



NeuralSync™ Rife Frequencies Manual

Introduction

NeuralSync™ Rife frequency audios use carefully curated sequential sweeps of all known Rife “MOR” (Mortal Oscillatory Rate) frequencies targeted for various conditions. Each program also contains healing and detox frequencies for a more complete, supportive protocol.

Sound travels about five times more efficiently in water than air, making the human body (which is mostly water) an ideal conductor for targeted frequency therapy.

What You Need

- Over-the-ear headphones (not earbuds)
 - [SleepPhones®](#) (soft wraparound headphones; comfortable for overnight/body placement)
 - Full-range external speakers
 - Portable Bluetooth or conduction speakers (must be waterproof for use in the bath)
 - Do not use laptop speakers, phone speakers, or standard earbuds (they lack the necessary frequency output and range)
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Application Methods

- Place headphones directly on the body part you want to treat, or over your solar plexus (just below your breastbone) for whole-body/systemic effects.
- Use [SleepPhones®](#) on your head as normal headphones, or wrap around your torso/solar plexus or any area for maximum comfort during long or overnight sessions.
- Sit or lie 1–3 feet from speakers, facing the area to be treated or the solar plexus.
- Place portable/Bluetooth speakers directly on the targeted area or over the solar plexus.
- For the bath: Only use waterproof conduction speakers, placed on the side, floor, or on a floating platform in the tub.

Placement & Targeting

- For local conditions: Place headphones, [SleepPhones®](#), or speakers on or near the problem area (for example, wrist, knee, gut, etc.).
- For systemic or whole-body use: Place headphones, [SleepPhones®](#), or speakers over the solar plexus. All blood passes through this spot every 20 minutes, distributing frequencies systemically.
- For skin issues: Place gently over the affected skin area or nerve.
- For gut/immune/general wellness: Focus on the abdomen or solar plexus.

Volume Settings

- Headphones/[SleepPhones®](#) on body: Set to 100% volume.
- Headphones/[SleepPhones®](#) on ears: Use a comfortable volume level (not too loud).
- Speakers: Use a medium volume—enough to feel the vibration but never painful or uncomfortable.
- For bath use: Use moderate volume safe for your ears and equipment.

Session Duration & Frequency

- Standard sessions: 30–60 minutes, twice daily. Most Rife recordings are 30 minutes long, loop as necessary to extend the session.
- Longer protocols (Parasite Cleanse, Shingles, Lyme, COVID Defense, RNA Repair, MRSA, HIV/AIDS): Use for 2–6 hours overnight or during deep rest. [SleepPhones®](#) are highly recommended for comfort during these sessions.
- Consistency is important: Use your session(s) every day for best results.

Hydration

- Drink 2–3 glasses of water before, during, and after every session. Lemon water is especially helpful.
- Good hydration improves frequency conduction and supports the body's detox process.

Long-Form/Overnight Sweep Protocol

- Hydrate before bed.

- Place [SleepPhones®](#), headphones, or a speaker on your solar plexus or the area of concern.
 - Set the proper volume (see above).
 - Start playback at bedtime and let it run for the entire session (overnight is ideal).
 - Hydrate again upon waking.
 - Continue nightly as needed, or move to maintenance as desired.
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Bath/Conduction Speaker Method

- Use only waterproof conduction speakers in the bath or tub.
 - Place the speaker in direct contact with the tub or on a safe floating platform.
 - Do NOT use any electronics not certified for water use near or in the bath.
 - Hydrate before and after your bath session.
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Best Practices

- Use high-quality, well-maintained equipment.
 - Clean headphones, [SleepPhones®](#), and speakers after use.
 - Adjust placement and volume to find what's most comfortable and most effective for your needs.
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What to Expect

- Possible sensations: tingling, warmth or a subtle pulsing feeling where you place the device.
 - Some users may notice mild detox symptoms (headache, fatigue, digestive changes) as the body balances—hydration helps. Reduce sessions if symptoms become uncomfortable and resume when better.
 - Progress is often gradual and builds with consistent, daily use.
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Troubleshooting

- If you feel overstimulated: lower the volume, shorten your session or try body placement instead of on ears.
- If your sleep is disrupted: use lower volume or switch to [SleepPhones®](#) wrapped around your solar plexus.

- If you notice no effect at first: continue with regular sessions—many benefits are cumulative and subtle in the beginning.
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Safety

- Only use waterproof speakers for bath/tub application; never use mains-powered equipment in the tub.
 - If you have a pacemaker, implant, seizure disorder or severe health condition, consult your physician before use.
 - Children should use these audios only under direct adult supervision and guidance.
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Frequently Asked Questions

- Can I use more than one device or placement at once?
 - Yes, for example, [SleepPhones®](#) on your solar plexus and a speaker on an area of local concern.
 - Will this work if I don't hear the frequencies?
 - Yes, many healing frequencies are outside the range of human hearing but can still be felt by the body.
 - Can I restart a session if interrupted?
 - Yes, simply resume or finish your time later the same day or night.
 - Can I use the bath/conduction method every day?
 - Yes, provided your speaker is waterproof and safe.
 - What if I experience mild detox effects?
 - Hydrate, rest and give your body time to adjust—detox responses are normal and temporary.
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Quick Start Checklist

- Use high-quality headphones, [SleepPhones®](#), or speakers—as appropriate for the situation.
- Place the device on or near the area you wish to support, or over your solar plexus for whole-body effects.
- Hydrate before and after every session.
- Use correct volume settings for body or ear placement.

- For overnight sessions, let the full track run during sleep—solar plexus placement is generally best.
 - Make frequency use a consistent daily practice for best outcomes.
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