

## **A Short Course on How To Give Yourself A Zapper Session**

*Extract of "The Handbook of Rife Frequency Healing"*

1. If you have a heart condition; if you are wearing a pacemaker; if you are pregnant; if you are nursing; if you have an organ transplant; if you happen to be among the rare few who are especially sensitive to Radio Frequency or other electromagnetic radiation; or if you have reason to believe that your liver, kidneys, or immune function are especially weak- you are not advised experimenting with this technology. Used properly, Rife/Clark frequency devices can play a major role in restoring your health. Used improperly, Rife/Clark frequency equipment can injure you.
2. Make sure you have consulted the operator's manual and know how to use the unit correctly. Each Rife/Clark technology device is different.
3. Dress in loose-fitting clothing and see that the room is comfortably warm. You may want to lie down and dim the lights. Don't give yourself a session on a full stomach, as the microbial die-off may make you feel nauseated. Drink water before and immediately after the session. Remove metal jewelry if you are using a pads unit. If possible, do not watch television or engage in any activity that is stressful; your body needs this time to heal. And try not to use the unit after dinnertime, because the energy might keep you up and you need the evening to prepare for sleep.
4. Before you turn on the unit, sit down and make a complete list of your symptoms. This includes acute (recent-onset) conditions, chronic (longstanding) conditions, conditions you consider unimportant, and *especially those* you've had for so long you've resigned yourself to them as inevitable and normal. The latter may give you a clue as to which frequencies you need now, since microbes can linger in the body for years and conditions that are not treated immediately can escalate into other diseases. Also, you don't have to suffer. Letting yourself wish for ( and expect) the best possible results will help you devise the best possible wellness program for yourself. It will also help stimulate your immune function.
5. It can be helpful (though it is not mandatory) to have a diagnosis from a medical doctor. Sometimes, however, the doctors don't order all the tests that need to be done, or misread the results of the tests they do take. For this reason, your own research, commonsense and intuition may be as good as any diagnosis you receive from a medical professional. Let your mind consider all possibilities. To give an example, someone diagnosed with a brain tumor got no results using frequencies specifically for that condition; but when she tried frequencies for meningitis and encephalitis (both also disorders of the brain), she reversed her symptoms.
6. Look up the frequencies for your symptom picture(s) and/or microbial residents and *write them down*; you will need this information later. Then program the frequencies into your unit. Common frequencies that are used for many different conditions include 20, 72, 95, 125, 444, 465, 600, 625, 650, 660, 690, 727/728, 776, 784, 787, 802, 832, 880, 1550, 1552, 1865, 2008, 2127/2128, and 2489- although everyone has their own favorites, and I am sure that I have not listed them all.
7. You may wish to do two variations of each frequency: a pulse and a sweep. Pulsing drives the wave more forcefully into the body to compensate for the microbes possible resistance to the frequencies. (This does not harm the human or animal host.) Sweeping compensates for a possible variation in the standard Mortal Oscillatory Rate of the microbe by providing for more extra hertz on either side of the "main" signal. This way, you are assured of debilitating any "stray" microbes that might oscillate a little outside of the normal range for that variety. By the way since many common pathogens oscillate in the 400 range you may want to set your machine to perform a sweep between 420 and 482 hertz leaving enough time (at least 30 minutes) for all the frequencies to be covered.

8. As a matter of course, consider running some of the frequencies listed under "Candida Fungi, Molds and Yeasts" and "Parasites, Protozoa and Worms" if the ones you are already using are not producing the results you want. It is amazing how many conditions are either caused or exacerbated by fungal forms and parasites.

9. The number of frequencies you use per session the time allotted for each frequency, the duration of sessions, and the number of sessions you give yourself daily or weekly all depend on your condition the amount of die-off in your *system* and your own unique situation. Seek advice from your health care practitioner or the person who sold you the machine, but above all listen to your body. Here are some general guidelines for conditions that are not life-threatening:

Limit your time on the unit to 5 hours a day. You can do two sessions of up to 2,5 hours each, with a 4-hour break between, or you can divide the time into more sessions that are shorter such as five 1 hour sessions.

Depending on the unit people generally run each frequency for 1 to 2 minutes. Sometimes however a frequency is run for as long as 5, 15, 30 or occasionally even 45 minutes.

If you feel a lot worse after a session this may indicate a detoxification reaction to the microbial die-off. Wait until you feel better before giving yourself another session. Feeling better may take *one*, two or possibly three days.

If you feel better but not completely well after a session-and you know that you need more sessions-you don't have to wait one or two days before giving yourself another session. You can begin again the following *day* or even do another session the same day if you wish.

If you do not notice any change after your session, do another session for a longer period of time and/or change the frequencies.

10. Conditions that are life-threatening or very serious require a much more aggressive approach. Here are some guidelines suggested by Rife researchers for conditions that are life-threatening.

