

Harmonize your Body for Optimal Human Performance

- We all know what's happening in health care today.
 - There's no need to share the stats on rising costs, the general decrease in health or the current state of our health care system.
 - [Flash some numbers and headlines on a slide for folks to review, do not speak of them]
 - <https://money.cnn.com/2018/08/07/news/economy/employer-health-care/index.html>
 - <https://www.cnbc.com/2018/01/30/chart-of-surging-us-health-care-costs-explains-why-buffett-getting-involved.html>
 - <https://www.peoplekeep.com/blog/the-average-cost-of-health-insurance-for-small-business-in-2017-study>
 - <https://www.chase.com/news/040518-small-business-healthcare>
 - <https://www.cnn.com/2017/12/27/opinions/life-expectancy-corporations-opinion-sachs/index.html>
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- Let's take a unique look at our environment and how we as humans scientifically harmonize with planet earth.
- Einstein said "Everything in Life is Vibration"
- Tesla was quoted saying "If you want to find the secrets of the universe think in terms of energy, frequency and vibration"
- What did they mean?
- 1 of the 12 Immutable Laws of the Universe is:
 - The Law of Vibration
 - States anything that exists in our universe, whether seen or unseen, broken down into and analyzed in it's purest and most basic form, consists of pure energy or light which resonates and exists as a vibratory frequency or pattern. All matter, thoughts and feelings have their own vibrational frequency.
 - Science reveals, everything in the universe is ultimately composed of packets of energy; quantized units vibrating at specific frequencies. Quantum physicists have shown, although matter may appear to be solid, when you look at it through a high-powered microscope, broken down into its smallest components: molecules, atoms, neutrons, electrons and quanta, it is ultimately mostly empty space interspersed with energy.
 - <https://lawsoftheuniverse.weebly.com/12-immutable-universal-laws.html>
- Everything is in motion. It's all moving, it's all vibrating.
- If you're like me, this may be difficult to comprehend when we're talking about a table or a rock. It may be easier to understand when we apply it to our own body. It's similar to what's happening underneath our skin. Even while we lay motionless, there is lots of activity.
- You get the idea, there is motion and vibration on a subatomic level.
 - https://med.nyu.edu/medicine/labs/blaserlab/v1-skin_pr.html
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3983973/>

- Everything that is vibrating has its own Resonant Frequency.
 - What is Resonant Frequency? - an object free to vibrate tends to do so at a specific rate called the object's natural, or Resonant Frequency.
 - <https://science.howstuffworks.com/resonance-info.htm>

If everything has a Resonant Frequency, what about humans?

- As a complex organism, humans have a resonant frequency. Depending on which study you look at, the numbers range from 5 - 16 hz.
 - Smithsonian Astrophysical Observatory - <http://adsabs.harvard.edu/abs/2001SPIE.4317..469B>
 - PubMed - Resonant frequencies of standing humans <https://www.ncbi.nlm.nih.gov/pubmed/9306739>
- Getting a little more specific in the human body... we can track how fast our brains are processing information.
 - In 1924, Hans Berger made the first EEG recording and recorded the first "brain" wave. The scientific community wanted to call them "Berger Waves" but he instead insisted on a more generic, alphabet based nomenclature using the terms alpha and beta waves.
 - PubMed [Hans Berger (1873-1941)--the history of electroencephalography]. <https://www.ncbi.nlm.nih.gov/pubmed/16334737>
- The 5 main brain waves as:
 1. Gamma (above 40Hz) – The Insight Wave
 - High level information processing. A more recent discovery. Research studies are exploring many different potential roles of this brain wave.
 2. Beta (14-40Hz) — The Waking Consciousness & Reasoning Wave
 - This is us right now. Awake, aware and interacting with our surroundings. We're making decisions and processing the world around us.
 3. Alpha (7.5-14Hz) — The Deep Relaxation Wave
 - Our day dream state we enter when we close our eyes and begin to relax. Recovery begins here.
 4. Theta (4-7.5Hz) — The Light Meditation & Sleeping Wave
 - Most popularly known as the state we're in during REM sleep. It's restorative and rejuvenative. Deep relaxation and recovery happen here.
 5. Delta (0.5-4Hz) — The Deep Sleep Wave
 - If you've ever tried to move a friend when they're "out cold", they're experiencing a delta brain wave state. It's a slow, powerful, dense brain wave.
 - <https://blog.mindvalley.com/brain-waves/>

- Everything has a Resonant Frequency... the planet earth also has one.
 - "At any given moment about 2,000 thunderstorms are happening all over Earth, producing some 50 flashes of lightning every second. Each lightning burst creates electromagnetic waves which begin to circle the Earth captured between Earth's surface and the ionosphere, an invisible boundary about 60 miles up. Some of the waves - if they have just the right wavelength - combine, increasing in strength, to create a repeating atmospheric heartbeat known as the Schumann resonance." "These waves remain trapped and as they flow around Earth, they collide and harmonize with themselves, they amplify as they align and their signal gets louder.
 - This was originally discovered and named after physicist Winfried Otto Schumann in 1952. He first found the resonance to be 10 Hz, after closer analysis it was found to be 7.83 Hz.
 - Today we know this frequency can vary based on a number of different factors.

