

SONS  
ARISE!

Conferences  
and Intensives

[www.freedomarc.org/sonsarise](http://www.freedomarc.org/sonsarise)

*Welcome*



Freedom  
Apostolic Ministries

Sons Arise is the cry from the Father's heart to unveil, reveal and release His children into their full and glorious identity and inheritance as mature sons of God, the Elohim god-like ones



# Sons Arise

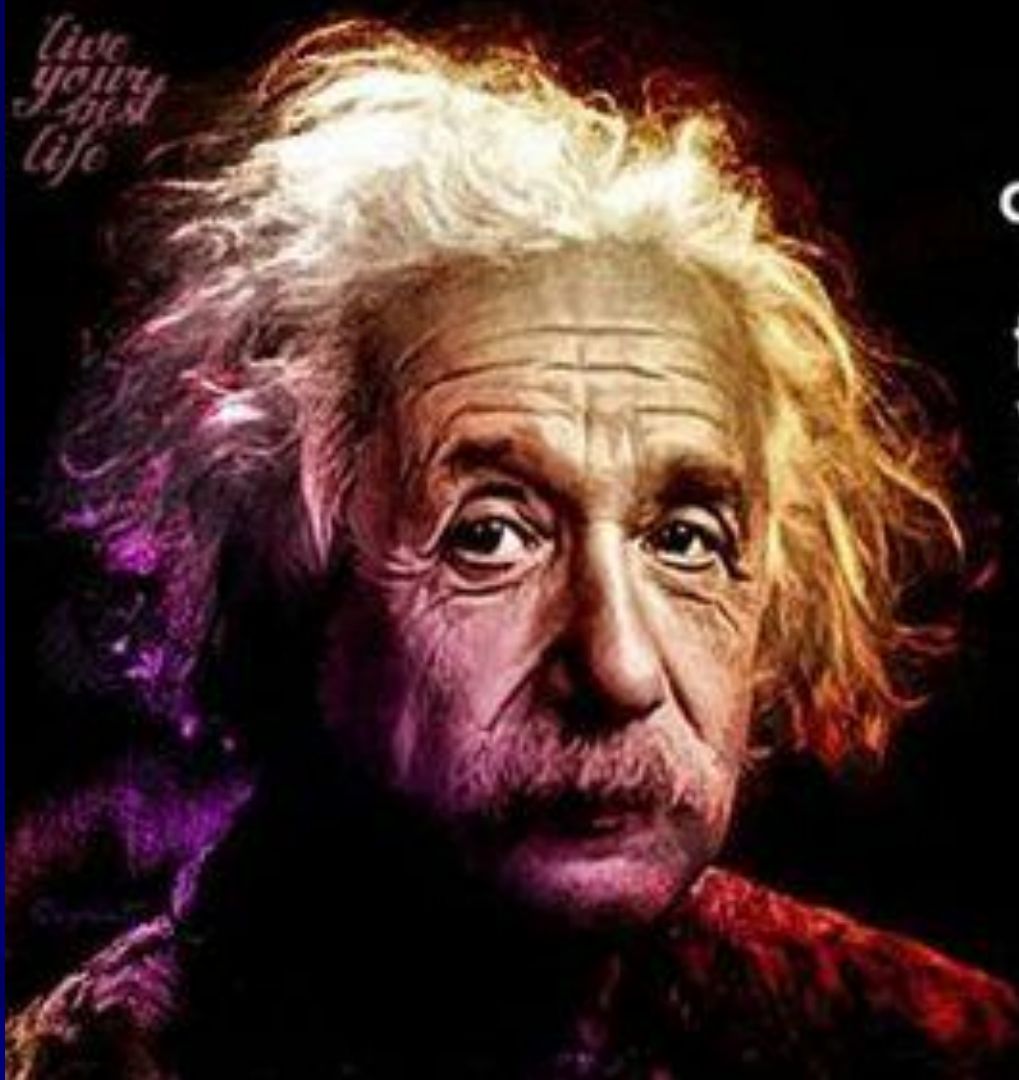
- Expanding our consciousness and renewing our minds is linked to using sound and light frequency
- The power of words and intentions to create reality
- Sound and frequencies and essential oils have a mental, emotional and physical impact on us





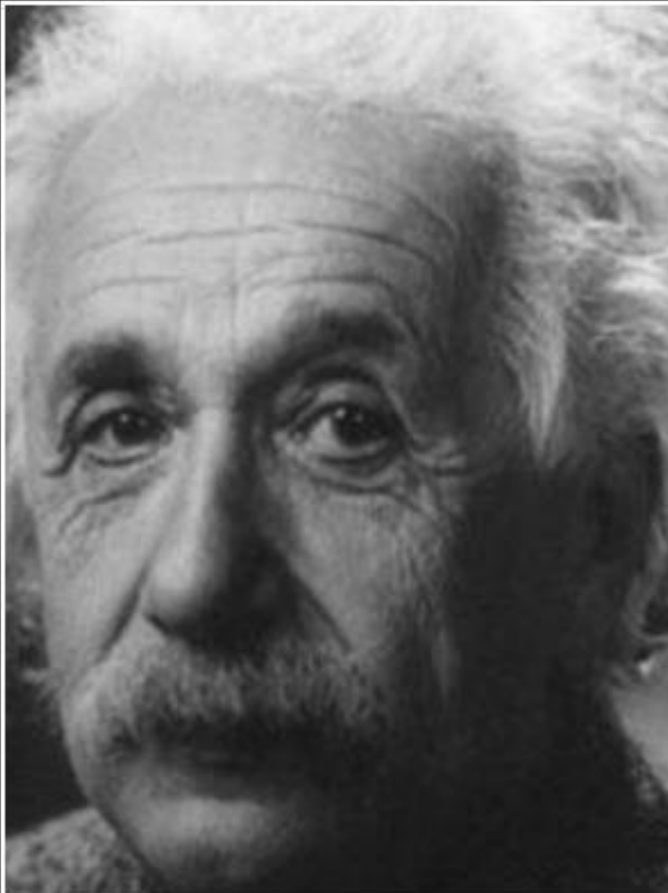
"If you wish to understand the  
Universe, think of energy,  
frequency and vibration."  
~ Nikola Tesla





"Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is **not** philosophy. This is **physics**"

