With Jenny McFadden

The Quantum Freedom Formula

Intuition and Healing Evolution

Foundation Practitioner Training 2026

Workshop 3

Jenny McFadden 2026

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.

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:

- **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?**

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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Steps 6–9 — Practitioner Script & Notes

Step 6 – Ask for Transformation

What to say:

> *Now, ask your Divine Guide: "Please transform the energy of these patterns into something else that's beneficial and beautiful for me, across all time, space, and dimensions. Thank you, thank you, thank you." Submit that request, give it to them, and let go. Once you've done that, nod to let me know, and I'll take you through the next step, which is to activate the power of your heart field.*

Step 7 - Heart Activation

What to say:

> *Now bring your awareness to your heart. If you like, you can put your hand on your heart and breathe into your heart energy. Take a big breath in, and do a nice long breath out.*
>
> *Now bring to mind someone you're really grateful for in your life, whether it's a family member, a friend, an animal, someone here, or someone who's crossed over. Think about them and say to them how grateful you are for them in your life. Say, "I love you, I appreciate you in my life. Thank you."*
>
> *Pause.*
>
> *As you do that, you'll notice your heart energy begin to soften, relax, and expand. It opens up and flows outward. Just notice it doing that, growing bigger and bigger, powered by your heart energy.*
>
> *As it expands you're able to have a sense of sitting inside your heart field, like sitting in a room, maybe you're sitting in a comfy chair looking out, or maybe you just feel surrounded by the energy, you sense a real feeling of peace.*
>
> *Pause.*
>
> *Now you can look out and watch what your Divine Guide is doing with those energy patterns. Just notice the feeling of peace and calm and observe what's happening. Stay in that beautiful place, noticing whatever you notice. Perhaps it's a vision of what your Guide is doing, or perhaps it's just a sensation of something occurring. Whatever you notice is perfect.*
>
> *Remain there until you yawn, cry, or sigh - that's your way of knowing the energy is shifting. Stay there until you feel complete and the energy has run through.*

And I'm going to do it with you now, too.

Practitioner note - your own role in this step:

While the client is in their heart field, you also connect in to your own guidance, go to your own heart, and request that any patterns you're holding that mirror your client's also be transformed. Stay in that space with the yawn, sigh, or cry until both you and the client are complete.

The reason for this: two people doing energy work and moving into the quantum field together is more powerful than one, that's the law of energy. And every client who comes to us is a mirror for us to see ourselves, because we are all one. As you transform the same energies within yourself, you're also supporting the transformation of the client. Everybody benefits.

Of course, you're not going into the detail of what your own patterns are about, you're simply reflecting back the same energies as the client and standing in that space with them.

Step 8 – Reprogram Your Field

Once that part is complete, and there's been time to breathe, have a drink, and wipe any tears, we move to the next step, which is informing the field of the new frequency.

What you say:

Now that those energies have been transformed, you are free to choose who you want to be.

When you stand in that space, you are aligned, strong, and congruent in your intention and your ability to manifest.

Your frequency is what creates your reality, and your frequency is determined primarily by your thoughts and feelings.

Now you can choose who you want to be, how you want to feel, and what you want to have happen, knowing that those safety patterns are no longer causing sabotage.

What situation do you think you'd choose - and how would you be feeling?

You'll need to take a moment to really bring that feeling online, because every feeling you want already exists within you, it's just this time it's going to be more aligned, powerful and safe to feel those things.

For example - adapt the following for your client – what did they say that wanted at the start?

(this example follows a client who lacked confidence putting themselves out there):

So what if you were to imagine… (standing in front of an audience, being received with applause, and feeling excited, open, amazed, and thankful, thinking to yourself, this is incredible, I'm so lucky to be here, this is amazing, I feel so good and so aligned doing this.)

Take a moment and think about what it is you really want. Then, in a moment, I want you to put yourself in that situation and imagine you're there right now.

You're in your body, looking out of your own eyes, seeing in colour, and it's like a movie, everything is moving. You can look around, you can hear yourself thinking, and you can feel those feelings.

And then, I want you to turn up the volume, just like you would on your phone.

Turn up the sound. Turn up the colour. Turn up the brightness.

And more importantly, turn up the feelings.

I'm going to give you a couple of minutes to do that on your own.

Take as long as you'd like, and let me know when you're finished.

Once they've opened their eyes and had a moment:

What did you experience?

Practitioner note - sub-modalities matter:

It's really important that you actually name the colour, the sound, the feelings, and the movement, these are sub-modalities, used in NLP to ensure someone can gain full access to an experience as if it's happening to them. It's important they see it through their own eyes, not looking on from the outside.

The reason: in that moment, they need to be telling the quantum field exactly who they are now and allowing the quantum field to respond to match that frequency, because that's how manifestation works.

When you're already the person you want to be, and already experiencing it through your own eyes, there's no difference to the quantum field – it speaks back to us in ways that match that frequency.

This doesn't mean you necessarily get exactly the thing you're imagining. But you WILL get something that matches your frequency, something that gives you more of those feelings, because how we feel and what we're thinking is really the key to creating or reality - it's how manifestation works.

When we transform a bunch of unconscious patterns that have been trying to protect us, we've moved a whole lot of blocks and obstacles out of the way.

Step 9 - Recheck the Charge. Experience the Magic!

What you say to the client:

*Now let's go back right to the start, and I want you to think about the **same exact situation that you started with,** which was [insert their specific situation]. Take a moment to really bring that back online. Have you got it?*

Okay, you said when you thought about this before, you felt [e.g. angry, 9/10]. What do you notice now? Is it the same? Has it dropped down?

And you said you were thinking, "I can't do this anymore, it's not fair," and you rated that a 10 out of 10. Where are you now?

(Continue to check the rest of what they originally rated.)

Practitioner note - what the ratings tell you:

In the majority of cases, the ratings will drop significantly, often to 0, but not always.

If something doesn't drop down, it tells you there are more patterns related to this issue that haven't been accessed yet.

The physical body can only handle so much change at once, it has to shift its frequency, and you don't want the person to feel very uncomfortable or have symptoms of adaptation, like headaches or extreme tiredness (it can happen).

Sometimes someone can be extremely tired afterwards, partly because working in the quantum field means working with your multidimensional self, which is a different frequency, and partly because the body has to adapt to those changes.