Limit your time on the unit to 5 hours a day. Cancer and other rapidly degenerative diseases generally require 2 sessions per day consisting of 2,5 hours each. Conditions such as Lyme Disease may or may not require that you take some time off to dispose of the debris. Every condition and person are different. *Consult with the manufacturer of your device as well as a health care professional.*

Depending on the unit people generally run each frequency for 1 to 2 minutes. Sometimes however a frequency is run for as long as 5, 15, 30 or occasionally even 45 minutes.

If you have too many frequencies to fit into 5 hours per day, create two days worth of programs and alternate programs every other day.

If you feel a lot worse after a session this may indicate a detoxification reaction to the microbial die-off. Try to continue with the sessions unless your system becomes too overloaded with waste material.

Even after they are feeling better, most people give themselves one session in the morning and one in the afternoon for 4 to 6 months. This dissuades the illness from returning.

You may not notice any change after your sessions for several weeks. Don't let this discourage you. Most people observe a favorable change within a month although quite a number of subjects feel better within days.

11. If you believe you have received the correct diagnosis from your doctor but are not getting the results you want, consider that the microbes may have changed their oscillatory rate due to natural

variations in evolution, an adaptation to the frequencies (similar to how they adapt to antibiotics), or the individual variations of your body, climate, or physical location. To make sure you include all the pathogens in your session, program your machine to do a sweep (if it has this capacity). Most people find that a sweep of 1 plus or minus 2 hertz on either side of the main signal is adequate. So, for instance, if you set your instrument to 880 hertz, it would run frequencies from 878 to 882.

12. Remember too that microbes may become resistant (numb) to a steady unwavering signal. This is why people pulse the frequencies as well as set the machine to do a sweep. The pulse feature puts a spike onto a square wave, which drives the signal suddenly and forcefully into the body. So, for instance, you would set your instrument to pulse at 880 hertz *as well as* program it to do the aforementioned sweep from 878 to 882. *Many people find that pulsing and sweeping a frequency in the same session ensures the greatest success.* (You will be pulsing a frequency in one step, and then sweeping that frequency in another, separate step.)

13. Preliminary research from Germany suggests that many of the common frequencies (such as those for *Staph* and *Strep*) that usually work most of the time are the least effective -or might even cause a deterioration of the condition- on the day of the full moon. *Why* the frequencies might contribute to some people's symptoms, and if the increase in symptoms is a detoxification reaction, is unclear. The full moon exerts a strong magnetic pull on the earth, affecting many natural phenomenon from the height of the tides to the growth cycle of plants. Our bodies, which consist of over two-thirds water, are similarly affected. There is no reason to believe that microbes would not be affected also. What the full moon's effects are on frequency sessions need to be further explored. (If you notice a decrease or reversal in benefit during the full moon, do not do any sessions during this time and resume immediately after. The full moon lasts for one day.) Furthermore, certain geographical locations with magnetic anomalies -that is, electromagnetic fields that behave differently from those elsewhere- may cause less than satisfactory results; and the frequencies may have to be adjusted up or down to compensate for the alteration in the magnetic pull of the earth. Keep this preliminary data in mind when you work with the frequencies.

14. Some people who take a break from using the equipment before their illness is completely gone experience a recurrence-and sometimes, the frequencies they were using no longer work for them. This may be because the microbes have developed a resistance to the frequencies. *Be very persistent about continuing with your program*, particularly if you have a condition like cancer.

15. If you have followed all the above suggestions but still are not seeing results with the frequencies you are using, consider the following told to me by a very creative acupuncturist. In the Chinese medicine system, there are certain relationships between all the organs, glands and systems of the body. For instance, the spleen is said to "control" the mouth and lymph. Therefore, if the spleen is unhealthy-that is, marked by a deficiency or excess in energy-the person may have a gum infection, or a clogged lymphatic system. Similarly, the kidneys control the health of the bone. If the kidneys are weak, the person might suffer from osteoporosis (loss of bone). Although these relationships do not make sense to the Western mind, it doesn't mean that they do not exist. My acupuncturist friend gets spectacular results when using Rife/Clark technology because he regularly draws on his knowledge of Oriental medicine. For instance: you might not be able to affect bone problems with frequencies specifically for the bones, but focusing your attention on the kidneys might do wonders. A knowledgeable discussion of Chinese philosophy is way beyond the scope of this book, but this is an area definitely worth exploring. There is a popularly distributed Chinese medicine poster containing a diagram of a five-pointed star, showing which systems affect other systems of the body. Many books on Chinese medicine and acupuncture contain a similar diagram.

16. There are some conditions that one might not ordinarily think involves microbes. But current medical research indicates the presence of pathogenic microorganisms in a wide variety of ailments that were previously considered to be caused solely by genetics, diet, or some other non-microbe factor: ulcers, multiple sclerosis, kidney stones, even fibromyalgia! If the frequencies help you, then you know there was microbial involvement in your condition.