- Albert Einstein



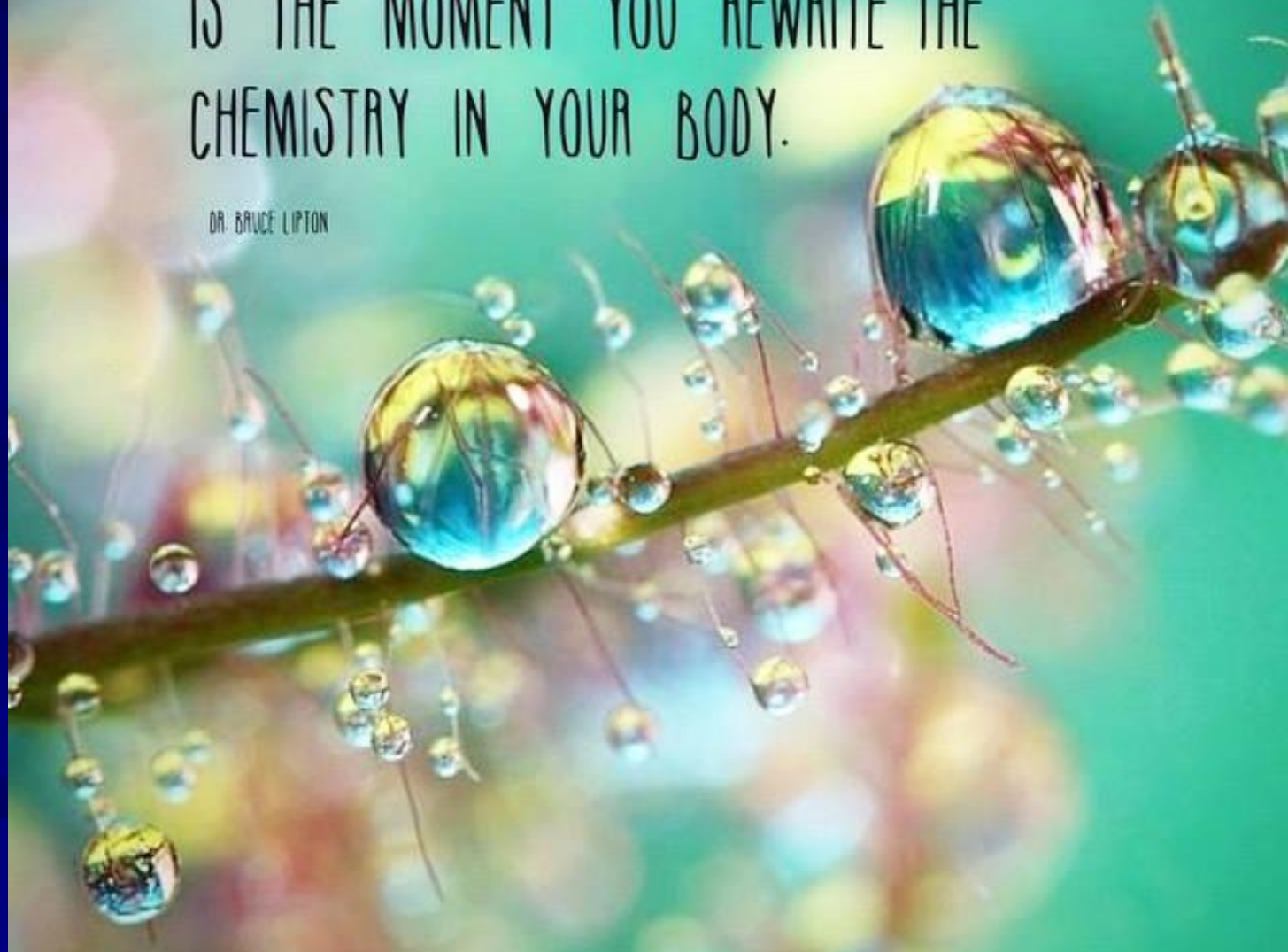
We are slowed down sound and light waves, a walking bundle of frequencies tuned into the cosmos. We are souls dressed up in sacred biochemical garments and our bodies are the instruments through which our souls play their music.

— *Albert Einstein* —

**AZ QUOTES**

THE MOMENT YOU CHANGE YOUR PERCEPTION,  
IS THE MOMENT YOU REWRITE THE  
CHEMISTRY IN YOUR BODY.

DR. BRUCE LIPTON







**VIBRATE  
AT THE HIGHEST  
POSSIBLE  
FREQUENCY**

A collection of various colorful gemstones and crystals arranged around the central text. The stones include agates with concentric bands, amethysts, citrines, and other translucent minerals in various shapes and sizes.

**VIBRATE**

at the highest  
frequency  
possible.



**VIBRATE ON A  
SUPER HIGH  
FREQUENCY**

**LIFE CHANGING**







# Sons Arise

- The Law of Vibration serves as the foundation for the Law of Attraction.
- To understand this it is important to know that everything is energy.  
Science, through Quantum Physics, is showing us that everything in our universe is energy.

# Sons Arise

- When we go down on a sub-atomic level we don't find matter, but pure energy. Some call this The Unified Field or The Matrix. Others talk about pure potentiality - all being energy.



# Sons Arise

- The Law of Vibration states that everything in the Universe moves and vibrates - everything is vibrating at one speed or another.
- Everything you see around you is vibrating at one frequency or another, and so are you.

# Sons Arise

- However, your frequency is different from other things in the universe and that's why it seems like we are separated from what you see around you; people, animals, plants, trees and so on.
- In truth we are not separated - we are all in fact living in an ocean of energy

# Sons Arise

- We are all connected at the lowest level - a level called The Unified Field.
- Everything has its own vibrational frequency - the table - the car - the chairs - the rock - even our thoughts and feelings.



# Sons Arise

- Science has shown that everything is energy. You, me and everything else has its own vibrational frequency.
- However, most people don't know this because they haven't realized that we are in a paradigm shift
- The so called new age have discovered truths that Christianity has rejected and abandoned

# Sons Arise

- A new "truth frame" is emerging an expanded consciousness revealing that we are vibrational beings living in a universe of frequency and vibration
- As sons we can use the knowledge of frequency to be fruitful, subdue and rule

# Sons Arise

- God is spirit, God is love and God is light
- God's is pure creative light that is beyond the speed of created light
- Love is the very essence of God's nature and is one of the highest frequencies that exists and we are God's sons made in His image to love and be loved



# Sons Arise

- We are spirit light frequency beings living a human being experience
- Our soul and spirit are composed of light which is electromagnetic energy that exists but can't be seen with our natural eyes

# Sons Arise

- Creation was spoken into existence with sound electromagnetic energy and continues to exist through the power of God's voice
- God's grace is the strings of vibrating energy within the fabric of everything
- Everything is connected and powered by zero point energy from another spiritual, quantum or non-local dimension

# Sons Arise

- There are dimensional realities that exist that are non-local and invisible to our natural eyes
- Heb 11:3 By faith we understand that the worlds were prepared by the word of God, so that what is seen was not made out of things which are visible.



# Sons Arise

- Col 1:15 He is the image of the invisible God, the firstborn of all creation. 16 For by Him all things were created, ... all things have been created through Him and for Him. 17 He is before all things, and in Him **all things hold together.**
- How?

