



Healing with Frequencies

from original Theosophical sources in conjunction
with the respected work by Dr. R.Gerber, “Vibrational Medicine”

at the United Lodge of Theosophists, UK, Sunday 14th September 2025

Initial reading from “Light on the Path” by Mabel Collins:

5. Listen to the song of life.*

6. Store in your memory the melody you hear.

7. Learn from it the lesson of harmony.

8. You can stand upright now, firm as a rock amid the turmoil, obeying the warrior who is thyself and thy king. Unconcerned in the battle save to do his bidding, having no longer any care as to the result of the battle, for one thing only is important, that the warrior shall win, and you know he is incapable of defeat – standing thus, cool and awakened, use the hearing you have acquired by pain and by the destruction of pain. Only fragments of the great song come to your ears while yet you are but man. But if you listen to it, remember it faithfully, so that none which has reached you is lost, and endeavour to learn from it the meaning of the mystery which surrounds you. In time you will need no teacher. For as the individual has voice, so has that in which the individual exists. Life itself has speech and is never silent. And its utterance is not, as you that are deaf may suppose, a cry: it is a song. Learn from it that you are a part of the harmony; learn from it to obey the laws of the harmony.

9. Regard earnestly all the life that surrounds you.

* Look for it and listen to it, first in your own heart. At first you may say, It is not there; when I search I find only discord. Look deeper. If again you are disappointed, pause and look deeper again. There is a natural melody, an obscure fount in every human heart. It may be hidden over and utterly concealed and silenced—but it is there. At the very base of your nature you will find faith, hope, and love. He that chooses evil refuses to look within himself, shuts his ears to the melody of his heart, as he blinds his eyes to the light of his soul. He does this because he finds it easier to live in desires. But underneath all life is the strong current that cannot be checked; the great waters are there in reality. Find them, and you will perceive that none, not the most wretched of creatures, but is a part of it, however he blind himself to the fact and build up for himself a phantasmal outer form of horror.

In that sense it is that I say to you—All those beings among whom you struggle on are fragments of the Divine. And so deceptive is the illusion in which you live, that it is hard to guess where you will first detect the sweet voice in the hearts of others. But know that it is certainly within yourself. Look for it there, and once having heard it, you will more readily recognize it around you. (p.10-11)

THE VIBRATIONAL NATURE OF THE UNIVERSE

Sound, the divine resonance

“Everything in existence emanates from a primordial sound, perfect celestial sound vibrating through the infinitudes of Space since the beginning of time.”

1. . . . THE LAST VIBRATION OF THE SEVENTH ETERNITY THRILLS THROUGH INFINITUDE. THE MOTHER SWELLS, EXPANDING FROM WITHIN WITHOUT, LIKE THE BUD OF THE LOTUS.

2. THE VIBRATION SWEEPS ALONG, TOUCHING WITH ITS SWIFT WING THE WHOLE UNIVERSE AND THE GERM THAT DWELLETH IN DARKNESS: THE DARKNESS THAT BREATHES OVER THE SLUMBERING WATERS OF LIFE. . . .

3. DARKNESS RADIATES LIGHT AND LIGHT DROPS ONE SOLITARY RAY INTO THE MOTHER-DEEP. THE RAY SHOOTS THROUGH THE VIRGIN EGG, THE RAY CAUSES THE ETERNAL EGG TO THRILL AND DROP THE NON-ETERNAL GERM, WHICH CONDENSES INTO THE WORLD EGG. (H.P.Blavatsky, “The Secret Doctrine” I:29, Stanza III)

Now we may consider that there is pervading the whole universe a single homogeneous resonance, sound, or tone which acts, so to speak, as the awakener or vivifying power, stirring all the molecules into action. (...)

