

Create a Frequency Set

<http://www.diypemf.com/cgi-bin/mkfreq.cgi/mkfreq/rife.html>

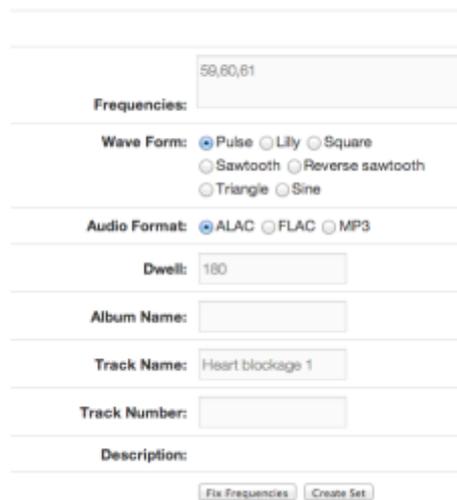
You may want to use your PEMF device with multiple frequencies in a single audio file. Using the instructions on this page, you can create a frequency set audio file. The frequencies you choose may come from the [Consolidated Annotated Frequency List\(CAFL\)](#) or some other Rife frequency set.

Using the headache example, we have the following frequencies:

```
Headaches - 144, 160, 1.2, 520, 10, 10000, 304
```

Like the earlier Create A Custom Frequency, you also need to know what kind of audio you desire: MP3, Apple Lossless (ALAC), or Free Lossless (FLAC). There are some other optional fields in the online tool that are useful when create your own custom audio file. Here is a screenshot of the [Create Rife Frequency Set](#) tool:

Create Rife Frequency Set



The screenshot shows the 'Create Rife Frequency Set' web form. It includes the following fields and options:

- Frequencies:** A text input field containing '59,60,61'.
- Wave Form:** Radio button options for Pulse (selected), Lily, Square, Sawtooth, Reverse sawtooth, Triangle, and Sine.
- Audio Format:** Radio button options for ALAC (selected), FLAC, and MP3.
- Dwell:** A text input field containing '180'.
- Album Name:** An empty text input field.
- Track Name:** A text input field containing 'Heart blockage 1'.
- Track Number:** An empty text input field.
- Description:** An empty text input field.
- At the bottom, there are two buttons: 'Fix Frequencies' and 'Create Set'.

Here are their definitions of the fields in the tool:

- **Frequencies** is a comma separated list of frequencies that are in your frequency set. For the headache example above, the entry would be (note that I've removed the space between the numbers):

```
144,160,1.2,520,10,10000,304
```

Each frequency can specify the time in seconds it is supposed to play, and each frequency can possibly have a different play time. If you don't specify a specify play time, the play time defaults to the **Dwell** setting described below. Here is an example:

```
144=360,160,1.2,520=60,10,10000,304
```

In this example, 144 plays for 360 seconds, and 520 plays for 60 seconds, and the rest of the frequencies play for the time specified in the **Dwell** field.

You can also specify a frequency sweep. A frequency sweep has 2 numbers separated by a hyphen. The first number is the starting frequency, and the second number is the ending frequency. Here is an example:

```
144=360,160-180,1.2,520-555=60,10,10000,304
```

In this example, there are two sweeps. The first one starts at 160 and ends at 180, and it does this over the default **Dwell** time. The second sweep starts at 520 and ends at 555, and it does this over 60 seconds.

- **Wave Form** is the wave form to use in creating the audio file. Pulse is the default wave, the least intense in term of magnetic power, but others are available for your experimentation. Pulse is a 5% duty positive offset only square wave. All other waves beside pulse are positive and negative offset. The next least intense wave is the Lilly wave. The other waves are sawtooth, reverse sawtooth, triangle, and sine.
- **Audio Format** is the desired format of your audio file. For Apple and iOS products (iPod, iPhone, iPad), choose Apple Lossless (ALAC). For open source music players, like Android 3.1+ and Rockbox, or commercial players like RIM Blackberry, Cowon, Creative Zen, HiFiMAN, Sansa Clip family, TrekStor, iRiver, Archos, and Latte, choose Free Lossless (FLAC). If your music player cannot handle the other lossless formats, choose MP3, which is a lossy format. The ALAC and FLAC formats will offer no distortion and smaller download size, while the MP3 files are distorted because of the lossy compression.
- **Dwell** is the time in seconds that each frequency that does have a time specifier will play. If you leave **Dwell** empty, the play time will default to 180 seconds for each frequency that doesn't have a time specified.
- **Album Name** is useful to help organize your files. In the music world, this field specifies a song's album name. For our purposes, this allows us to group our audio file by functionality or common property.
- **Track Name** is the printed name of the song on your music player's user interface. For musical audio files, this is the name of the song.
- **Track Number** is the numeric value used by music players to order the songs in an album. For our purposes, its best to start at 1, and increment for each new song you add to the album.

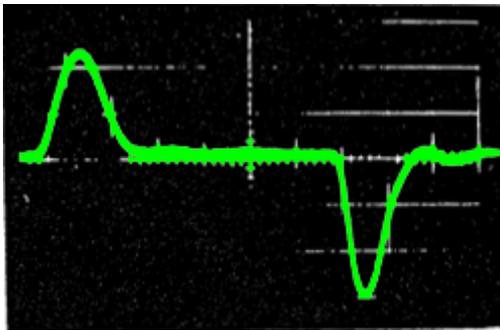
Once you have the frequencies you want, and perhaps the optional fields, click the following link: [Create Rife Frequency Set](#). Fill in the form values on this page and click the **Create Set** button. If there are no errors in the form, in a moment a new zip compressed audio file will

download to your computer. Take this zip compressed file, decompress it (this functionality is standard for Windows and MacOS), and then download it to your music player to enjoy the new frequency.

If any of the frequencies you want to use is greater than 2400, you can click the **Fix Frequencies** button to get an octal subharmonic of your frequency that is in the valid range. The software divides the frequency by 2 until the value is less than or equal to 2400.

The Lilly Wave

John C. Lilly was a neuroscientist who invented the Lilly wave or the Lilly pulse, which is a balanced bidirectional pulse pair, which looks as follows.



This wave is useful because it does not damage brain tissue when an electric current is applied to the brain via electrodes. Using this waveform prevents both thermal and electrolytic damage. You can read more about the Lilly wave here: [The Lilly Wave](#).

Also, what is somewhat controversial is that the Lilly wave is used in mind control because this waveform does not fatigue the brain or damage its tissues.