

LightWorks Modes & Frequency Chart



To understand the use of frequencies for health, it is first necessary to recognize that everything, absolutely everything, is vibrating ... even seemingly solid materials are made up of atoms that are vibrating.

The frequencies of the LightWorks Modes are based on the work of Nogier, who discovered an unconventional way of measuring the healthy frequencies of the body.¹

Mode A 292 Hz	Thought to be related to cellular vitality, brain, eyes, ears, glands, nerves, skin, teeth, spine.
Mode B 584 Hz	Thought to be related to nutritional metabolism, bladder, ears, gall bladder, intestinal tract, liver, lungs, pancreas, parasympathetic nervous system, thymus, thyroid.
Mode C 1168 Hz	Thought to be related to movement, adrenals, blood, bone, cartilage, heart, kidneys, ligaments, lymph, muscle, ovaries, spleen, tendons, testes.
Mode D 2336 Hz	Thought to be related to balance, brain, nervous system, relaxation.
Mode E 4672 Hz	Thought to be related to nerves, peripheral nervous system, spine, skin.
Mode F 73 Hz	Thought to be related to emotions, bone, brain, circulation, muscle.
Mode G 146 Hz	Thought to be related to the mind, creating, imagining, thinking, brain, nervous system, relaxation.

1. Please be aware that this data has not been scientifically vetted, however, it is recognized by Wellness Modalities like Acupuncture.