# Sons Arise

- Heb 1:3 And He is the radiance of His glory and the exact representation of His nature, and upholds all things by the **word of His power**.
- Energy vibrating at a frequency holds creation together from a spiritual or quantum realm which is connected to us – some of you is there now

# Sons Arise

- There are many dimensions that exist that we can't see that fact is the mathematical foundation of string theory “the theory of everything”
- We are spirit beings with the capacity to engage those spiritual dimensions



# Sons Arise

- This room is filled with electromagnetic energy vibrating at frequency that you can't see naturally e.g. radio waves, TV waves, angelic beings
- We can tune into those waves with the right technology to hear and see

# Sons Arise

- There are higher frequency spirit beings (angels) that are in this room we can't see them with our physical eyes but we can tune the eyes of our heart and spirit to sense them and see them
- We are designed to be able to engage and connect spiritually

# Sons Arise

- God has given us a strategy to help fulfil our mandate to engage people and help them exchange their old DIY lives for their true identity and destinies as sons of God
- **A**lternative **C**hristian **T**herapies using light, sound, crystals, fragrances and oils are part of that strategy



# Sons Arise

- Aroma Touch
- RTE releasing toxic emotions using essential oils
- Forgiveness therapy
- Truth and identity therapy
- Light and crystal therapy
- Sound therapy using crystal bowls

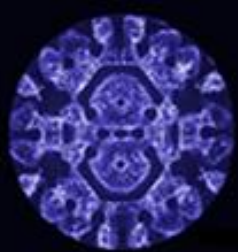
# Sons Arise

- Sound Healing, through various techniques and technologies, is the educated and conscious use of the energy of sound to reach identified goals and promote wellness in the human system – including mental, emotional and physical health

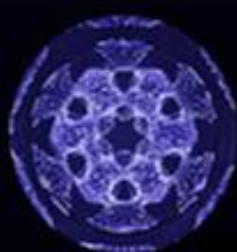
# Sons Arise

- Sound Healing is founded on the premise that all matter is vibrating at specific frequencies.
- Science has proven that sound vibrations have a strong impact upon substance.
- For example, the study of Cymatics has shown how sound creates geometric patterns in matter.





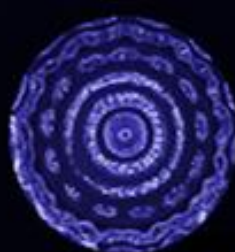
Piano note = A2



B2



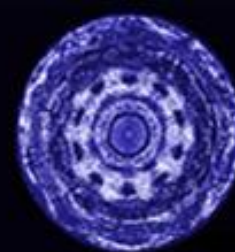
C#2



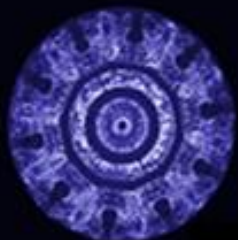
D#2



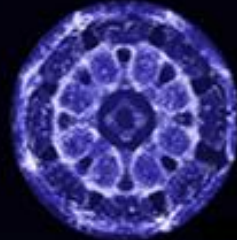
F2



G2



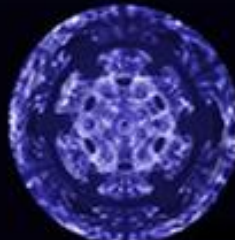
A#2



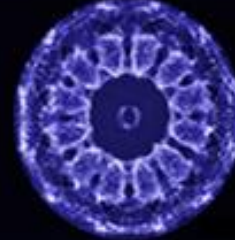
C2



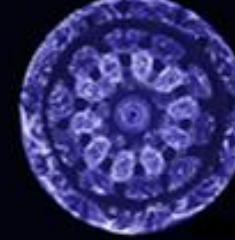
D2



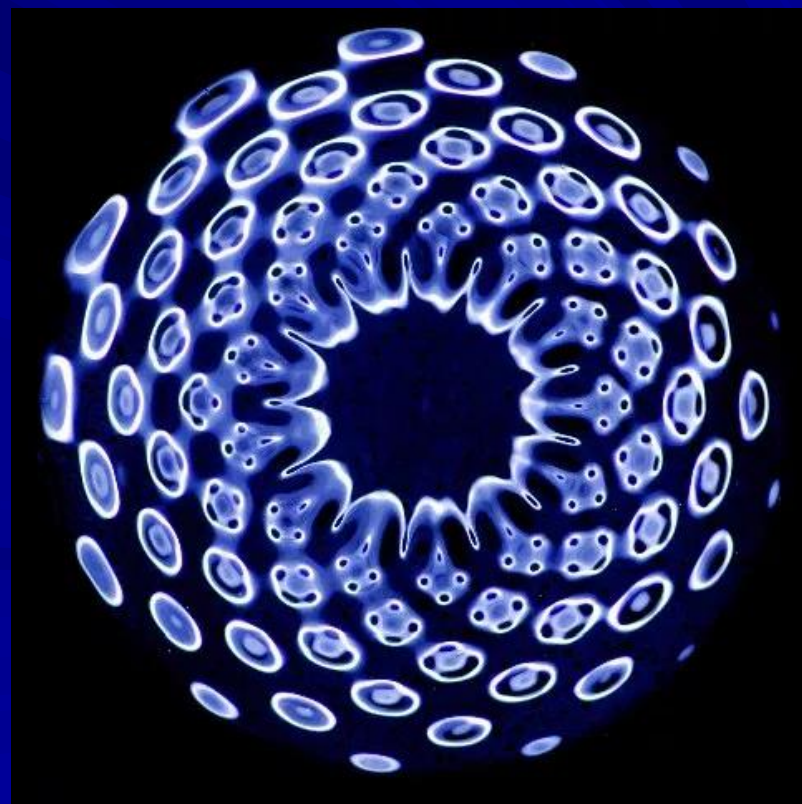
E2



F#2



G#2





# Sons Arise

- Dr. Emoto has proven that sound affects the molecular structure of water. We are approximately 70% water
- Sound also affects consciousness as our brains are approximately 80% water
- Many ancient civilizations and modern indigenous cultures have used sound to heal and access higher levels of consciousness for thousands of years.



A Heavy Metal Song



A Korean Folk Song,  
Ariran



Air on a G String, Bach



Amazing Grace



Edelwise



Farewell Song, Chopin



Heartbreak Hotel,  
Elvis Presley



Imagine, John Lennon



Moldau, Smetana



Pastorale, Beethoven



Symphony No. 40,  
Mozart



Tibetan Sutra



Yesterday, The Beatles

# Sons Arise

- Research has now shown that each of us has a root or soul frequency that we vibrate at.
- This frequency is most apparent when we are centred and grounded in rest or in love.
- The frequency also naturally emanates from us as an energy field when we are in a state of rest or peace







# Sons Arise

- Matt 11:28 “Come to Me, all who are weary and heavy-laden, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls.
- Rest, peace, trust and true identity comes in relationship with Jesus

# Sons Arise

- There are many frequencies that distract us from our own.
- There are sounds of everyday life phones, cars, trucks, trains, planes, electricity, and electromagnetism.
- There are the chaotic and distracted frequencies of disconnected people all around us.

# Sons Arise

- Probably the most difficult frequencies are the distracting frequencies within us -- such as chaotic and stressful thoughts and emotional pains and trauma memories connected to our past and brokenness and causing disharmony and fragmentation



# Sons Arise

- With all the chaos and inconsistency around us, it is easy to lose our frequency and peace by being influenced by the prevailing atmospheres over and around us
- We can overcome these problems by coming to Jesus to find rest and health for our souls and bodies

# Sons Arise

- One goal of using frequency and energy is to help people regain their identity by penetrating their limited and resistant mind-sets with truth
- Why don't we use normal Christian methods of healing?
- Who says these are not normal from God's perspective?

# Sons Arise

- Jesus used many different ways to heal people
- Some were instant miracles but some an ongoing therapeutic processes
- Jesus used words, energy fields, power, touch, spit, mud, directives, commands and rebukes to heal

# Sons Arise

- When any frequency is resonated within us, our root frequency is naturally triggered in relation to our soul frequency.
- Resonant agreements begin to take place at a subconscious level
- Changes can begin to take place, things reconnect, memories open up and realignment can occur



# Sons Arise

- Although this is a subconscious reaction different conditions can alter the affect it has on us
- Psychosomatic effects work through the interaction of mind and body.
- Faith, belief or fear can have a positive or negative effect

# Sons Arise

- Many other clinical studies (covered in Lynn McTaggart's book, "The Intention Experiment") have proven that our intention not only affects matter, it affects ourselves and others.
- Healing experiment even worked on people in the past

# Sons Arise

- Quantum Physics actually explains how this works. It is all based on the main law of resonance
- "A strong resonant frequency will overcome and entrain a weaker frequency into the same vibration as the stronger."

