

The Handbook of Rife Frequency Healing
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Introduction

Imagine what your life would be like once ill health is eliminated—in as little as one day for something mild (like the common cold), or in three months for a more serious illness (such as cancer). The first thing you need is a genuine commitment to strengthening your system so that it does not continue to be a breeding ground for harmful microorganisms. The second thing you need is a device for Rife frequency healing, along with a list of frequencies.

Royal Raymond Rife and his invention, the Beam Ray—a non-invasive, safe and effective healing device that successfully helped many people overcome life-threatening diseases—are finally emerging into public awareness after many years of suppression by our government and medical authorities. The knowledge that specific frequencies destroy microbes is not new. As incredible as it sounds, Nebraska-born scientist and inventor Royal Raymond Rife began his research about eighty years ago. At that time, the magnifying power of existing microscopes was poor. Individual viruses and even some bacteria could not be viewed unless they were clustered together in colonies. Determined to see all microorganisms—viruses, bacteria, parasites and fungi—Rife built his highly acclaimed Universal Microscope. Thousands of times more powerful than other magnifying instruments, the Universal Microscope allowed him to see previously invisible microbes. It also rendered the microorganisms visible without killing them, a feat beyond the capacity of even today's electron microscopes, which in order to make the specimens observable bombard them with electrons in a deadly vacuum. If you want to find out how to kill a microbe, viewing a live specimen is vitally important, because you can't observe how it reacts to its environment when it's dead.

Once Rife was able to record the activities and responses of living microorganisms, he proceeded to build his Beam Ray to destroy them. Every living organism has a rate of oscillation or resonant frequency—the number of cycles per second at which it vibrates. Like the soprano who shatters a glass with her single, pure, focused tone, the Beam Ray emitted the resonant frequency at which each microbe vibrated, which burst them apart. After conducting thousands of successful tests with infected animals, Rife was joined by some of the most prestigious doctors and clinicians in the country who supported him financially, substantiated his findings, and used the Beam Ray on human beings with the same high success rate. This was done *without* poisonous drugs, invasive surgery, high medical bills, or unhealthy dependence on doctors. The University of Southern California School of Medicine sponsored a 3½ month treatment program for 16 cancer patients, with a 100% remission rate. Financial backers offered Rife more money for his research, and clinicians from all over the country ordered Beam Ray devices to use for their patients. Doctors as far away as Europe sent Rife notarized affidavits stating the effectiveness of the treatments. Accounts of the Universal Microscope and the amazing Beam Ray were published in journals, newspapers and medical tracts across the country.

But Rife's treatments became too successful: people were being healed quickly and the quality of their lives was improving dramatically. As with many other holistic medicine cures that are non-invasive, inexpensive, and leave the patient intact, Rife's Beam Ray was driven underground. Some very vocal medical doctors and the pharmaceutical industry denounced Rife and his machines. The physicians and financial backers who had been Rife's colleagues and friends became targets of

verbal character assassinations or bullets. Some of Rife's closest colleagues later denied even knowing him—despite photographs in which they appeared with Rife at public functions, photographs that are on public record. Articles on Rife and his inventions began disappearing from publication archives. It was clear that Rife's Beam Ray worked. It was the greed of a powerful few that deprived the many of badly needed relief from life-threatening illnesses.

A long silence on Rife was broken in 1987 with Barry Lynes's extensive documentation of Rife's life and inventions in the wonderful book, The Cancer Cure That Worked. Scientists, health practitioners, electronics engineers and curious laypeople, working from Lynes's book and old lab notes of Rife's that weren't destroyed, began experimenting more openly with Rife-style machines as well as new frequencies. Although the equipment used to destroy microbes has been substantially modified since Rife and his colleagues treated people in the 1930s and 40s, the intended principle of microbe destruction is the same: once the resonant frequency is reached, the microbe can either be inactivated or shattered. Some researchers, despite the intimidation tactics of the medical establishment and government regulating agencies, are now stepping forward to share what they know on the radio, in lectures, at conferences, and via electronic media. Medical clinics and less formal research centers are being set up all over the world: in Mexico, Canada, New Zealand, Africa, Germany and other parts of Europe. Designs and sales of second- and third-generation versions of Rife's original Beam Ray are even on the Internet. The host of one Rife website (there are now quite a few) reports that in January 2000 alone, his site received visits from people living in North America, South America, Europe, Asia, Africa, Scandinavia and Australia. We need Rife technology more than ever as the number of deadly and degenerative diseases continues to grow. Yet despite a growing interest in Rife, information about his technology is available only to the minority who have access to the "grapevine" or know to look for it; and most people remain ignorant of this radical technology that can substantially reduce their suffering and even save lives.

