

Upgrading the Immune System Through Multiple Composite Frequencies

Mary “Mo” Wheeler, Ph.D. © 2005¹

This study proposed that multiple composite frequencies can be changed at a cellular level in order to improve a person’s immune system. The study attempted to validate a 12-step set of intentions to upgrade the immune system through an individual who is guided by a connection with multi-level consciousness/communication at the cellular memory level. It was believed that the work could be received in person or remotely at a distance, or it could be received on contact with an object imbued and resonating with the necessary frequencies. This latter method only requires that the person come in contact with the object.

The first method can be accomplished in one of several ways. One way is statements of intention combined with a certain type of energy utilized by Dr. Wheeler, allowing it to come through her physical body. Another method involves individuals using an energy psychology technique after reciting each of the intention statements. Only Dr. Wheeler’s method and the object imbued with the frequencies are addressed in this research. The upgraded statements are such that only Dr. Wheeler can manifest them. However, an explanation regarding the use of two brief energy psychology techniques is also included (see Appendix A). We suggest that you use the two statements of intention in Appendix B, followed by one of the easy methods in Appendix A, although there is no research to support the effectiveness of this approach.

Intention Statements to Upgrade the Immune System

Cellular biologist Bruce Lipton (2001) comments on the surprise finding of the Human Genome Project that it is not the complexity of our genes that controls our blueprint and determines our fate as humans. “Emerging at the cutting edge of cell science is the recognition that the environment, and more specifically, our *perception* of the environment, [that] directly controls our behavior and gene activity.” (p. 3) Lipton calls on us to reshape our lives by retraining our consciousness, and his conclusion foresees the current work:

An understanding of the newly described cell-control mechanisms will cause as profound a shift in biological belief as the quantum revolution caused in physics. The strength of the emerging new biological model is that it unifies the basic philosophies of conventional medicine, complementary medicine and spiritual healing. (p. 4)

These intentions to upgrade the immune system re-establish a connection to superconscious, upgrade the living system at the cellular level, and improve our antibodies. At the current time, all of the intentions can be manifested with two statements: “I want irrefutable M∞Os (M infinity Os),” and “I want the immune system upgraded” (see Appendix B). However, when the research was conducted, only the original eleven statements were included, along with a different twelfth statement designed for permanence. This writing adds additional steps that improve the original work in many ways.

¹ This paper was made possible with the help of Wells Christie, Merrill Cook, Susan Santy and Wendy Sorokowski.

Re-establishing the Connection to All That Is. Step 1 involves connecting the cells with “superconscious” and “The One.” Superconscious is the environment of everything—any given living system, even a single cell. “The One” refers to the interconnectedness of all living beings and is identified by 333. A living system has to be connected to and part of the “all that is” before it can function in the best possible way, even at the cellular level.

This writing is based partly on an adaption (Wheeler, 2004) of the living systems theory of James Miller (1978). Every living thing we come into contact with in our daily lives is a system. Miller (1978), categorized the critical subsystems of all living systems, and stated that living systems all contain certain aspects in common, whether at the level of the cell, the organ, the organism, the group, the organization or the society. Wheeler has adapted and expanded his terminology and used the new concepts in the following work.

Changing the Rules. Step 2 asks the Supporter of the Comparator System (the subconscious mind) to apply rules that are for the person’s highest good. At a subconscious level, the Higher Self knows which of the rules that have endured over time to apply to a particular situation. However, these rules need to reflect current circumstances. For example, the rule that “breast milk is to be consumed” might not be the best one to apply if the mother is addicted to something harmful.

Improving the Living System. When the immune system is activated, the living system does not function as it *ideally* should; that is, as it is shown in Figure 1 of the Structurally Intact Living System (see <http://healingforearth.com> for a complete description of the author’s adapted version of James Miller’s living systems theory.) Steps 3-5 involve upgrades to the living system to correct this.

For example, when the immune system is activated, messages bypass some of the functions of the Comparator System. Step 3 is to have messages related to bacteria (as an example) move through the Associator (18A) in the Comparator System. This would allow the Associator to make associations that could be helpful in determining whether to allow the message to continue through the system. An example would be associations to the particular bacteria as something harmful to the system.

The cell’s membrane boundary separates it from the environment. At the same time that the membrane acts passively as a barrier, it also interacts with the environment through proteins. A signal comes from the environment. When the signal compliments a protein, it changes shape. This movement creates our life functions.