# Sons Arise

- Entrainment To pull or draw along after itself
- In essence, entrainment refers to a natural phenomenon in which one entity resonates synchronously with another in response to its dominant frequency of vibration.



# Sons Arise

- Brainwave entrainment, the practice of entraining one's brainwaves to a desired frequency.
- Entrainment (biomusicology), the synchronization of organisms to an external rhythm.
- Entrainment (chronobiology), the alignment of a circadian system's period and phase to the period and phase of an external rhythm.

# Sons Arise

- Even an intention is vibration.
- Some intentions are very pure, like sending love to someone. Some are more complex frequency combinations
- Since intention is simply a frequency, the strength and quality of the intention will contribute to its effectiveness.

# Sons Arise

- If you hold an intention of healing love for someone in need, it will be exponentially more powerful when you hold it without distraction.
- If you can hold the intention for an extended period of time with a heavenly focus – the “as it is in heaven” then manifestations will occur on earth as agreed in heaven

# Sons Arise

- It has also been proven that intention gets embedded into things like recorded music.
- So when you play back the music it is carried by the sound to the listener.
- Paul imparted into physical material to minister to people at distance



# Sons Arise

- $E=mc^2$  energy = mass times the speed of light squared
- The equation says that energy and mass (matter) are interchangeable; they are different forms of the same thing. Under the right conditions, energy can become mass, and vice versa.

# Sons Arise

- We can learn through the power of our conscious thoughts and words to create and choose a better reality for ourselves
- When connected spiritually to a higher power or reality and a higher dimension our consciousness can change our reality for the better

# Sons Arise

- Sound energy affects matter. Every geometrical shape corresponds to a sound mathematically.
- In fact, many believe that the information embedded in a sound, is the information that actually creates the shape of everything in nature.

# Sons Arise

- In nature, we find patterns, designs and structures from the most smallest unseen particles, to things seen by human eyes, to the greater cosmos.
- These inevitably follow geometrical patterns, which reveal to us the nature of each form and its vibrational resonances.

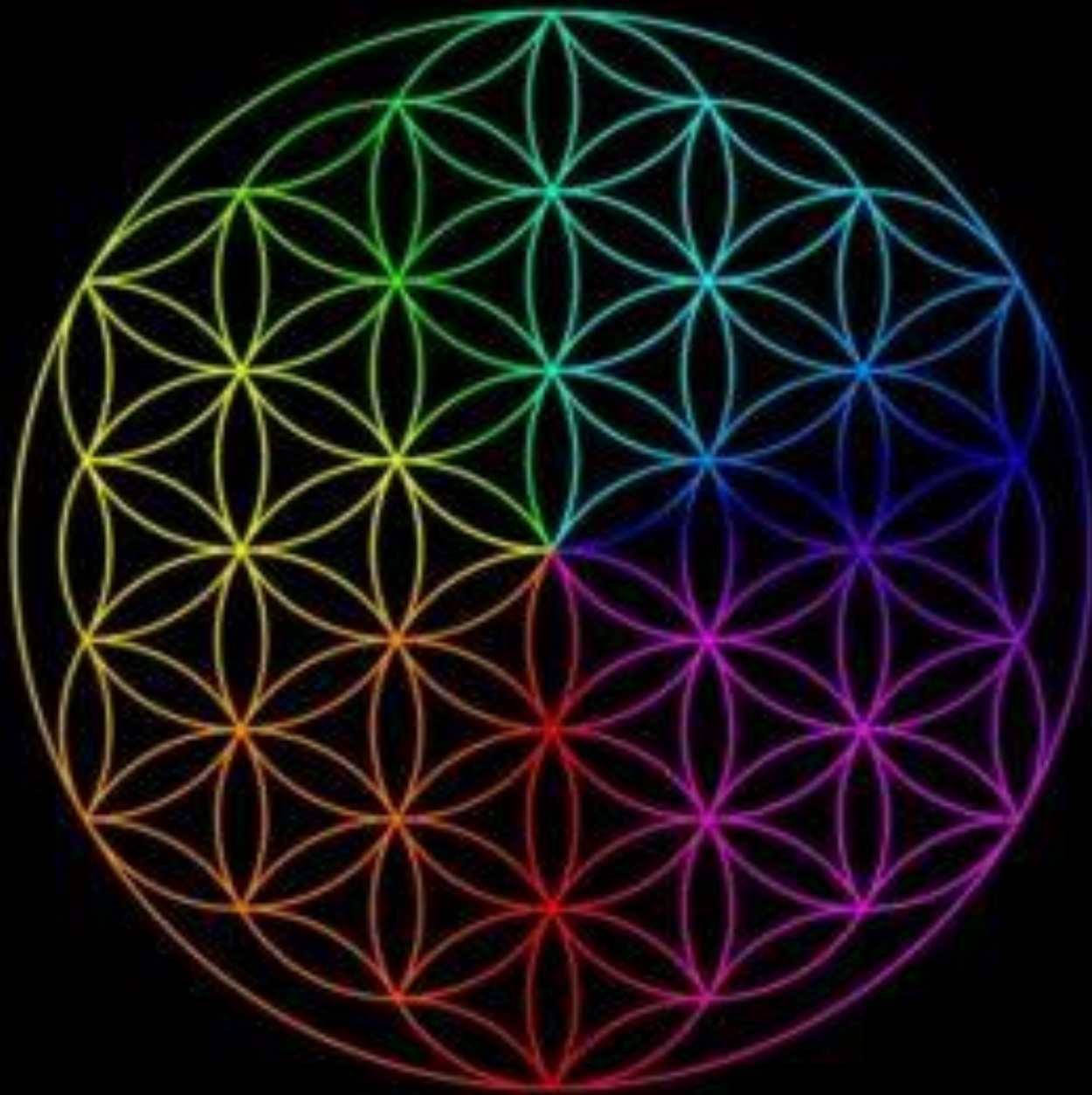


# Sons Arise

- Through connecting to frequency we can tune into creation and reconnect to our relationship with the whole of the created order
- Connecting to the sacred geometric foundation of everything
- We connect to creation as sons of God to answer its groan

