



# How long should I run the unit/frequencies?

## Q&A – “How Long”

- **How long should I run the unit/frequencies?**
- Less is generally better than “overdoing it” Use it for how much you feel necessary or beneficial, don’t overdo it. If it makes you feel BAD .... THAT is “too long”! (It also typically means it IS WORKING!)
- We recommend you to refer to the document Bioenergetics Session Considerations (PDF, 4.7MB) for more information.
- Usually, running individual frequency from 120 seconds up to 300 seconds should be enough. Individual scripted sessions, even in severe crisis scenarios typically 1-2 hours total.





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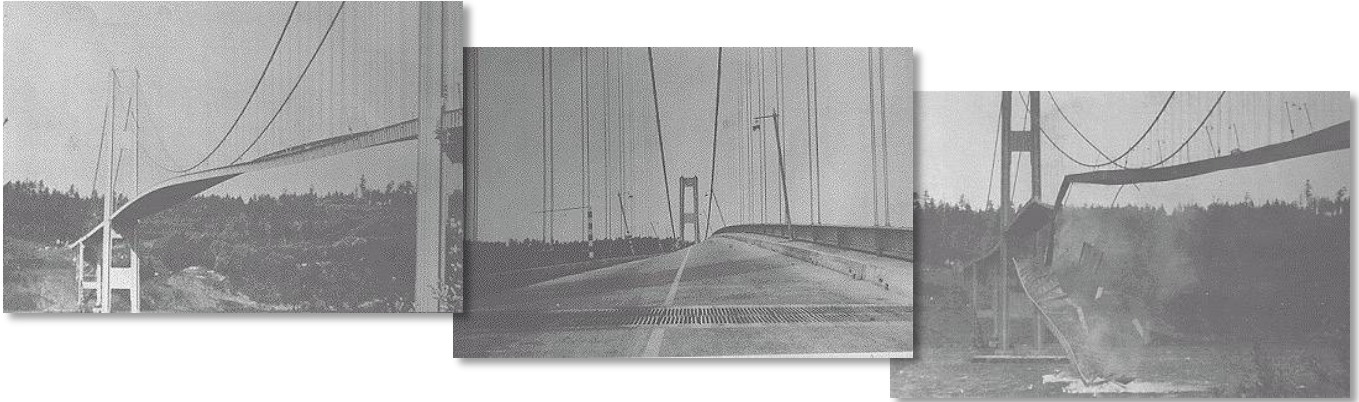
Resonant frequency technology involves many concepts, of which destructive resonance is a primary one. When people learn of this technology, destructive resonance is the mechanism most think about. In some cases, it is the furthest extent of their knowledge of the subject.

Although many use the analogy of the old Ella Fitzgerald/Memorex commercial where her voice is theoretically breaking a glass, many other liken it to “vibrating it apart”. This is simply NOT how this technology works!!!

In actuality, we are speaking about the transfer of energy. Even in the commercial, a sustained note of perfect pitch was required.

This sustained note, AT RESONANCE, was an absolute requirement for the glass to absorb the energy being delivered and accumulated to the point of self-destruction.





Perhaps an even more graphic illustration is the destruction of the Tacoma Narrows Bridge on November 7, 1940. That day there was a CONSTANT 40 mph wind blowing across the bridge. By chance, this was (obviously) precisely the resonant frequency of the bridge. The energy was absorbed and accumulated, causing the rhythmic bucking and swaying of the bridge for hours. The enormous steel girders eventually lost all structural integrity and the roadway collapsed.

What occurred here is not so unlike what we are attempting to do to the cell membrane of pathogenic cells. Like the bridge, a consistent resonant signal must be delivered for a sufficient amount of time to accomplish the desired destructive resonance action.

*Note: We will re-illustrate this issue and its importance more in depth when we discuss “Sweeps vs. Micro-stepping” and further expose some of the poor information being propagated on the internet.*

In the case of the Tacoma Narrows bridge, if the wind had changed speeds even for a few minutes, the bridges motion would have quickly settled down as it had many times before. The destruction would not have occurred.

Likewise, to utilize a single frequency in a script of many for - as an example - 60 seconds, might not be enough to bring about the destructive resonance desired. In most of our work, we utilize 120 or 300 seconds as an absolute minimum. This allows for more effective application before moving to another frequency and likely a different target or intent.

Although the Rife community is focused almost exclusively on targeted pathogenic destruction, there are many other important mechanisms that can bring about the same long term goals. Most of the scripts designed by PulsedTech researchers employ mechanisms of many concerns into a strategic and usually very effective session.

***Those who choose to look at Rife ONLY in the destructive mechanisms that have typically become associated with the technology... are probably missing out on about 98% of the capabilities the science has to offer.***

*Jimmie Holman, Pulsed Technologies*



When considering total length of exposure time, this can vary greatly from the type of instrument used to the appropriateness of application. Frankly, the use of some devices we have seen is a total waste of time, although they might have helped introduce the user to the simplest of fundamental resonant frequency concepts.

Scripts of targeted destructive resonance, when “on-target” and successfully devitalize (or kill) pathogens may destroy more than your body can quickly eliminate. This is quite common in initial sessions when pathogen load is high.

The resulting Jarisch-Herxheimer reaction will subside once the pathogenic toxic debris is flushed from the body via normal biological processes. (Drink plenty of water!)

However, if you are reaching this point, it is wise to slightly reduce overall session time ... at least in the beginning. As the pathogenic load shrinks little by little, so will the reaction.

I would recommend reading 2 short 1 page articles found in this Q&A area.

**How do I minimize the reaction?** – found in the *Questions & Answers* area of *The Electric Human*  
**Water & Water Quality** - found in the *Strategies and Considerations Briefs* of *The Electric Human*

Our experience has been that users who consistently feel bad as a result of sessions often become reluctant or even non-compliant and make their path to recovery longer and unnecessarily unpleasant. Unfortunately, they are often following bad information from well meaning, but “less than knowledgeable” associates or info from unknown sources.

A well planned strategic protocol should be a pleasant and invigorating experience, leaving the user better off EVERY TIME the instruments are used. It should work into the user’s daily schedule and down time so that they consistently use the session protocols. Consistency is VERY important.

Holistic approaches which consider diet, exercise, detoxification etc. can have an amazing impact on the rate of return to wellness!