Disease comes from only two sources—the signals or the proteins. The proteins are the source when there are birth defects, which are relatively rare. Most of the time the problem is in the signals. There are several things that can be wrong with the signals: getting the wrong signal, trauma, toxins, or certain dynamic ratios are out of balance. Steps 3-5 have to do with *getting the wrong signals*. If the living system reads a bacteria signal as positive when it should be negative, it will respond in a way that is detrimental to our health. These steps are simply correcting the living system at the cellular level.

Structurally Intact Human System

Mary S. Wheeler, Ph.D.

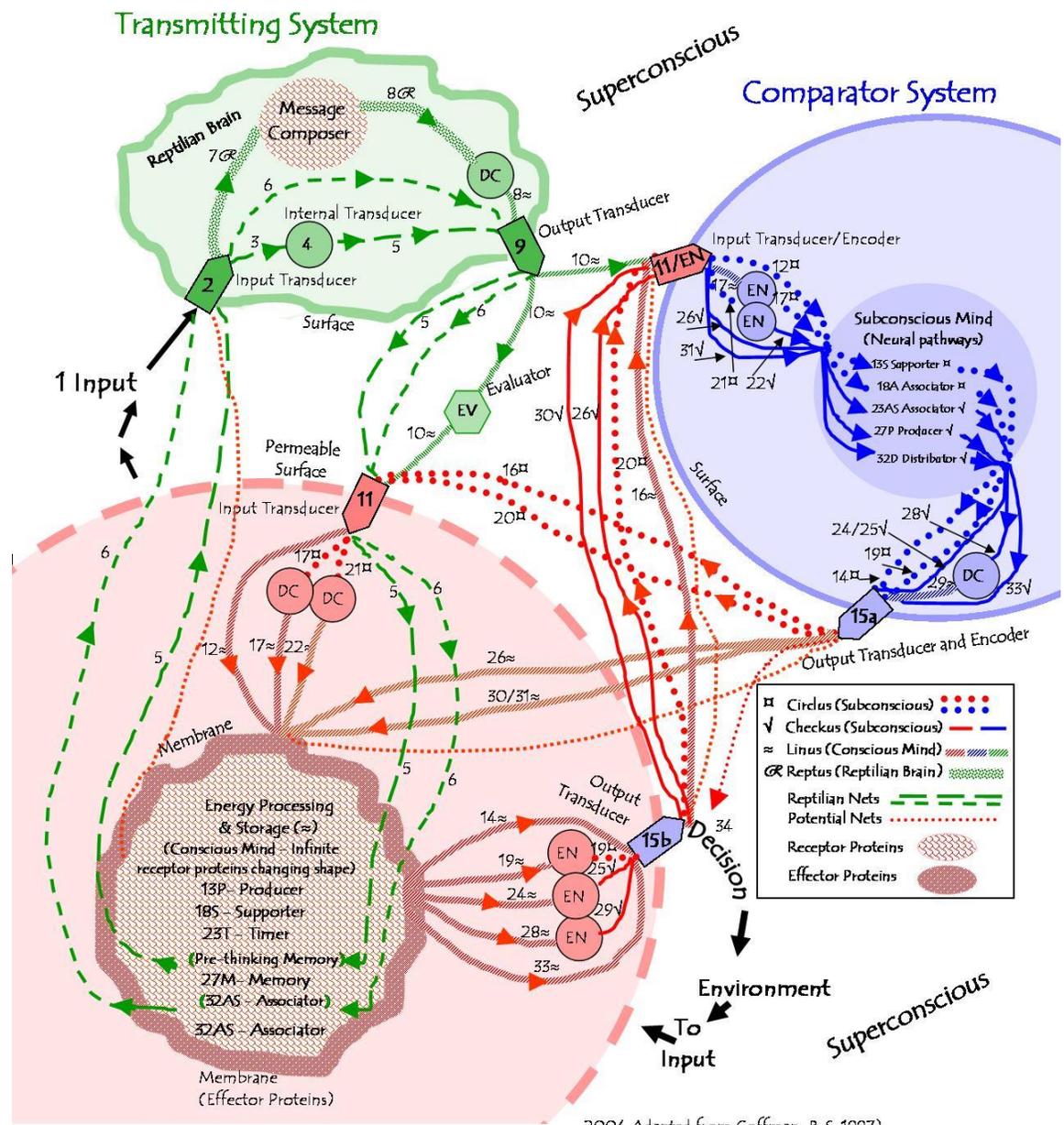


Figure 1

2004 Adapted from Coffman, B. S. 1997
www.mgtaylor.com/mgtaylor/jotm/winter97/millerls.htm

Improving Antibodies. There is a general systems principle that the more specialized a system is, the less able it will be to adapt to different circumstances, which explains why animals have difficulty adapting to new environments. Thus, “[T]he more ‘general-purpose’ a system is, the less ‘optimized’ it is for any particular situation; but the more the system is optimized for a particular situation, the less adaptable it will be to new circumstances” (Yourdon, 2000, p. 18). Another systems principle is “the larger a system is, the more of its resources must be devoted to its everyday maintenance” (Yourdon, 2000, p. 19). Thus, smaller organs such as the eye and the gall bladder require less maintenance than larger ones, such as the intestines and lungs. Finally, systems are always a part of a larger system. They can always be broken down into smaller systems, even at the particulate level.

These general systems principles provide the framework for improving antibodies. Applying these principles, we conclude that 1) since antibodies are highly specialized, they may have difficulty adapting to new circumstances; 2) since antibodies are very small, not much will be needed in the way of maintenance issues; and 3) since antibodies are systems, they can be broken down into smaller systems. Steps 6-8 involve making changes to our genetic heritage. Because of the general systems principles discussed above, we can make these changes with confidence that we are only improving the living system. We will be helping the antibodies adapt to new circumstances.

Antibodies are shaped like a Y with two branch tips that lock into the invaders. *Each branch can attach to a different invader.* This ability, along with the sticky quality of the antibody, helps surround the invaders with antibodies. This process in which the bacteria become clumped together helps them be noticed by the white blood cells. Unfortunately, this system is dependent on antibodies being available to detect the particular bacteria. Newly developed bacteria or viruses will not have antibodies that can recognize them.