# Sons Arise

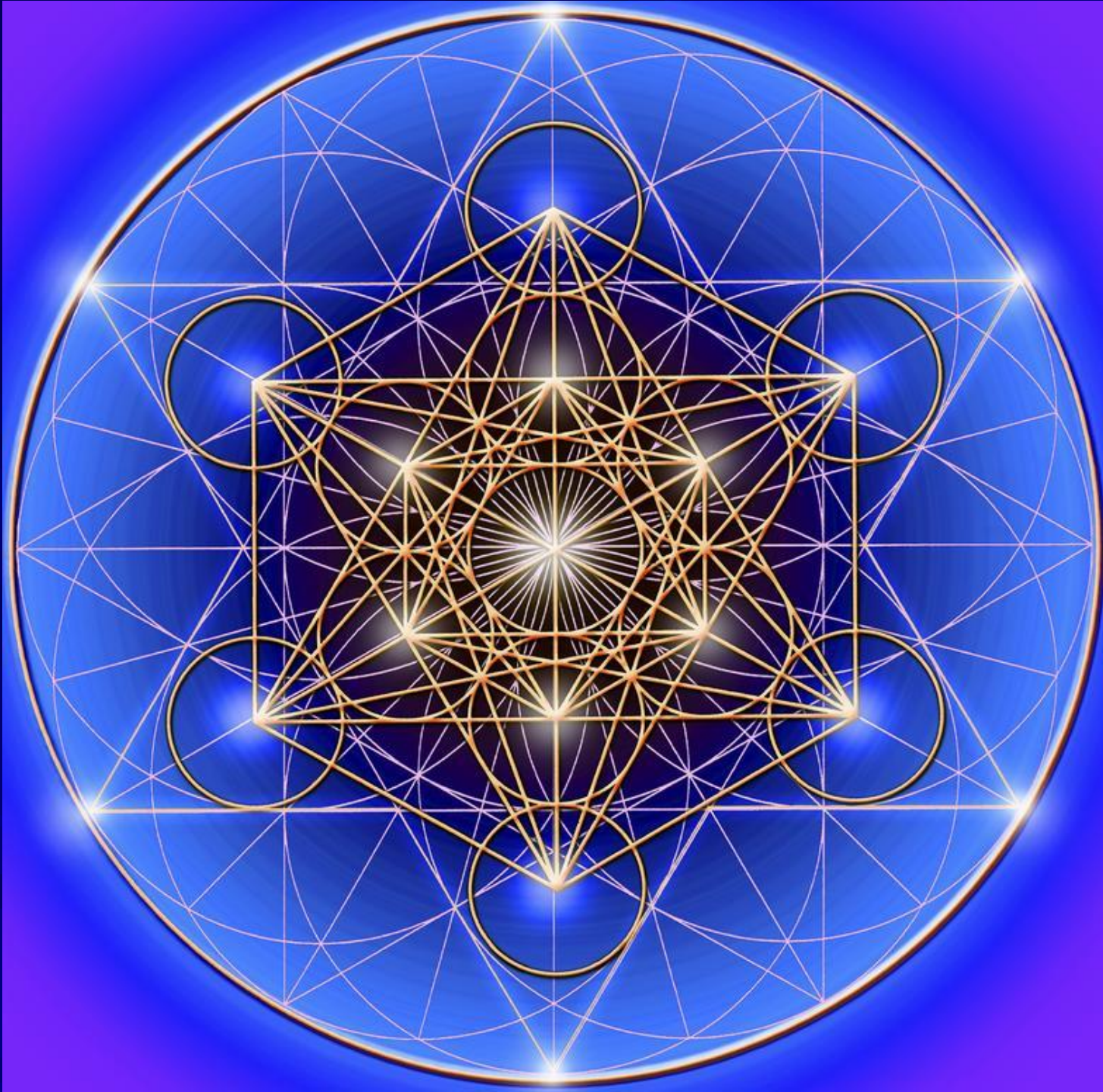
- The images are often called sacred geometry because they are part of the actual structure of the entire universe.
- God is the designer and creator
- The flower of life has every single component of reality imbedded in this one image which is connected to the tree of life and Metatron's cube



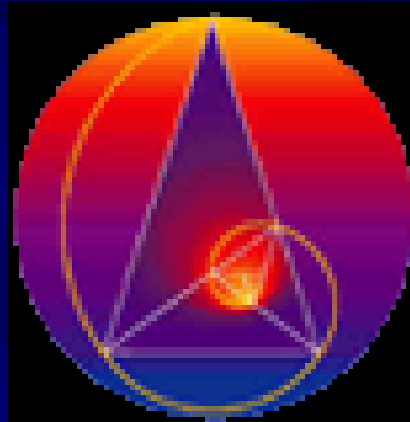






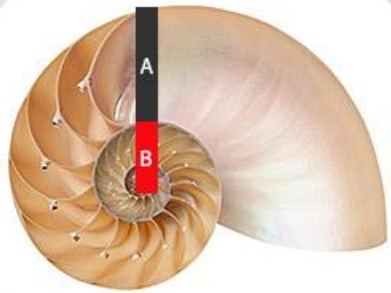


# Sons Arise

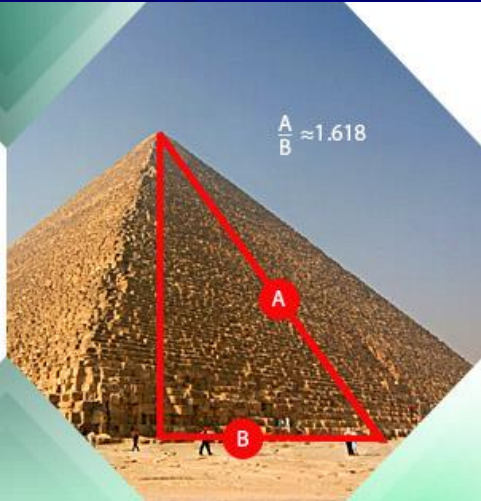


- The Golden Spiral is based on the Golden Mean ratio. This ratio is found throughout all life.  $\text{Phi} = 1.618\dots$
- Also, when a person is transmitting love, the heart actually creates a sound that is made up of golden mean harmonics.

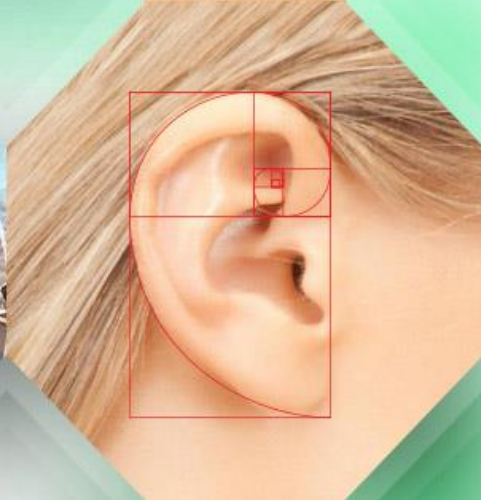
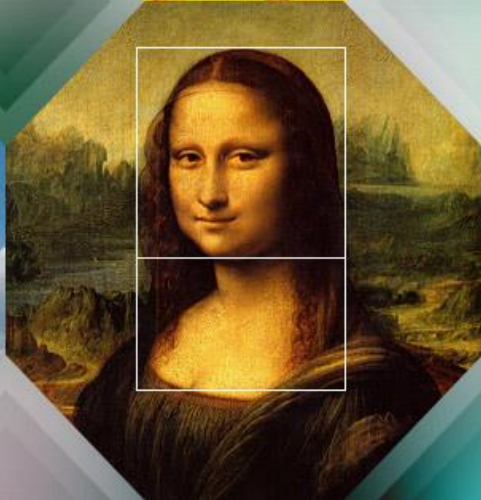