Let's review: Everything has a resonant frequency:

- Human Beings average 10Hz
- Our brains alpha wave averages 10 Hz
- The planet earth has an electromagnetic pulse which is about 10 Hz

How does this relate to health our health and well-being?

- In 1960 another German researcher, Rütger Wever, wanted to study the effects of the Schumann Resonance on the human body. So he created a bunker void of the Schumann Resonance. He accepted male students as volunteers. For 4 weeks students would live in the bunker without the Schumann Resonance. What happened was pretty impressive, all of the students got sick. They suffered severe headaches, had strange emotional shifts and felt exhausted. Wever would then randomly and without warning introduce a Schumann Resonance Frequency Generator and the students would almost instantly feel better. This went on for some time.
 - The effects of electric fields on circadian rhythmicity in men.
<https://www.ncbi.nlm.nih.gov/pubmed/11826883>
 - Wiki https://en.wikipedia.org/wiki/Rütger_Wever
- This has been studied by NASA and Russian space programs. The importance of this electromagnetic pulse to the human body is well documented and underestimated.
- Consider that over the past 25 years, the Schumann Resonance has been less and less measurable. It is an Extremely Low Frequency (ELF). Companies and forums that track the Schumann Resonance have been having to go off shore to reliably make their findings. Why?

- <https://www.collective-evolution.com/2013/12/19/experiment-proves-why-staying-in-tune-with-the-earths-pulse-is-key-to-our-well-being/>
- Interference from artificial sources of electromagnetic fields.
- Exposure to artificial electromagnetic fields can have an effect on our wellbeing.
 - Mobile Phone networks, WiFi, bluetooth, GSM, high tension power lines, microwaves... the list goes on and we're basking in many of these right now.
- Regular exposure to these artificial electromagnetic fields leads to the deterioration of our immune system. It's gradual. The possible health effects are similar to that which Wever's student subjects experienced.
 - Headaches
 - Blurred Vision
 - Skin irregularities
 - Depression
 - Hormonal disorders
 - emotional disturbances
 - poor memory
 - cellular imperfections
- I'm not suggesting we walk away from these technologies. I use them everyday. I think it's important we find ways to bring our bodies back into harmony or balance with the frequencies we discussed in the beginning of my talk. So what can we do:
- The Power of Visualization and Practicing Mindfulness.
 - So it turns out the brain cannot tell the difference between reality, a visualization or a dream. To your physical body, it's all the same.
 - So one of the most powerful tools we all have at our finger tips is the 3 minutes visualization practice we went through at the opening of my talk. I'm going to walk you through another here in a few minutes. As we learned in the matrix, our interpretation of this reality on a physical level is manifested through a series of electrical signal from the body to the brain. We can shape this reality if we have the right training.
 - This is Practicing Mindfulness. Right here, right now, you are in this moment and not somewhere in the future or the past.
 - Visualization and this type of breathing breeds an Alpha brainwave state and brings our brainwaves closer to 10 Hz. With our eyes closed, we're slowing our minds down from Gamma or Beta and into Alpha.
- As business owners, we can offer a Meditation or sleep room in our office, one that is quiet, where employees can go when they need a break. Closing their eyes for a few minutes.
- We can make sure it's culturally acceptable to turn the lights off in your office and close your eyes for a few minutes.
- Encourage employees to put their cell phones in airplane mode at night and turn off their home wifi while they sleep.

- Teach and train on ways to promote good sleep. Ensuring our teams are getting enough sleep and enough time in Theta and Delta. A little education here goes a long way.
- Many of these solutions do not require any devices or investment. For those of you wanting to uplevel your office environment, a device like our Vibroacoustic Sound Lounge may be exactly what you and your employees need: Using a full body, delivery system interrupts the brains current thought patterns and establishes a frequency. This can be a tremendous help in turning off the monkey mind on command.

If you'd like to learn more, please contact Craig Goldberg at
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