Another approach is to just tell the body to produce antibodies that are less specific and therefore more able to adapt to different circumstances (bacteria, virus, etc.). Because the antibodies are a very small system, we can ask for more of them without undue concern about having to correct mistakes. Thus, we have, “I want the B lymphocytes to make antibodies that have flexibility to adapt to various invaders (Step 6).

Another genetic improvement (Steps 7 and 8) involves breaking down the antibodies into smaller systems. *Antibodies* are protein molecules, typically a complex spiral chain made up of atoms and particles. It is at the particulate level that this next intervention can be made. *Stem cells* are cells that have the potential to become anything we want or need, and there is an endless supply of them. The physical environment of the stem cell controls its growth. If we could get stem cells to make a new variety of antibodies with more than two branches, we could greatly expand the capability of attracting bacteria.

Using the Evaluators. The Evaluators (Steps 9 and 10) in our living system make basic determinations regarding whether a stimulus is a predator (negative), a prey (positive), or neutral. In Step 10 we ask for an additional Evaluator to do this when the stimulus has been almost completely processed. This Evaluator adds a “fail-safe” to the evaluation.

Cellular biologist Bruce Lipton (2005) states, “It is now recognized that the environment, and more specifically, our perception (interpretation) of the environment, directly controls the activity of our genes.” (p. 1) What has not been recognized is that before we make changes in ourselves, our environment has to *also* want the change we desire. We are part of our environment on many levels, from cellular to social to universal. And our environment is part of us. Both environments must want the change. *Proteins adjusting to proteins!* To activate the stem cells, *both* environments--the antibodies and the stem cells--must want it to happen. Thus, we direct our statements of attention to both the antibodies and the stem cells.

In Step 11, we ask the Evaluator to change the chemical compound of an unwanted virus so that it will no longer fit with the effector proteins in the membrane. Historically, the Evaluator has not performed a task like this; it has simply evaluated whether a stimulus was predator, prey or neutral. However, we believe it can make these changes.

Upgrading the Producer of the Receiving System. A computer analogy provided the basis for Steps 12-15. The Producer of the Receiving System acts like the virus protection software on our computer. We tell it to automatically reject an unwanted virus and to perform its tasks periodically, just as we do on our home computers. An improvement to the t-cells is also included. Step 16 is designed to help combat the autoimmune response being misinformed in relation to improvement changes being made and thus failing to recognize its own antibodies as parts of itself.

