

# TFH

## Exploring Color, Sound and Other Vibrational Tools

Robin Brown-Frossard  
IKC Apprentice-Trainer (CH-FR), TFH instructor

### Vibrations

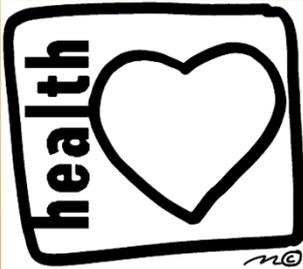
- How do hands-on vibrational techniques work?
  - ⊗ Dr. Royal Rife, Dr. Richard Becker, Dr. Richard Gerber, Bruce Tainio Dr. James Oschman & Dr. Terry Friedmann
- What are sources of vibrational influence?
  - ⊗ Hands
  - ⊗ Color
  - ⊗ Sound
  - ⊗ Plant remedies
  - ⊗ Crystals and Gemstones, ...
- How can we easily incorporate these sources in our TFH balance?
  - ⊗ Meridian tracing and Acupressure points
  - ⊗ Protocol
  - ⊗ Specific considerations for each source

## Why did the tomato turn red?

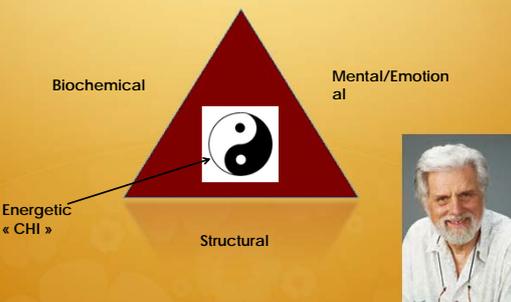


Because it saw the  
salad dressing!

## Vibrations and Health



## The TFH Health Triangle



## The Human Body Health / Energy




- **Royal Rife:** every cell, tissue and organ has its own vibratory resonance
- Certain frequencies could prevent or neutralize the development of disease.
- **Dr. Robert Becker MD:** The human body has an electrical frequency.
- Much about a person's health can be determined by its frequency levels.



- **Dr. James Oschman PhD:** Each molecule, cell, tissue and organ has an ideal resonant frequency that coordinates its activities. By manipulating and balancing the vibratory circuits, complementary therapists are able to directly influence the body's systemic defense and repair mechanisms.



- **Dr. Richard Gerber MD:** One of the best ways to change dysfunctional patterns in an energy body is to administer therapeutic doses of "frequency-specific subtle energy in the form of vibrational medicines."



- **Dr. Terry Friedman MD:** Raising our vibrational frequency aids in "restoring health to the body, clarity to the mind and attunement to the spirit."



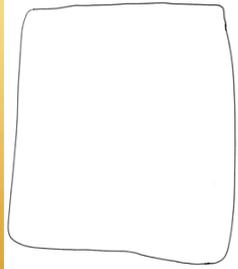
- **Bruce Tainio:** The daytime frequency of a healthy human body vibrates in the range of 62 to 68 MHz.
- When a person's frequency *drops below the optimum healthy range*, the immune system is compromised
- Bio-electrical frequencies of essential oils are (52-320 MHz). As a Hertzian wave is generated and travels out from its source, it transfers energy to the objects it passes through. A high frequency raises the lower frequency, without lowering itself.

### The vectors of vibrational changes... Salty WATER



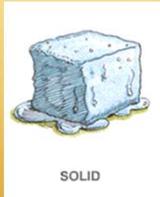
...65% (weight) in the body  
78% in the brain

### ... EMPTY SPACE



99.999% (volume)

### ... & SOLIDS



0.001% (volume)

### Vibrational Sources





### Meridian Techniques

- ✿ Tracing or brushing meridians
- ✿ Meridian strengthening points
- ✿ Meridian sedation points
- ✿ Luo points
- ✿ Tapping points for chronic pain

### Protocol for selection of the vibration source

- ✿ Unlocking muscle – circuit locate the meridian correction point (muscle should lock when the person holds this point)
- ✿ Remove the person's hand and substitute the various vibration sources, on the meridian correction point – the muscle will lock when the appropriate vibration source is used (in this order: hand, color, sound, essential oil)
- ✿ If there are several options that lock the muscle, use them one after the other.
- ✿ If it is your hand, muscle test with various hand positions and if appropriate, various movements

### Considerations: Hands

- ✿ You are your tool – personal development and energetic hygiene
- ✿ Different hand positions influence energy (mudras)
  - ⊗ Flat hand
  - ⊗ Perpendicular hand
  - ⊗ « Sword fingers »
  - ⊗ Closed lotus flower
  - ⊗ Mudras for the 1<sup>st</sup> to 5<sup>th</sup> chakras
  - ⊗ ...
- ✿ Different movements : spiral, 8, ...





