The 11 Frequency Levels

In-Depth Descriptions & Questions - QFF Practitioner Guide Only.

Remember, every frequency level is simply a frequency bandwidth, like a radio station. And every memory or experience is like a song that's playing on that station, and we just want to find out which song.

The frequency levels have 2 important functions: first to help the person's brain understand the information it's receiving and be able to decipher it using the context of the frequency level. For example, if the context is frequency level 6 (epigenetic) then their brain is able to make sense of odd information that's actually about an ancestor, not their own experience. And second, having a frequency level directs their intention inside the quantum field.

I've given you more information here about each level so you can understand what you're doing and why – feel free to explain it in your own way - you don't need to explain all of it to the client. Trust yourself with it.

General Questions

These same questions apply at many of the frequency levels.

At other levels there may be other specific questions – check each level below.

Questions to ask:

- **How old was I?**
- **Ask guidance: Please show me the specific memory or experience?**
- **(Follow with: Notice what comes to you or suddenly occurs or jumps to mind.)**

(If it's someone with not much experience – remind them to be curious and relaxed and just allow it to appear or occur to you, even if you have no idea why you're suddenly thinking about that.)

If the client doesn't get an age, it's a different life. Guide them to stay curious and allow it, even though it will feel like they're making it up, since it isn't a remembered experience.

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Level 1: Physical

The pattern is located in the frequency band relating to the physical body. It may relate to a physical element or condition, but that's not the focus, the person doesn't need to focus on anything physical. It simply gives their brain an understanding of where the pattern is. There's nothing more to explain or understand at this level.

Use the general questions at the top of the page.

Level 2: Etheric (Energetic)

Often talked about asa layer within the aura, this level simply means it relates to the energy field. There's nothing else to understand.

Use the general questions at the top of the page.

Level 3: Emotional

This frequency band relates to things that are stored at the emotional level.

Use the general questions at the top of the page.

Level 4: Family

This frequency band refers to experiences you've had in your family group in this life, including experiences you've had and beliefs that have been passed down to you.

Use the general questions at the top of the page.

Level 5: Spiritual

Experiences that relate to your spiritual growth and awareness.

Use the general questions at the top of the page.

Level 6: DNA/Epigenetic

Patterns at this level relate to trauma or experiences of your ancestors that have changed your DNA through epigenetic changes. There's no need to understand how this happens, we know that people's experiences change their DNA and this is passed down through the ancestral line.

Explain to the client that their attention will be taken to one side of their family or the other, the mother's line or the father's line. Guidance will then take them to a particular person's experience, which may be way back. It could be a grandparent they know and have some awareness of, or it could be someone they have no connection to and know nothing about.

Simply allow guidance to bring the information forward, it's quite likely to be someone they know nothing about, and they allow guidance to give the information about the experience that person had, which was significant and traumatic for them, and has been saved at the DNA frequency level in order to keep the client safe.

Questions to ask:

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- **Ask guidance: Who is that person, and what was their experience?**

Remind the client they will feel like they're making this up.

Level 7: Soul Awareness

Experiences or memories that relate in some way to your life purpose. No need to ask about purpose directly, the experience could be viewed from that angle, but that's not the intention.

Use the general questions at the top of the page.

Level 8: Fractal

Scientific context: A fractal is a pattern that repeats endlessly at every scale, zoom into any part and you see the same shape echoing the whole. In a quantum field, this shows up as a self-similar pattern repeating through the underlying structure, whether in how energy is distributed, how particles move, or the fine structure of the field itself.

In this context: The pattern we're looking for is something that keeps repeating across lives, the same soul in different bodies, different experiences, and yet the same thing keeps happening over and over. It's a much more zoomed out way of understanding something that repeats itself, for example loss, starvation, rejection, isolation, persecution, bullying, and so on.

Questions to ask:

- **Ask guidance: What is this fractal about? What is the repeated experience across lifetimes?**

You might receive a word that describes what it's about, or you might receive information about a specific life or insight about a particular experience that represents what the fractal pattern is.

Level 9: Parallel World

Scientific context: Scientific theories of parallel universes, often called the multiverse, propose that our universe is not the only one. Multiple or infinite distinct realities exist side by side, governed by frameworks in cosmology and quantum mechanics.

In this context: The person is having an experience on a parallel world, meaning they are exactly the same person in a different time-space. This is not another lifetime, another life, or another body, it's the same self as they are now, in a sliding door situation. Something they're experiencing on a parallel world either requires transformation, or could be a resource that's useful to them.

They may find themselves in the same body, experiencing the same situation completely differently, in a way they don't expect. They may have dealt with it using a different inner resource that would be beneficial in this time-space. Or they may be shown or gain insight that they're having a difficult experience on another world that is affecting them in this time-space.

While we tend to apply good or bad, positive or negative to experiences, that's not necessary here, they're just patterns. Neither is good or bad, they simply are what's required to be noticed. This requires the client to trust their guidance to deliver the information, stay curious, and accept they will feel like they're making it up.

Questions to ask:

- **Ask guidance: What's happening in this parallel world? Whats the experience I'm having?**

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Level 10: Stem Cell

This one is still under investigation, we're still learning more about it.

Scientific context, in simple terms: Every cell carries the same DNA, like a master record containing every song your body can play. Epigenetics decides which songs actually get played, by turning some tracks up and muting others, so a stem cell becomes a heart cell, a skin cell, a brain cell. Life experiences and trauma can act like scratches on that record, causing the cell's reading to skip and get stuck, so it stops playing its correct instructions.

In this context: At this frequency level, we're being directed to change a specific epigenetic marker that was altered by an original traumatic or difficult experience, which changed the operation of a particular stem cell. We don't need to know what cell it is, though it may relate to whatever the client is presenting with, particularly if it's physical, an illness or disease. We have no proof of this and won't ever know for certain, we're simply operating on where guidance directs us to work. It may not be operating only at a physical level either, it could be emotional, spiritual, or at an identity level. We don't need to understand that, we're just looking for the experience that relates to this frequency level and letting the intelligence of guidance do the rest.

How this differs from Level 6: Level 6 (DNA/Epigenetics) deals with ancestral trauma passed down the family line. Level 10 (Stem Cell) is asking about this life only, we are not looking at ancestral lines here.

Use the general questions at the top of the page.

Level 11: Soul Separation

This level is still under investigation and exploration. It doesn't seem to come up that often so far.

In order for us to have an experience of being separate, our soul needed to individuate from the whole at some point and forget it was the oneness. This level takes us to that very specific moment when the soul separated from the whole. The memory or experience is what the soul experienced at the moment of separation. Sometimes people have described their experience as the soul feeling unprepared, or suddenly alone and disconnected – which plays out in their current life as a sense of feeling disconnected from who they really are.

This has also been described as a person's experience of feeling their soul is doing something different to what they want as a human, or feeling separate from everyone else, not fitting in, not belonging, or a memory of not feeling integrated within themselves in a way they can't explain.

This is a difficult or traumatic experience of separation - that is still playing out now. To connect the dots go back and look at the emotions the person began with and compare to what they experienced at the moment of separation.

Questions to ask:

- **Ask guidance: What did I experience/how did I feel at the moment of separation from (God, the whole, oneness etc), as I became physical?**

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