This is creation, for without this resonance or motion among the quiescent particles, there would be no visible universe. That is to say, upon sound, or, as the Aryans called it, Nada Brahma (divine resonance), depends the evolution of the visible from the invisible. We find expressed in the merely mortal music the seven divisions of the divine essence, for as the microcosm is the little copy of the macrocosm, even the halting measures of man contain the little copy of the whole, in the seven tones of the octave. From that we are led to the seven colours, and so forward and upward to the Divine radiance which is the Aum. For the Divine Resonance, spoken of above, is not the Divine Light itself. (W.Q.Judge, "AUM")

COSMOS

The dynamism of the universe

The entire cosmos is a complex matrix of sound and light vibrations. Every element in our world and every kingdom of beings derives its essential nature from the keynote resonating as the basis of its consciousness. All primary questions concerning origins and destiny turn upon the rate of vibration, the plane of matter and state of consciousness, and corresponding conceptions of space, time and motion. Beyond the planes of manifestation and prior to the primal differentiation of spirit and matter lies the one invariant and all-potential vibration of the *Paramatman*, which through its radiation gives periodic form and substance to the septenary universe. Ultimately, this is a purely transcendental process entirely exempt from rational analysis. It is necessary to discard the false notion that each human being is somewhat like a machine or a self-contained box. As the universal vibration of the One Life is at the core of every living form, no being in the universe is entirely dependent upon any external source of motion. Owing to the transcendental commonality of consciousness, all beings are inevitably involved in a universal system of mutual interdependence. (Raghavan Iyer, "Resonance and Vibration")

ONE LIFE

The Unity of all things

It is the ONE LIFE, eternal, invisible, yet Omnipresent, without beginning or end, yet periodical in its regular manifestations, between which periods reigns the dark mystery of non-Being; unconscious, yet absolute Consciousness; unrealizable, yet the one self-existing reality; truly, "a chaos to the sense, a Kosmos to the reason." (H.P.Blavatsky, "The Secret Doctrine" I:2)

Consciousness is universal

Everything in the Universe, throughout all its kingdoms, is CONSCIOUS: i.e., endowed with a consciousness of its own kind and on its own plane of perception. We men must remember that because we do not perceive any signs—which we can recognise—of consciousness, say, in stones, we have no right to say that no consciousness exists there. There is no such thing as either "dead" or "blind" matter, as there is no "Blind" or "Unconscious" Law. (ibid I:274)

Occultism tells us that every atom, like the monad of Leibnitz, is a little universe in itself; and that every organ and cell in the human body is endowed with a brain of its own, with memory, therefore, experience and discriminative powers. The idea of Universal Life composed of individual atomic lives is one of the oldest teachings of esoteric philosophy, and the very modern hypothesis of modern science, that of *crystalline life*, is the first ray from the ancient luminary of knowledge that has reached our scholars. If plants can be shown to have nerves and sensations and instinct (but another word for consciousness), why not allow the same in the cells of the human body? Science divides matter into organic and inorganic bodies, only because it rejects the idea of *absolute life* and a life-principle as an entity: otherwise it would be the first to see that *absolute life* cannot produce even a geometrical point, or an atom inorganic in its essence. But Occultism, you see, "teaches mysteries" they say; and mystery is *the negation of common sense*, just as again metaphysics is but a kind of poetry, according to Mr. Tyndall. There is no such thing for science as mystery; and therefore, as a Life Principle is, and must remain for the intellects of our civilized races for ever a mystery *on physical lines* – they who deal in this question have to be of necessity either fools or knaves. (H.P.B., "The Kosmic Mind")

MICROCOSM MACROCOSM

Man is himself a Cosmos

The universe is the macrocosm, man the microcosm, man, the Spirit, is the macrocosm; man, the Thinker, is the microcosm, and that Thinker in turn becomes the macrocosm to the material form in and through which he operates; thus also man becomes the macrocosm for the three lower kingdoms under him.

(H.P.Blavatsky, "The Secret Doctrine" II:169)

Everything in the Universe follows analogy. "As above, so below"; Man is the Microcosm of the Universe. That which takes place on the spiritual plane repeats itself on the Cosmic plane. Concretion follows the lines of abstraction; corresponding to the highest must be the lowest; the material to the spiritual. (ibid I:177)

THE ASTRAL BODY

The guiding model & subtle counterpart of the physical body. The Linga Sharira.

The seat of these inner faculties, Theosophy teaches, is the Astral body, the design or "pattern" of the physical. The matter of which it is composed is electrical and magnetic in its essence. It is in fact the reality behind the wonder working intelligence which biologists and physiologists note in the development of the embryos of plants, animals and men, and to which they have given the speculative name of "morphogenetic field." In 1888 H. P. Blavatsky wrote, "The whole issue of the quarrel between the profane and the esoteric sciences depends upon the belief in, and demonstration of, the "existence of an astral body within the physical, the former independent of the latter. (ULT pamphlet, "The Laws of Healing", OOP)

COMPASSION

The Universe governed by laws

"The Voice of the Silence" says: "Compassion is no attribute. It is the Law of laws – eternal Harmony ... the law of love eternal."