It was about 1983 that I first heard about Rife frequency technology. The information came to me gradually over time, in small fragments. Electronics buffs and naturopaths told me about a device that through the emission of frequencies could halt and even reverse disease, but they didn't elaborate. Since all of the information I managed to secure—including cryptic fliers from companies specializing in unusual devices—was remarkably unspecific, I couldn't do much with the data. For many years, "Rife frequency technology" occupied the same category as all the other unsolved mysteries of the Universe, occasionally capturing my attention as a "too good to be true" rumor. Nonetheless, my intuition told me that this information was vitally important and would one day bear fruit. So I put everything into a file folder marked "Unusual Healing Technologies" and remained open. Finally, in 1993 I met Howard Mitchell, a dulcimer maker and musician who had majored in electrical engineering at Cornell and was now retired. Howie was an ideal Rife researcher. Along with a highly inquisitive mind, he was interested in frequencies as a musician, had developed his engineering skills, loved to tinker with machines, enjoyed science projects—for the winter holidays one year he sent me several petri dishes containing glow-in-the-dark fungus—and he knew a considerable amount about Rife. When Howie told me that (unfortunately, for his experimentation purposes) he was in excellent health and therefore had no way to test his (not one, but two) frequency devices, I instantly volunteered to do it for him. And just as happily, he accepted my offer. That is how my academic query turned into a hands-on experiment.

Little did I know, however, that my experimentation would continue indefinitely and lead me to unexpected, startling places. I exposed myself to many different types and makes of machines and tried nearly all of the frequencies that were on the lists that came with the devices. My efforts were richly rewarded: I avoided getting the flu, eliminated longstanding parasite and candida conditions, and even averted gum surgery. As my friends and acquaintances discovered that I was experimenting with Rife technology, they began asking me about Rife and his life, how frequencies work, and about healing in general. Not knowing all of the answers—especially when they concerned electronics, certain aspects of physics and details about microbes—I pumped information from every knowledgeable professional who was willing to talk to me. I dragged out my dusty medical textbooks, reviewed my knowledge about biology and laboriously ploughed through chemistry. I also read every book on Rife that I could find. The problem was, except for Barry Lynes's seminal biography of Rife and one highly technical manual about how to build a specific type of frequency device, very little about Rife frequency technology was available. The only other literature I had was a diverse stack of frequency charts, many of which suggested different numbers for the same illnesses. These apparent discrepancies—which at that time I did not have enough information to explain—puzzled and frustrated me. So I began compiling a simple guide of popular frequencies that I had personally found to be effective, kept my ears open for information, and continued to try out new numbers.

My friends were growing impatient. They begged me to finish the guide already so they could start using the frequencies. But it was becoming clear to me that I couldn't just hand out a sheet of numbers to go with the diseases and say, "Here, take these with my blessing. I hope you have similar success." I wanted people to understand what it means to be healthy—and why, once they start using the frequencies, they must diligently avoid the conditions that caused them to get sick in the first place. The importance of emphasizing prevention as much as treatment was considerably heightened when more and more of my bodymind psychotherapy clients began struggling with serious illnesses. According to what they had been taught, even though an "alternative" practitioner may be helpful, if you have a serious illness you should go to a Western medical doctor—and even though I repeatedly told them that much of their misery might be preventable, they somehow weren't convinced. My commitment to holistic health education became even stronger when I saw how much trouble my clients had understanding that physical disease can heavily influence one's emotional state. Their difficulty with this seemed very odd to me, considering that they had specifically sought my services as a body/mind (Reichian) therapist based on their awareness that unresolved emotions lodge in the body as tension, eventually causing illness. Even though this wisdom would have helped them stop blaming themselves for being (as they put it) "so neurotic," *it never occurred to them that many emotional problems are exacerbated—if not directly caused—by the same physiological and biochemical imbalances that contributed to their diseases.* One could approach these imbalances both from psychological *and* from physical perspectives; both were valid.

