9	
4.7	10	.47	4.787	3.257
.124	124	~134	14400	55-60 db
~44	get 1st 2nd & 3rd harmonics: 268, 402, 530 hz (sb 536 hz)			
4.7	10	.1	1.0187	0.693
.583	583*			
4.7	10	.047 (?)	0.479	0.3257
1.2404	1240			
4.7	10	.01	0.10187	0.0693
5.83	5830			
4.7	10	.0047 (?)	0.04788	0.03257
12.404	12404			





5.6k	8.2 k	10	6.5
		1	65.4
		.47	139.2

3.3k	10 k	10	6.18
		1	61.8
		.47	131.5

3.3k	8.2 k	10	7.3
		1	73.
		.47	155.5

2.2 k	10 k	10	6.48
2.2 k	8.2	10	7.74

<----- schumann resonance