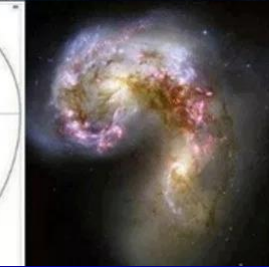
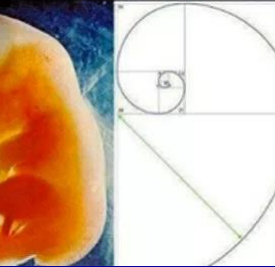
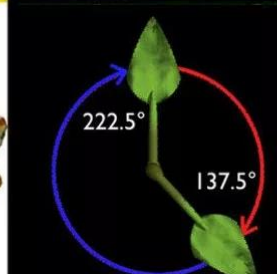
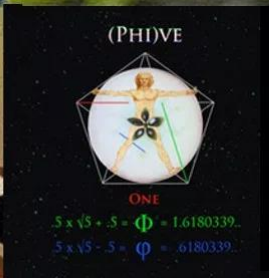
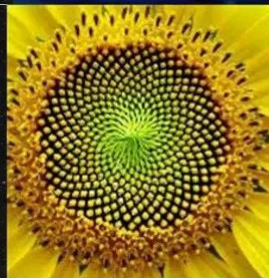
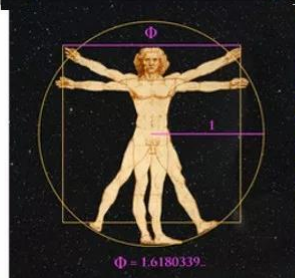
$$\frac{A}{B} \approx 1.618$$



$$\frac{A}{B} \approx 1.618$$









# Sons Arise

- Creation in its original form was harmonious and everything played its part in an amazing symphony of colour, sound and frequency all vibrating in unison
- With Satan's rebellion and the fall of man aspects of creation became discordant groaning and waiting for restoration

# Sons Arise

- There are many types of sound that can resonate intent -- frequencies, pitches, beats, musical intervals, music and energy.
- There are many people using different frequencies within musical composition and sounds with intent for different purposes like healing, realignment harmony, unity, love, joy and peace

# Sons Arise

- The most common musical interval used to express love and healing is the musical third (the 528Hz frequency is a musical third)
- 713HZ is known as the resurrection frequency and is restorative – music in 713Hz

# Sons Arise

- We are quite familiar with the natural music of love, which often has some sadness and melancholy about it because of mankind's lostness and brokenness
- Music can connect us emotionally to the intent and memory hence nostalgia



# Sons Arise

- The Blues, Blue grass, Jazz, Classical affects our mood and therefore our emotions
- Rock, pop, Dixieland, boogie-woogie, big band, swing, bebop, 'straight-ahead,' acid-jazz, fusion, and metaphysical and these can stir up many different emotions, such as sadness, happiness, and excitement.

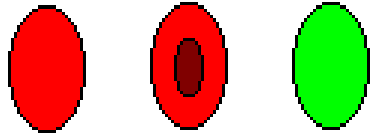
# Sons Arise

- Crystal bowls contain the qualities of amplification, storage, transfer, and transformation, they can be powerful tools in effecting change in ones life with intention
- It is important to approach the use of the bowls with intention flowing through the frequency of the notes.

# Sons Arise

- Crystals are biblical and were used for divine guidance
- God gave the gemstone breastplate to the high priest, Aaron, to help him spiritually discern answers to the people's questions that he asked God while praying in the tabernacle.

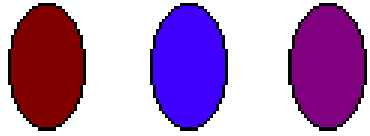
## Breast-Plate



Sardius  
Judah

Sardonyx  
Issachar

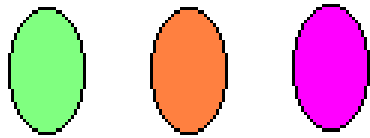
Emerald  
Zebulun



Carnelian  
Reuben

Sapphire  
Simeon

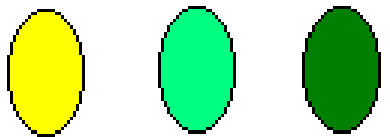
Jasper  
Gad



Chrysoprase  
Ephraim

Jacinth  
Manasseh

Amethyst  
Benjamin



Chrysolite  
Dan

Beryl  
Asher

Peridot  
Naphtali

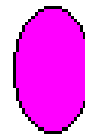
## Chart #1



Chrysoprase  
Ephraim



Jacinth  
Manasseh



Amethyst  
Benjamin

## Encampment



Peridot  
Naphtali

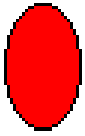


Beryl  
Asher

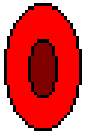


Chrysolite  
Dan

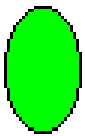
**Tabernacle**



Sardius  
Judah



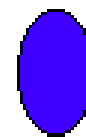
Sardonyx  
Issachar



Emerald  
Zebulun



Jasper  
Gad



Sapphire  
Simeon



Carnelian  
Reuben



3

Levi – Emerald



2

Simeon – Topaz



1

Reuben – Sardius or Ruby



Zebulun - Jasper



Issachar – Sapphire or Lapis-lazuli



Judah – Turquoise or Carbuncle



Benjamin - Amethyst



Joseph – Agate



Dan – Garnet, Amber or Jacinth (ligurius)