THE IMPORTANCE OF SPOKEN WORD

W.Q.Judge reminded us "Let us use with care those living messengers called words."

Our psychic nature has its own ways of assimilation and elimination, of sustaining itself in good or ill health. One of the modes of elimination relates to the power of speech. In spiritual growth, learning and listening go together. They precede teaching and speaking. In ancient India, the moment the seeker of the peace of wisdom resolved to follow in the footsteps of the guru, the pupil gained the name of *Shravaka*, a listener. The ancient Greeks named him *Akoustikos*. He was not even permitted to ask questions; *bija-sutras*, seed-thoughts, were given him to ponder over and understand to the best of his ability. These thoughts were intended as purificatory food that, if adequately assimilated, would cleanse his kamic nature; not only remove the accumulated poisons of the past but reveal to the pupil the correct alchemical process of transforming within his own constitution passion into compassion, lust into love, and antipathy into sympathy. Once started on this highway, he was ready to become an exerciser, a positive doer, *Shramana*, the *Asketos* of the Greeks. (B.P.Wadia, "Living the Life" p.14)

Because the spoken word has a potency unknown to, unsuspected and disbelieved in, by the modern "sages." Because sound and rhythm are closely related to the four Elements of the Ancients; and because such or another vibration in the air is sure to awaken corresponding powers, union with which produces good or bad results, as the case may be. (H.P.Blavatsky, "The Secret Doctrine" I:307)

MUSIC

"The most divine and spiritual of arts", Master Koot Hoomi

The sound has an attractive property; it draws out disease, which streams out encounter the musical wave, and the two, blending together, disappear in space. Asclepiades employed music for the same purpose, some twenty centuries ago; he blew a trumpet to cure sciatica, and its prolonged sound making the fibres of the

nerves to palpitate, the pain invariably subsided. Democritus in like manner affirmed that many diseases could be cured by the melodious sounds of a flute. Mesmer used this very harmonica described by Kircher for his magnetic cures.”
(H.P.Blavatsky, “Isis Unveiled” I: 215)

WE ARE RESPONSIBLE FOR OUR OWN HEALING

“Man know thyself” Maxim, Apollo’s temple in Delphi

“The origin of diseases is in man, and not outside of man; but outside influences act upon the inside and cause diseases to grow. There is no disease in the elements but the disease starts from the centres.... A physician who knows nothing about Cosmology will know little about disease. He should know what exists in heaven and upon the earth, what lives in the four elements and how they act upon man; (in fact) he should know what man is, his origin and his constitution; he should know the whole man, and not merely his external body. If man were in possession of a perfect knowledge of self he would not need to be sick at all.”

(The Theosophical Movement magazine, Great Theosophists series, “Paracelsus”)

“A great truth was uttered by Dr. Francis Victor Broussais when he said: “If magnetism is true, medicine would be an absurdity.” Magnetism is true, and so we shall not contradict the learned Frenchman as to the rest. (...) An intimate practical knowledge of magnetism and electricity, their qualities, correlations, and potencies, a familiarity with their effects in and upon the animal kingdom and man, is especially necessary. There are occult properties in minerals and plants, of which, so called exact science is wholly ignorant.”

(H.P.Blavatsky, “Isis Unveiled” 2:610 and 2:589)



Excerpts from “Vibrational Medicine” by Richard Gerber, M.D.:

Vibrational medicines are usually essences or tinctures which are charged with a particular frequency of subtle energy. Vibrational characteristics are usually imprinted upon the universal storage medium of nature: water. These are prepared by placing one or several gems or flowers into or top of the pure spring or distilled water, leaving the combination in direct sunlight for several hours during the early morning sun. The solar energies are most potent in their pranic forces in the early hours of the day. Certain etheric properties from the gems and flowers become transferred to the water, which becomes charged with their particular vibrational characteristics.

