

Frequencies and Vibrations

In the world of Phyto-Resonance, it is essential to understand the difference between vibration and frequency, two concepts often confused, but which do not mean exactly the same thing.

Vibration refers to the movement itself—the oscillation, the fact that something moves, undulates, or pulses. Everything that exists, whether an atom, a plant, or a living organism, is in motion and constantly vibrating. Vibration is therefore the primary expression of energy in both the physical and subtle world. It constitutes energetic information: it is the way energy manifests, circulates, and communicates.

Frequency, on the other hand, is the measurement of that vibration. It indicates how many times a vibration repeats within a given period, usually expressed in seconds, and measured in hertz (Hz). If vibration is the energetic information, frequency is its numerical language. Frequency allows us to quantify and work with this energy in a precise way. It is thanks to frequency that we can interact with, amplify, reproduce, or modify a vibration.

In Phyto-Resonance, understanding and using frequencies is essential to target imbalances in the body and pathogens effectively.

Every living element has its own vibratory signature, meaning a unique set of vibrations and frequencies. A pathogen, for example, vibrates at a specific dominant frequency that can be identified and targeted. Similarly, each plant has its own vibratory signature, composed of multiple frequencies. Some of these correspond to those of pathogens, which allows, through the principle of resonance, to neutralize or eliminate the disruptive agent.

Thus, plants do not merely provide molecules or chemical compounds; they convey a complete vibratory information, which can act directly on an energetic or pathogenic imbalance.

The energetic approach of Phyto-Resonance is therefore based on the distinction and combined use of these two concepts. Vibration represents the overall, subtle, and dynamic information of an organism or plant, while frequency allows it to be quantified, reproduced, and transmitted in a targeted manner. By working with these frequencies, it becomes possible to intervene directly on the body, on specific organs, tissues, or specific pathogens, while respecting the natural energetic logic of living beings.

Understanding this distinction between vibration and frequency is a key to grasping how Phyto-Resonance works: it is not matter that acts, but the energy and information it carries.

The vibrations of plants, when correctly identified and applied according to their frequency, allow direct, precise, and powerful action.

Joy & Love, Cathy