Admittedly, I was expecting a lot in asking them to consider that the body-mind-spirit links are much deeper and encompassing than they'd ever dreamed. More than ever, I emphasized the overtly physical aspects of health to my clients. After they became (somewhat) used to an even more unconventional approach from me and began to seriously consider my suggestions, I began sharing information about Rife as well.

Sharing became a full-time job. Although my enthusiasm never waned, my energy level did. Between my friends, clients and acquaintances, I had so much to share and

explain that I was working even when I was socializing. But it was a lot of information for anyone to handle. Most people retain information more easily when it's written than when they receive it verbally. Realizing that I needed a much more systematic and efficient way of presenting the material, I looked for written materials that addressed the issues I thought were important. Surely, I thought, *somewhere* a book must exist that meets people's needs. I envisioned a holistic health guide, an exposition on Rife and his work that emphasized medicine and science, and a frequency directory all rolled into one—and if that volume didn't exist, then I would settle for written material wherever I could find it. I found nothing that suited my requirements. After griping for months about how hard it was to obtain reliable information about Rife along with additional topics that I felt were essential, presented in just the way I wanted, I realized that the person who was supposed to write that book was me. This is how my little list of popular frequencies metamorphosed into a project whose scope I could not possibly have foreseen. The book you are holding in your hands is the result of my curiosity, labor, learning and love over the course of over seven years.

Although the Frequency Directory comprises a considerable portion of this Handbook, this book is about much more than microbe-destroying frequencies. It is about freeing yourself from propaganda, trusting in your own experience, and the self-empowerment that blossoms when you think and act for yourself. Please don't ignore Chapters 1 through 3, which suggest new ways to think about your body and healing. They are there for a reason. Chapter 1, "The Politics of Illness and the Nature of Health," explains the differences between allopathic and holistic medicine, why drugs don't work and in the long run usually make you worse, and why double-blind studies are not only unethical but unscientific. The reader is also shown how drugs are approved, and by whom—which in most cases involves politics and profit rather than humanitarian concerns or even good science. Chapter 2, with its scientific focus on "The History of Pleomorphism and the Inventions of Royal Raymond Rife," discusses the apparent contradiction between Rife's inventions and the well-known germ theory. Even though Rife's microscopes and Beam Ray were specifically designed to deal with pathogenic microorganisms, both devices proved that in many cases microbes, rather than being invaders from an external source, begin as harmless biological organisms already in the body and become dangerous only when the system is unbalanced. This understanding leads us to Chapter 3, with plenty of "Suggestions to Strengthen and Support Your System" so that we can bring the body back into balance. Although this chapter was written for Rife technology users who want to prepare themselves to handle the effects of sudden microbial die-off, non-users will also find this chapter quite valuable. Even if you are familiar with every holistic modality addressed here, you are bound to learn new ways to approach what you are already doing. If you skip these chapters and go directly to Chapter 5, you will not only miss the essence of what frequency technology is about, your success with the frequencies will be substantially lessened. Chapter 4 shifts our focus to the Rife technology itself. People unfamiliar with Rife technology equipment will find lots of helpful information in "Frequently Asked Questions About Rife Equipment and Sessions." Even users who already own devices will learn about recent, innovative developments in Rife research. Chapter 5 constitutes the extensive "Frequency Directory" portion of the book. After a brief introduction describing how to navigate through the directory; the alphabetized listing follows. In addition to illnesses like allergies, cancer, AIDS and Lyme disease, the Directory includes some of the common viruses, bacteria, parasites and fungi that are implicated in these symptom pictures. This chapter also contains suggestions on modalities that compliment the Rife sessions. Healing involves many modalities. Chiropractic and other forms of energy work such as homeopathy and Therapeutic Touch can often be greatly beneficial. Since I cannot possibly describe them all in depth, you are encouraged to

explore these and other holistic methods on your own. And don't forget another route to dealing with physical illness: through the exploration, awareness and expression of emotions. Because my background in Reichian psychotherapy focuses on the relationship between mind and body, I also include some of the more psychological aspects of what we call disease. Sometimes people can accomplish through mental imaging or emotional release work what they cannot achieve by other means. I encourage you to continue reading on your own as much as you can. There is always so much more to learn, and one person can't possibly give you all the perspectives on a subject.