FLOWER ESSENCES

One of the most respected names associated with the use of the flower essences in healing is Dr. Edward Bach who was also a respected homeopathic practitioner. Bach felt that the subtle vibrational energies of the flower essences could assist in realigning the emotional patterns of dysfunction. By increasing the alignment of the physical personality with the energies of the Higher Self, greater harmony could occur within the individual as reflected by greater peace of mind and the expression of joy. Bach understood the energetic relationship of the higher mind to the magnetic qualities of the subtle bodies. By the ability of the flower essences to energetically impact upon these higher bodies, their effects are ultimately able to filter down to the physical body. Unlike conventional drug therapies which impact solely at the level of the physical cellular pathology, the energetic patterns contained within the flower essence work at the level of emotional, mental and spiritual vehicles. Patients in the same personality group would react to illnesses in a similar fashion with the same behaviours, moods, and states of mind, regardless of the disease. Therefore, it was necessary only to categorise the mental and emotional characteristics of the patient in order to find which remedy would be most applicable.

Different emotional and personality factors contribute toward a general predisposition to illness. The most significant of these factors were emotional tendencies such as fear and negative attitudes. Fear, by its depressing effect on our mentality, thus causes disharmony in our physical and magnetic bodies and paves the way for invasion. The real cause of disease lies in our own personality. Bach identified 38 essences and was so sensitive that when he was exposed to a particular flower, he would experience all of the physical symptoms and emotional states to which the flower essence was an antidote. He placed the flowers for several hours in sunlight to obtain powerful vibrational tinctures. The subtle energy of sunlight were critical in charging the water with an energetic imprint of the flower's vibrational signature. This may relate to the subtle energetic qualities in sunlight which Hindu's have referred to as "Prana". The subtle energies of the flower essences work their way through the physical circulatory systems of the blood stream and nerves to reach the meridians. One of the interconnecting pathways mentioned appears to be some type of electromagnetic network of energy flow that exist between the bloodstream and nervous system. The fact that flower essences come from flowers, which are the most concentrated area of the life force in plants, is one key reason why there is more life force in flower essences than in other forms of vibrational medicine. One of the interconnecting pathways mentioned appears to be some type of electromagnetic network of energy flow that exist between the bloodstream and nervous system.

GEM ELIXIRS

Gem elixirs as a form of vibrational therapy are able to amplify the energies already moving through the subtle structures of higher dimensional anatomy. Gem elixirs help to balance the physical body with the subtle bodies in a way that is closer to the flower essences, but they do not contain the energy of the life force to the same extent as do flower essences. Gem elixirs operate on the principle of sympathetic vibrational resonance. Gemstones and crystals have a unique molecular arrangement of geometrical symmetry. The geometrical symmetry of crystalline structure also has a unique frequency. These specific vibrational properties which are transferred to water during etheric imprinting via the sun method of gem elixir preparation. The molecular regularity of crystalline structures offers a stabilising energetic influence to cellular and biomolecular systems within the physical body. Healing through the use of gem elixirs takes place when crystalline patterns stored in the elixir are resonantly transferred to unstable molecular structures within the physical body.

As vibrational energy is transferred to specific molecular systems within the body, stabilisation of biochemical processes causes increased cellular organisation, organ repair, and a general shift toward physical health. Although gem elixirs work more closely to the physical body than many flower essences, they can still work on various levels of consciousness. Gem elixirs, like flower essences, are tinctures of liquid consciousness containing evolutionary patterns of the life force itself. Unlike flower essences, however gem elixirs may work strictly at the bimolecular level of the physical body without directly influencing the psychospiritual dynamics of the individual. There are unique energetic differences between flower essences and gem elixirs in regard to their therapeutic benefits. Gemstones function between flower essences and homeopathic remedies. When a physical gemstone is ingested after being crushed, it is closer to homeopathy and influences the physical body with medicinal, nutritional and antibiotic properties. When a gem is prepared into an elixir, however, using the sun in a method similar to preparing flower essences, that remedy functions slightly closer to flower essences and is more ethereal in its properties. Flower essences come from the living vehicle that holds the pattern of consciousness, while gems amplify consciousness.

HOMEOPATHY

Homeopathic remedies often vibrationally duplicate the physical disease in a person to push that imbalance out of the body. Homeopathy integrates into the subtle bodies but still function upon the vibrational level of the molecular structure, and is a bridge between traditional medicine and vibrational medicine. The sensitivity of homeopathic dilutions to energies such as heat, magnetic field, and ultrasound suggest that homeopathic remedies are indeed energetic medicines and such exposures is known to negate the bioactivity of the remedies.