Locking the Treatment In. The final steps (17-22) are designed to lock the treatment into cellular memory. Since the research was conducted, the original step used to accomplish this has been replaced with an upgraded version involving several steps. The new steps are designed to expand its potential for effectiveness.

A *180° phase shift* acts as a circuit breaker, like rebooting the computer or throwing the main breaker switch in the house to clear and reset the circuits. In Step 18, it is done at more levels than electrically.

Many of the helpers used by the Energy Healing Partners team are unseen and from far-away places and other dimensions. They communicate too quickly and speak languages that we cannot comprehend; however, in Step 19 we ask for *our* wishes to be communicated in a way that *they* can understand and help manifest, enabling us to work together for the highest good.

Step 20 relates to electromagnetic waves that we have slightly changed so that their midpoint is replaced with a “power point.” In doing so, polarity is replaced with waves that have neutrality and thus can be more flexible.

Research Design

In this pilot study, one hundred-ten research participants were divided into three treatment conditions. All of the groups volunteered to participate in the study not knowing whether they would be chosen for the treatment, nor exactly what they might be treated for.

1. *Control Group* – This control group did not receive any treatment until after completion of the study.
2. *Blind Treatment Group* – This group received an upgrade of their immune system from Dr. Wheeler, who did not know whom she was treating, but treated the individuals whose consent and participation forms were in a sealed envelope. She simply said, “for all those individuals whose release forms are in this envelope,” read the twelve statements of intention, and allowed the intentions to be transmitted.
3. *Envelope Treatment Group* –The Envelope Treatment group received “the object”—a sealed envelope which they were instructed *not* to open for one year (until after they had sent in the follow up questionnaire). On the inside of the envelope was a piece of paper with the original immune system intention statements printed on it. They were asked to keep the sealed envelope somewhere in their home for *at least* three months.

An independent auditing firm randomly assigned subjects to the Control, Blind Treatment, and Envelope Treatment groups by age range and by sex. The principal investigator, Mary S. Wheeler, Ph.D., conducted the blind treatment. Dr. Wheeler was given the consent forms and questionnaires of those in the Blind Treatment Group in a sealed envelope. Thus, Dr. Wheeler did not know the names of the individuals she was treating, but relied on her connection with Higher Power to align her with the energy of the participants whose forms were in the envelope.

None of the participants knew what they were being treated for, since they had only filled in a form indicating their preference among five different choices. The five choices were: 1) Having the energy to do the things I like to do, 2) Feeling positive about people or situations, 3) Being immune to colds and viruses, 4) Maintaining ideal weight, 5) Eating a healthy diet. All participants signed a statement saying they wanted all of these things healed, and everyone wrote the words, “I choose to heal” on the participation form. However, they did not know which of the treatments they might be receiving. *The actual treatment involved only an upgrade to the person’s immune system.* The expected benefit was that the person would be healthier and have a cold or virus less during the following year than the previous year, as measured by a short scale imbedded in a self-report questionnaire. Dr. Wheeler treated everyone in the study for *all* of the issues after the conclusion of the study.

Outcome Measure: Participants filled out a self-report questionnaire at the time they agreed to participate in the study and again one year later. Only 5 of the 18 questions were analyzed for the study. These questions related to health in general and whether the person had a cold or virus during the past year. The other questions were designed to match the *possibility* of the other treatments being included in the study, such as “having the energy to do the things I like to do, feeling positive about people or situations, maintaining my ideal weight, or eating a healthy diet.” In this way, the questionnaire did not lead the subject to guessing that their immune system was being treated.

All research questions were designed to be neutral or as positive as possible. Some items on the questionnaire that were not used in the study included the negative and positive sides of an issue. These items might be used by the subjects to dump either good or bad responses to the questions. Although all but one of the research items was scored in the positive direction, there were other

items interspersed throughout the test that were scored in the negative direction in order to reduce response set. Responses were matched by subject, and the presence or absence of change in the favored direction was measured after one year. The difference scores on five questions were then totaled.

All items included a choice of 5 responses. The questionnaire items that were added together were numbers 2, 5, 8, 13, and 15, which were similar to:

2. Compared to one year ago, how would you rate your health in general now?
5. During the past year, how many times have you had a cold or virus?
8. During the past year, how often was your social life interrupted by health problems like having a cold or virus?
13. To what extent does the phrase “was often sick” describe you during the last year?
15. To what extent does the phrase “felt healthy” describe you during the last year?