### Considerations: Colored light

Use the TCM color correspondences

- ✿ Use the element's color – darker for Yin and lighter for Yang
  - ⊗ Tracing or brushing the meridian
  - ⊗ Luo points
  - ⊗ Tapping points for chronic pain
- ✿ Use the colors of the elements of the specific Antique Shu points
- ✿ Strengthening points – use for the 1<sup>st</sup> pair its parent's color/for the 2<sup>nd</sup> its grand-parent's color
- ✿ Sedation points – use for the 1<sup>st</sup> pair its child's color/for the 2<sup>nd</sup> its grand-parent's color



## TCM color correspondences

- **WOOD**
  - ⊗ LV – forest green                      GB – light green
- **FIRE**
  - ⊗ HT, PC – ruby, burgundy              SI, TB - red
- **EARTH**
  - ⊗ SP – yellow                                      ST – lemon yellow
- **METAL**
  - ⊗ LU – light grey                                LI- white
- **WATER**
  - ⊗ KI – indigo                                      BL - blue



## Considerations: Sound



- Active (person singing) or passive (external source)
- Various correspondences (notes of an octave, planets, ...) – pick one that is linked to the meridians and stay with it (AP, Sales, ...)
- If using a tuning fork:
  - ⊗ Following the meridian with the 2 prongs and not cut it by a perpendicular position of the prongs across the meridian path
  - ⊗ Placing it on acupuncture points
- Tibetan singing bowls – striking or rubbing clockwise
- If singing, you can also sing with the person

## Considerations: Plant remedies

- **No application of plant remedies on the body without appropriate training**
- **Remedy → Skin → Blood stream → Chemical reactions**
- Essential oils: the vibration frequency travels through the glass of the vial
- Tracing or brushing meridians: as you hold the glass vial, follow the meridian energy flow with the hand
- Acupuncture points: set the vial on the point
- Essential oils in the higher frequency ranges tend to influence the emotions. EOs in the lower frequencies have more effect on structural and physical elements
- Choose one system of correspondences and stick to it

## Essential Oil Correspondences Michel Odoul & Elske Miles

- **VC:** *Lavandula angustifolia, Citrus reticulata peel, Lippia citriodora*
- **VG:** *Laurus nobilis, Boswellia carterii, Cananga odorata*
- **LV:** *Citrus limonum peel, Rosmarinus off. verbenoniferum, Thymus vulg. thujanoliferum*
- **GB:** *Lippia citriodora, Cedrus atlantica, Ledum groenlandicum*
- **HT:** *Rosa damascena, Nardostachys jatamansi*
- **SI:** *Cinnamomum verum stick, Thymus vulg. Thymol, Satureja montana*
- **PC:** *Boswellia carterii, Origanum marjorana, Cananga odorata*

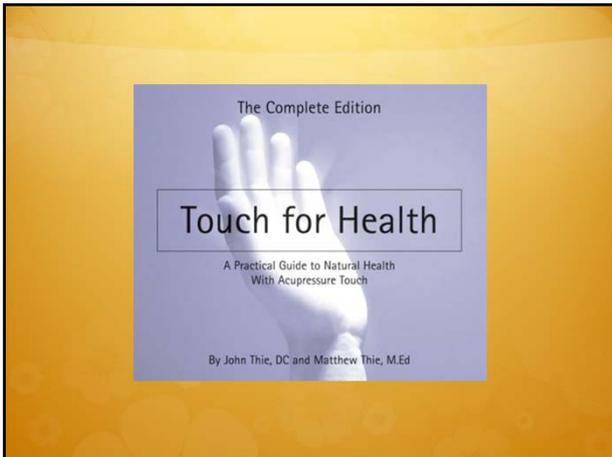
## Essential Oil Correspondences Michel Odoul & Elske Miles

- **TB:** *Pelargonium asperum CV Egypt, Citrus aurantium leaf, Citrus aurantium flower*
- **SP:** *Salvia scarlea, Ravensara anisata, Rosmarinus off. verbenoniferum*
- **ST:** *Ocimum basilicum, Pimpinella anisum, Artemisia dracunculus*
- **LU:** *Cinnamomum camphora, Malaleuca quinquenervia, eucalyptus radiata*
- **LI:** *Lavandula spica, Pinus sylvestris needles, Hyssopus off. decumbens*
- **KI:** *Picea mariana, Gaultheria procumbens, Helichrysum italicum*
- **BL:** *Chamaemelum nobile, Cistus ladaniferus, Eugenia caryophyllata*

## Several tools – one method

- Each vibrational tool is like a note on the piano
  - ⊗ No one note is « better, superior » to the others
  - ⊗ The beauty of the octave
  - ⊗ The unique expression of each note
- Vibrational tools can be our assistants when we feel that our personal vibratory frequency is low





**Robin Brown-Frossard**

Grand-Rue 1

1680 Romont/Switzerland

[robin.frossard@kinepro.ch](mailto:robin.frossard@kinepro.ch)

+41 79 288 1909