Asher – Beryl or green Jasper

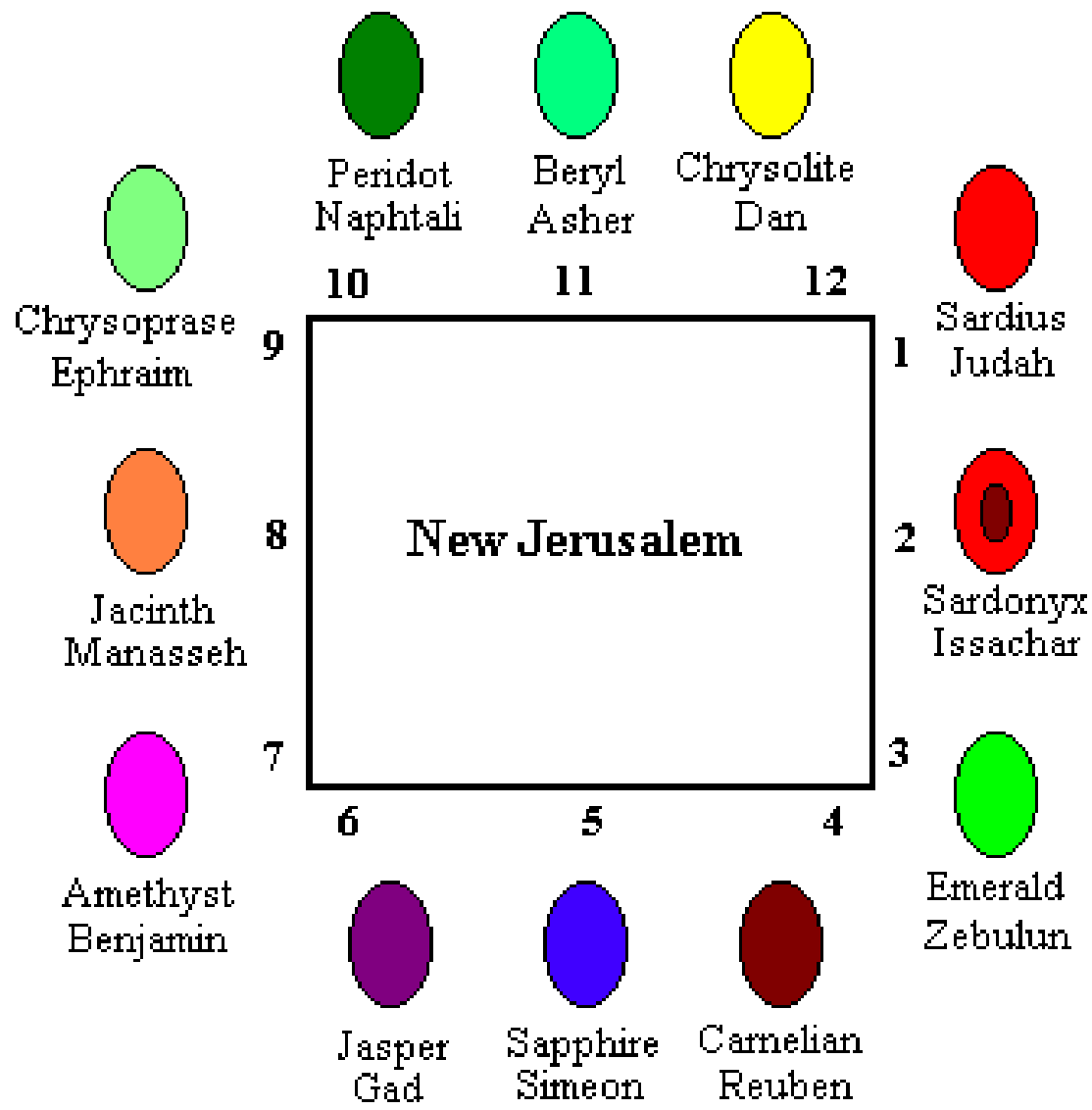


Gad – red Beryl or Onyx



Naphtali – Chrysotile, Yellow Jasper or Beryl





# Sons Arise

- Exodus 28:30 mentions mystical objects called "Urim and Thummim" (which mean "lights and perfections") that God instructed the Hebrew people to include in the breastplate: so they may be over Aaron's heart whenever he entered the presence of the Lord.

# Sons Arise

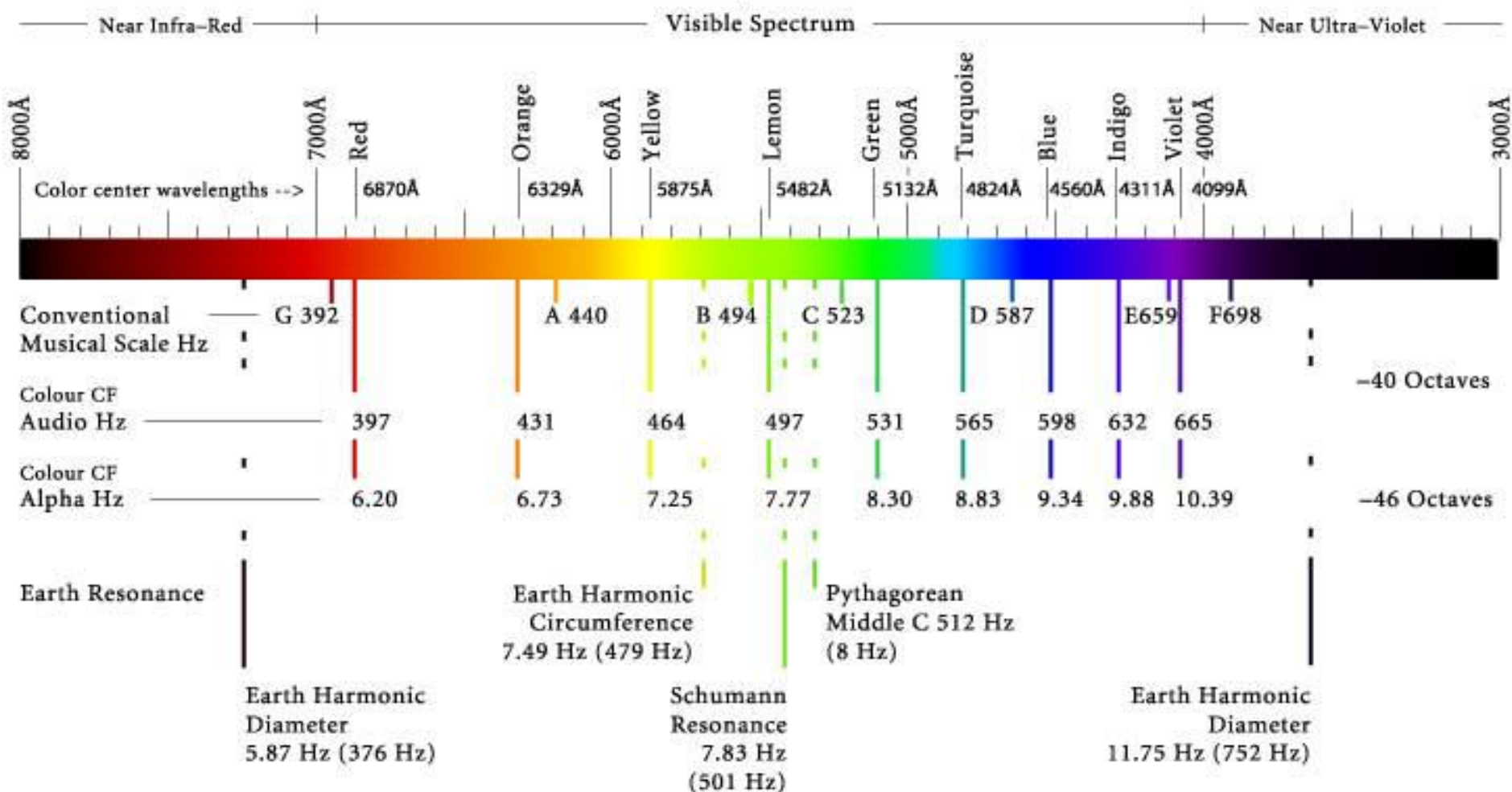
- Sound and colour are both forms of energy, which vibrate.
- As the vibration of sound becomes higher and lighter, the sound is transmuted into colour.
- A normal piano spans a bit more than seven octaves.