Research Hypothesis: There will be change in the favored direction between the combined Blind Treatment and Envelope Treatment Groups compared to the Control Group on a self report measure related to their answers to questions concerning their general health and whether they have had a cold or virus during the previous year.

Statistical Analysis: The difference scores for questions 2, 5, 8, 13, and 15 were totaled for a single score reflecting the contents of these questions. A composite scale of five items was used for analysis to reduce the number of variables involved and increase statistical power. A one-directional *t*-test was used for analysis, with the research hypothesis that the average of the combined means of the Blind Treatment and Envelope Treatment Groups would be greater than the mean of the Control Group and that this difference would be statistically significant at $p < .05$. Thus, $H_0: \mu_{\text{control}} > \mu_{\text{blind}} + \mu_{\text{treatment}} / 2$.

Results

After responses were matched by subject, presence or absence of change in the favored direction was measured. The average total difference scores for the five questions were compared to record any change over the period of one year. When the ***combined results*** of the two treatment groups were compared to the control group, the difference *approached significance* ($p = .065$). The separate group comparisons show that *the group treated by the researcher recorded significant improvement compared to the control group receiving no treatment* ($p < .05$), *although this statistic does not control for the Type I error rate. All results were close to what was predicted.*

Discussion and Conclusion

Immunity is a state of mind. Our task is to help the living system be in that state. The immune system intention statements used in this study appear to create the *immunity state of mind*. The study was limited by the small number of research participants and the reliance on a self-report questionnaire. Nevertheless, the results are encouraging regarding the possibility of a person who works with energy being able to use this immune system intentions to effectively promote better health. That the list of intentions kept in an envelope for three months seemed to be

almost as effective as that treatment opens up all kinds of possibilities for making changes. Future research will need to include more participants and scientific testing for change in the antibodies and in the cellular DNA.

References

Lipton, B. H. (2001). *The Human Genome Project: A cosmic joke that has the scientists rolling in the aisle*. Web URL: <http://spiritcrossing.com/lipton/genome.shtm>.

Lipton, B. H. (2005). *The biology of belief: Unleashing the power of consciousness, matter and miracles*. Santa Rosa, CA: Mountain of Love/Elite Books.

Yourdon, E. (2000). *Modern structured analysis, 2nd edition*. Web URL: <http://www.yourdon.com/books/msa2e/CH02/CH02.html>.

APPENDIX A

WORKING WITH INTENTION STATEMENTS

Mary “Mo” Wheeler 2014

1. Balance Energy with the “*Less-Than-A-Minute*” Energy Fix. (See <http://www.healingforearth.com>.)
2. Identify Biosphere Disturbances - We all have at least one guide who has always been there—our Higher Self...and more. It is important to address all questions about biosphere disturbances to this guide. Otherwise, the intentions will go to your conscious mind. The biosphere disturbing energies are very good at deceiving, and can bypass your conscious mind by accessing you in your sleep or when you are dissociated (in a trance state). You need to double check your answer by asking your Guide Who Is Always There if it is the truth using these exact words:

“Guide Who Is Always There, are there biosphere disturbances affecting the energy field or the surroundings into infinity? Guide Who Is Always There, is it absolutely 100% true?”

Other intention statements can be addressed to your conscious mind without concern.

3. Resolve Any Biosphere Disturbances - There are many ways to clear biosphere disturbances. We suggest using the charts or lists in the book, *What’s Going On? Maintaining the Integrity of Your Energy Field*, Wheeler, 2015, available on line for sale or as a free download at <http://www.healingforearth.com/training.html> or www.dowsers.org. We suggest downloading Parts 1-3 and 5-7 as a way to start. Part 4 of the book is designed to be used as a resource.
4. Create a statement of intention. To be most effective, begin with the words, “I want....” Ask guidance if they want more words, less words, or different words until the wording is accepted.
5. Ask Permission Questions - “Can I...? May I...? Should I manifest this intention?” If the answer to one of these questions is *no*, you will need to ask more questions to find out what is going on.
6. Ask what you need to do to manifest the intention. We suggest using a chart or list to determine the answer. It could be anything in your repertoire--or just ask!

Below are suggestions, with deep gratitude to the founders of several wonderful energy psychology techniques (and with apologies for adapting their methods).