Chapter 6 closes the book with "Living and Dying: Transforming Into Wholeness." We must all face our fears about dying; and we cannot learn to die in peace until we live in love. Living in love is what this new paradigm shift is all about; and only as that shift takes place will Rife technology gain acceptance as a healing modality. In this chapter I discuss what changes we must make on all levels, both political and personal, in order to help bring about this new paradigm. Appendix A, "Sources," lists some products and services that can help us implement these changes. For those interested in making their Rife technology units available to other people, Appendix B, "Legal Implications of Rife Sessions," will explain the legal parameters within which they might work (please do not consider this a substitute for legal advice concerning the laws within your own area). The References list includes both books that are referenced in the text and those not specifically cited. Since many of the books are from non-mainstream sources, I include addresses and/or telephone numbers of the publishers.

The persecution that Royal Rife endured from our government and medical establishment simply for inventing a safe, inexpensive healing device is only part of the story of frequency technology. Reading the available literature about Rife and knowing which frequencies to use is a good start. But to really understand Rife frequency healing, you must be willing to explore a radically different way of perceiving reality. This requires the mammoth (and not always easy) paradigm shift away from the one-size-fits-all, instant-results-when-you-pop-a-pill mentality. It means being observant and patient, trusting in the innate intelligence of Nature. Despite the remarkable successes that I have personally experienced and seen with friends who have experimented with Rife technology, there is no magic cure-all that has been found to work for everyone always. Most people respond favorably to sessions, but others may respond minimally. The machines cannot effect miracle cures—your body is in charge of that. If you faithfully give yourself Rife sessions, but continue doing what contributed to your getting sick in the first place, the best Rife frequency equipment in the world will not be able to induce lasting positive changes.

When you use a healing modality is as important as the therapy itself. Depending on the degree and type of imbalance, at different times a particular cleansing techniques, healing modality—or frequency!—may work better than others. Sometimes, I hear people complain when their healing regimen is not progressing according to schedule. But this is to be expected: We are not static machines. Mechanized medicine adheres to a prototype or standard of what it defines as normal. But in truth, people vary wildly outside the range of presumed "normalcy." How many times have you heard of someone (perhaps yourself) who felt unwell and saw a doctor, only to be told "There's nothing wrong with you; you're in perfect health"? You need to listen to your own body for the story it is trying to tell you. Admittedly, the line between listening to your body and listening to your addictions can be thin. Frequently people are genuinely confused between the two, and are unsure about which voice they should follow. Cravings can seem like legitimate

needs, and heeding the body's signals for nutrients can feel indulgent if one doesn't know what information to look for. In this circumstance, the guidance of a professional can be very helpful. But you must use your powers of discrimination here too. Who is the best person to help you? The person with the greatest number of professional degrees may not be your best choice of a healer. If your concerns are brushed aside, or if your advisor places more importance on his or her expertise than on your own experience, maybe you need to consult with someone else. The answers to wellness are not always simple because life isn't simple. There is rarely a single "right answer" because each person is different.

Ultimately, your best teacher is your own *informed* experience. Power is authentic and lasting only when it is sustained by knowledge and accountability. Don't ever give away your power. This book is one of many steppingstones to your acquiring the knowledge that you need to become an expert—on you.

In closing, I want to thank you for helping to create a global paradigm shift, of which holistic healing is one part. Even if you are fortunate to be in good or excellent health now, it is comforting to know that this technology is available should you or a loved one need it in the future. The application of Rife and other kinds of frequency technology is bound to change the way medicine is practiced. As my friend Howie recently said to me, "I am thoroughly delighted, knowing that the experience of dealing with a disease might be interesting and even pleasant, rather than physically debilitating and allopathically terrifying." The more people there are who believe in a way of life that is different and better than what those in power are trying to impose on us, the greater the possibility is for everyone to prosper. I dearly want to see this paradigm shift happen in my lifetime. And it is nice to know that you are along for the journey.

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