# Sons Arise

- If, hypothetically, we could extend the piano keyboard another 35 to 50 octaves higher, the keys at the higher end would produce colours, rather than audible sounds, when played.
- Creation is groaning in B-flat 57 octaves below the lowest b-flat on piano that sound even comes from black holes

# Light, Sound & Alpha Brain Wave Correspondences

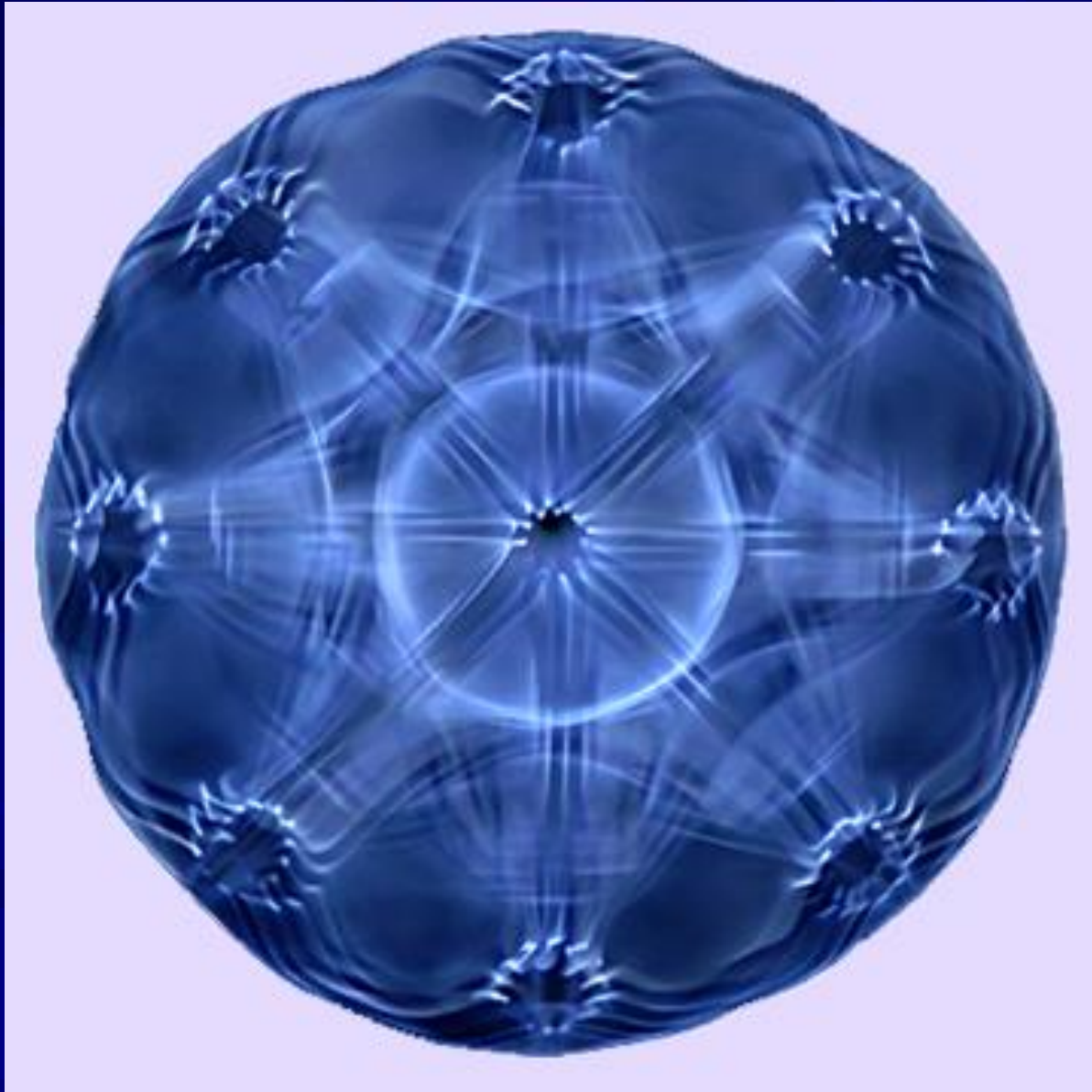


Audio frequencies are 40 octaves down from the visible light spectrum. Alpha brain wave frequencies are 46 octaves down from the visible light spectrum. Light (color) is measured by its wavelength (in Angstroms) and must be converted to frequency before finding a color's corresponding lower harmonic frequency.

# Sons Arise

- The crystal bowls emit a sound which is a powerful, pure resonance.
- The larger bowls are much more reverberant, with the tone lingering longer, simply because of the size and amount of crystal.

# Sons Arise





# Sons Arise

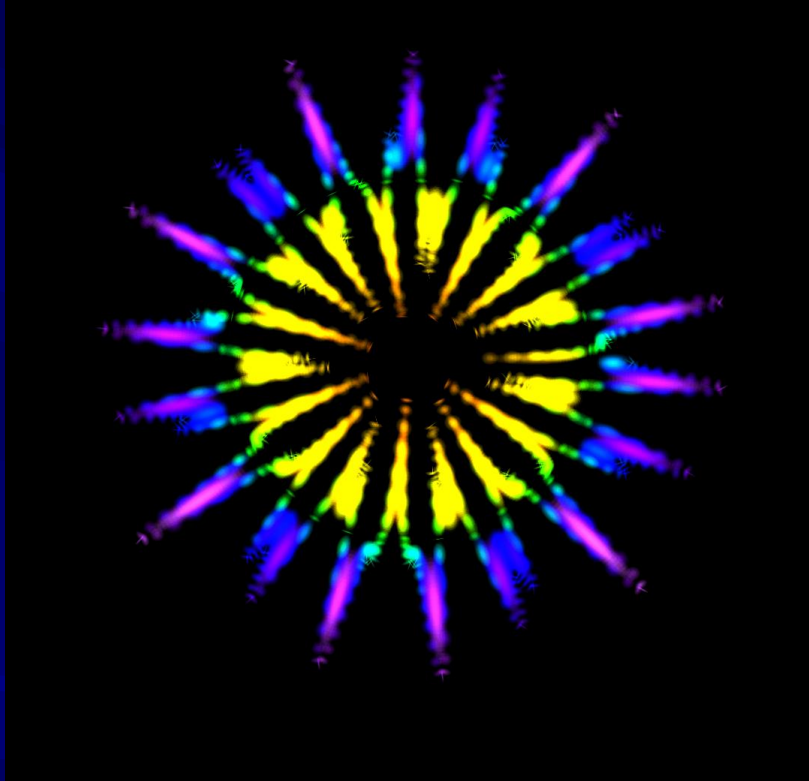
- The bowls can be played with intent in different ways using different implements and techniques by flowing through the spirit
- Flow of intent for healing or peace etc. is released in the same way as we speak words

# Sons Arise

- C RED 264hz
- D ORANGE 300Hz
- E YELLOW 336Hz
- F GREEN 353Hz
- G BLUE 402Hz
- A INDIGO 444Hz
- B VIOLET 484Hz

# E Yellow

## 336Hz



Healing of the spirit, soul, and  
body, comes Naturally-  
Supernaturally! Our Creator set  
us up as sustainable creatures,  
with incredible capacity to tip  
the scales toward the  
recovery end of wellness.

You are designed with  
excellence and spirit-energy  
can shift the balance.

Live Today...spirit-Engaged!

Steve Hampton



Fireflies demonstrate  
bioluminescence, which causes  
their bodies to glow, giving them  
the nickname, “Lightning Bugs”.

The *Creator designed us* with  
*spirit-chemistry* that activates us as  
*Luminaries* in the Heavens  
and on the earth!

*Engage your spirit  
with Creator’s Design!*

*Live Today...spirit-Engaged!*

Steve Hampton

# Sons Arise

- Health is the state of coming into balance and harmony with our identity and destiny as sons
- As thought forms are energy, the intention with which one approaches healing work is of utmost importance.
- Intention is a clearly formed thought that is released intentionally

# SONS ARISE!

Conferences  
and Intensives

[www.freedomarc.org/sonsarise](http://www.freedomarc.org/sonsarise)

# Welcome



Freedom  
Apostolic Ministries