



Sharpen Our Skills

Importance of Sound
Frequency

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Lynne Johnson-Benaglio The Red Poppy



- Frequency is a measure of how often something happens within a specific time frame.
- The frequency of a sound wave determines its pitch. Higher frequencies correspond to higher pitches.
- Vibration means quickly moving back and forth (or up and down) about a point of equilibrium
- Vibration can significantly affect the human body. Depending on the intensity, frequency, and duration of exposure, vibration can lead to both short-term and long-term health issues, including musculoskeletal problems, nerve damage, and circulatory issues.

Ways to raise your frequency:

- Decrease exposure to low vibrational/ frequency people (constant complainers, negative nillies, people that aren't happy for your success)
- Decrease WiFi, negative input (scary shows, negative music, fighting, sexualization)
- Wear cottons/ linens, natural fibers. Sheets/bedding same.
- Hang chimes near your window
- Hang around happy children and purring cats.
- Walk in nature
- Be grateful
- Seek joy
- Sound baths
- Music therapy