Using Mo Wheeler’s dowsing/divining technique

I adapt everything I have learned using my own guidance. I believe the set up provided above (steps 1-6) does more than accomplish what other methods include as preparatory work. I trained in and used many of the energy psychology techniques and found they all had slightly different things to offer. I ended up including them on a “Where Do I Start?” dowsing chart and asking guidance to tell me what was most appropriate for what I was doing. I also have “Referral” on my chart and that usually directs me to a particular guide to ask for help. Most of the time, I say, “Just ask?” and get a *yes* response. With my Modian energy, intention statements are always followed by guided breathing or sounding. If nothing happens, I know it’s not exactly what guidance wants and ask more questions. Be sure to ask permission questions for whatever you do!

Using a short version of Fred Gallo’s Negative Affect Erasing Method (NAEM)

The Negative Affect Erasing Method (NAEM) is an energy psychology technique created by Fred P. Gallo (1999). A simple version is to say the statement of intention and then gently tap the following points for about fifteen seconds each: the center of your forehead, just below the nose, just below the mouth and the upper center of your chest.

Using an adapted version of Larry Nims’ Instant BSFF

Larry Nims (1998) developed an energy psychology method called Be Set Free Fast and then shortened the technique to an “instant” variety. The short version is all you really need, and we have adapted it for our purpose. You set up a cue for your guides to know you are asking for their help. Because you have free will, they cannot help you unless you ask. The cue can be a word (for example, “Guidance”), a phrase (for example, “Please help”), an action (for example, a sigh or a hand movement), a sound (for example “uh”), or just about anything they agree to respond to. Ask if your guides agree to this statement: “When I _____ (insert cue), I want you to completely and permanently manifest whatever I ask for.” Then ask, “Do you agree to do this?” When you have a statement they agree to, you have installed a program for automatic healing of intention statements. Just say the statement and then give your cue. For example, you might say, “I want the immune system upgraded using the *Intentions to Upgrade the Immune System*. Guidance.” Following this with a pause or deep breath gives you a chance to notice your guides responding.

Using Gary Craig’s Emotional Freedom Technique (or a spin-off of it)

This technique is readily available at www.emofree.com. Read Gary’s comments on spin-off techniques and then try this one: I would just say the intention statement while tapping each of the EFT points.

APPENDIX B

INTENTIONS TO UPGRADE THE IMMUNE SYSTEM

Mary “Mo” Wheeler ©2006, Revised 2016, 2017 with Merrill Cook,
Rebecca Gurland, Peter Champoux and Jean McDonald

DISCLAIMER AND BACKGROUND

The work that follows is not intended as medical advice or to treat illness and is not a substitute for professional medical advice and care. It is a supportive and integrative energy-based system that is complementary to treatment by a licensed health care provider. No representations or warranties, express or implied, are made with respect to accuracy, completeness or suitability. We will not be liable for any direct, indirect, consequential, special, exemplary or other damages arising from the use of this information.

Mary “Mo” Wheeler, Ph.D. is founder of Energy Healing Partners, Inc., a 501(c)(3) non-profit organization. Mo is an ordained minister, retired psychologist and university professor. Her approach to improving health uses energy based modalities and co-creating with a Higher Power to supplement the expertise of the medical profession.

Federal and state laws require that all medical advice can only come from a licensed medical physician. Although Mo has an extensive background in psychology and was a licensed psychologist for 23 years, she is no longer working in that role; she is not a physician and cannot diagnose, treat or cure any disease. Mo is bringing new information and insight in the spiritual dimension, as well as her gift of using sound to amplify the results of prayer—supporting the body and mind to heal itself. She is aided by a team of volunteers as well as higher powers that neither can be seen nor verified by any conventional means.

One day when Mo’s grandson was a teenager, he approached her rather secretly in the hallway and said, “Grammo, what *is it* that you do?”

Mo smiled with appreciation and replied quietly, “Well, I work with a group of people doing a type of prayer work for the planet. We work out ways to ask Higher Power for what is needed and then we amplify the asking with energy work, kind of like praying. “Oh.” He seemed satisfied. We hope you are too. If not, please ask!

UPGRADING YOUR IMMUNE SYSTEM WITH ONLY TWO STATEMENTS OF INTENTION*

“I want irrefutable M∞Os.”
“I want the immune system upgraded.”

**The complete list of intentions is not included here because it has become over 70 statements long, is very complex, and may have additional changes. Using the short form above will accomplish the same goal, with the updates included.*