SOUND THERAPY

Sound produces measurable vibratory feeling throughout the body. Certain sounds most likely have a healing influence upon the body because they influence the geometric patterns and organisation of cells and

living systems. Research on the link between sound and form and living systems was done by placing droplets of water on special plates that were vibrated by specialised sound transducers. These sonic generators could produce a wide variety of complex sound frequency patterns. Certain sound frequencies caused vibrating droplets of water to become ordered into beautiful symmetrical shapes and patterns that resembled living cells even complex organisms. One sound frequency caused the water droplet to assume the shape of the maple leaf. As soon as the sound was turned off, the water droplet would return to a simple circular shape. The similarities between sonically induced vibratory forms and the naturally occurring forms of living organisms led to speculate that sound and vibratory patterns contribute to the patterns of order in nature. Particular frequencies of sound might therapeutically alter the vibratory and physical structures of living systems. The key to sound healing would be knowing which sonic frequencies should be applied to the body for various disorders and how the sound should be applied.

COLOUR THERAPY

Chromotherapy is not new to the twentieth century. This unique art was applied in the healing temples of light and colour at Heliopolis in Egypt as well as in early Greece, China, and India. The selective use of colour vibration to treat human illness is a complex and intricate healing art. Colours may be applied alone or in special therapeutic combinations which tend to enhance the potential of colour healing through synergistic effects. The forms by which the frequencies of colour may be transmitted to patients are numerous. These methods include direct lighting from electric lamps or natural sunlight which has passed through various type of colour screens and filters, as well as hydrochromatic therapy, which utilises colour-solarised water. Each major visible colour has particular qualities that are linked to the chakra with which it resonates. An understanding of the nature of the chakras and their higher energetic links to body physiology helps one to understand the reasons for using particular colours to heal specific illnesses. For instance red, being of the lowest frequency energy, resonates with the first or root chakra in the coccygeal region. Because the root chakra regulates the vitality of the physical body, disorders such as anaemia, which are associated with severe fatigue, can sometimes be treated by exposing the body to light in the red spectrum. Colour tincture (Hydrochromatic therapy) which is the ingestion of water charged with the frequencies of the colour red may be used instead of direct therapy with red light rays. Distilled water may be placed in direct sunlight in coloured glass, during exposure to the pranic forces of sunlight the water becomes charged with the energetic frequency of the particular colour filter used.

ACUPUNCTURE

It is one of the most ancient methods of healing. The Chinese medicine system sees the human being as a microcosm within the universal macrocosm. Considers the state of universe to be a changing, dynamic equilibrium between opposites which they have characterised in their essence as yin and yang. The Chinese philosophy sees a healthy life as one which contains an even balance of the forces of yin and yang. The Five Element Theory of acupuncture model views Earth and the human body in terms of the five elements of creation, which are fire, earth, metal, water and wood. Each of the five elements is associated with particular acupuncture meridians and organ systems that energetically interact within the body.

One of the primary concepts of energy flow is that of Chi, a unique and subtle energy that flows and permeates. For every organ, there is energetic flow through two sets of meridians. The equal flow of Chi energies through the right and left meridians of the body reflects the basic yin/yang concept. The meridians distribute the subtle magnetic energies of Chi which provide sustenance and organisation for the physical-cellular structure of each organ system. The meridians can be viewed as electrical circuits which connect the superficial acupuncture points to deeper organ structures. It is essential for the health of the organ that there be sufficient energy in these circuits and that they all be balanced with respect to one another. The acupuncture meridian and nervous systems operate in complementary fashion.

Research confirming the meridian-organ link has been conducted utilising systematic measurement of the electrical characteristics of the meridian system. Stimulation of acupoints can be achieved by finger pressure, needles, electrical currents, sound waves and laser light. Electroacupuncture is the application of weak electrical currents to the acupuncture needles. Laserpuncture and sonopuncture are unique therapeutic approaches in that they employ the pure energetic frequencies of light and sound to heal human illness.

(the above 2½ pages are all from Richard Gerber's "Vibrational Medicine", 3rd ed.)