17. An amazing number of illnesses are either caused or exacerbated by chemicals, many of which are toxic metals. These toxic metals can exist in the form of air pollution, exhaust from vehicles or factories, pesticides, food additives, or even drinking water and cosmetics. Describing how illnesses are created by chemical poisoning is beyond the scope of this book, but note that they range from neurological disorders (such as Multiple Sclerosis) to all kinds of cancer. You *must eliminate* chemicals from your diet and environment as much as possible if you want to get well. (You will find books related to chemical poisoning of all kinds in the References list.)

18. Diet plays a major role in many conditions such as diabetes, hypoglycemia, and even Attention Deficit Disorder. Many children become hyperactive from eating foods that contain certain sugar, toxic chemicals like Aspartame or MSG, and food dyes. Do not underestimate the importance of food in becoming and remaining healthy.

19. Some people report that the frequencies give them relief from emotional distress like anger. This is not strange if you remember that microorganisms are constantly excreting mycotoxins into the system, which cross the blood-brain barrier and poison the brain. Since the brain is a primary organ of emotions, perception of sensory input, motor function, and cognition, a variety of conditions ranging from microbial poisoning to unbalanced blood sugar levels are going to affect one's mood, motor coordination, ability to think, and so forth. Of course, approaching emotional problems from a psychological perspective is important too.

20. Don't forget that part of your Rife/Clark frequency protocol involves drinking about two quarts of mineralized water per day. If you don't want to drink water, don't give yourself sessions or you will risk poisoning yourself with microbial waste.

21. If you are drinking enough water and are using the correct frequencies, but your condition persists and if you feel reactions that include sluggishness, congestion, nausea, and thirst, try frequencies for detoxification.

22. Rife/Clark technology is compatible with virtually all holistic therapies. It has been used somewhat less successfully in conjunction with allopathic medicine (drugs), although many people do successfully combine Rife/Clark sessions with medically necessary surgery. However, *under no circumstances* should you use frequencies while you are undergoing chemo treatment; otherwise, your liver and kidneys may break down from the overload of systemic poisons.

23. Despite the wonderful results that many people obtain with this technology, please note that there are some conditions that the frequencies may not affect: the distress caused by nutritional deficiencies, damage due to drugs or toxic chemicals, severe trauma due to surgery or mechanical injury, or the effects of electromagnetic radiation as long as the radiation continues to exist.

24. Some people find that when using this technology they need extra help to prevent their lymph channels from becoming excessively dogged. Remember, since the lymph system does not have the equivalent of a heart to pump the fluid, it requires mechanical stimulation. You may find it helpful to receive a massage, jump gently on a rebounder (miniature trampoline), or use a device specifically designed for moving lymph tissue.

25. You may notice that as you direct your attention to one supposedly discrete "illness," another discrete "illness" may start to improve too (including symptoms you had shoved into the background). For example, after working with frequencies for indigestion you may suddenly observe that your sinuses are better. Similarly, you may discover that certain frequencies repeat no matter what the condition. These events are not accidents, for often the same microorganisms are implicated in many disease pictures. Use this information to explore relationships between different systems in your body that you never knew existed .

26. Since the allopathic medical model is so dominant in the West, people may tend to use Rife/Clark technology in a strictly allopathic manner, as in "Just zap that sonuvabitch microbe and get rid of the disease." This approach may not work all the time, or it may not work at all. A number of entries in the Frequency Directory are annotated with suggestions for complementary therapies that in some cases might be more important than the frequencies themselves. So even if you don't have access to Rife/Clark technology equipment at the moment, you may still benefit from browsing through the entries.

27. There are some frequencies believed to stimulate the body's cells to repair and regenerate independent of their ability to destroy microbes (although one might reasonably expect to feel better when a pathogen is eliminated). Although Royal Rife himself focused only on microbe destruction, you may want to try these regenerative frequencies.

28. Keep a written record of how you respond to the frequency sessions, physically, mentally and emotionally. This will help you determine which frequencies work for you, in what ways, and under what circumstances. It will also help others, should you decide to share your results.

29. Remember that different people respond differently to different microorganisms and symptom pictures, and what is true for one person may not be true for another -and may not even be true for the same person at different times in his or her life. Rife/Clark technology is experimental. Every symptom picture, and each successive day, provides an opportunity to experiment. Strange as it might be to think in these terms, have fun with this technology. Exploration and experimentation are the keys to using it creatively.

30. Whenever you embark on any new health care protocol it can be helpful to consult a health care professional. Try to find someone who is familiar with Rife/Clark technology -a sympathetic physician, naturopath, chiropractor, osteopath, herbalist, acupuncturist or someone else practicing a related modality.