



THE FREQUENCY WELLNESS GUIDE

**Complete Companion for
Frequency Wellness, SEFI
Playlists & Emotional Balance**

Susan Trefethren

Quantum Energy
Practitioner

Step into the next level of your AO Scanner journey with *The Frequency Wellness Guide* — the ultimate reference for every user who's ready to turn scanning into transformation.

This isn't just a playlist book — it's your roadmap to emotional balance, energetic alignment, and spiritual clarity. Inside you'll find hundreds of SEFI recipes organized for real life — from the Quick 26 and Vagus Reset Series to detailed collections for kids, adults, entrepreneurs, seniors, and more. Whether you're clearing emotional blocks, supporting the body's systems, or sending love frequencies across the miles, this guide helps you find exactly what you need — fast.

Designed by Susan Trefethren, Quantum Energy Practitioner and founder of Agape Wellness LLC, this comprehensive manual bridges practical frequency work with soul-centered living. Every page reflects years of hands-on experience helping others find calm, clarity, and connection through frequency wellness.

If you own an AO Scanner, this book belongs in your hands — and on your desk. It's your everyday companion for living in tune with balance, purpose, and divine design.



"If you own an AO Scanner, you need this book — period. *The Frequency Wellness Guide* is the missing link between scanning and true transformation. Sue Trefethren doesn't just teach frequencies; she translates them into life, clarity, and emotional freedom. Every page is pure gold for anyone serious about mastering their AO and living in alignment with divine design."

— **Verified AO Scanner User**

About the Author

Susan Trefethren is a Quantum Energy Practitioner and founder of Agape Wellness LLC. Blending faith, science, and frequency technology, she has helped countless AO Scanner users turn data into transformation and emotional balance into daily peace. Her passion is teaching others how to live in tune with divine design—where energy, purpose, and wellness work together in harmony.

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Quantum Energy Practitioner

Agape Wellness LLC

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This book was created with gratitude and prayer for all who seek healing, peace, and purpose.

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Dedication

To the One who heals, to the voices who taught me, to the friends who never stopped listening, and to the weary souls still searching, may you find peace here.

To my Lord and Savior, Jesus Christ, my healer and strength. May every page point back to Your love and truth.

To my mentors, Dr. Nadya Lutz and Tiffany Rutledge, who patiently taught me the language of this technology and gave me the courage to share it.

To my sweet sisters and besties, who always listen and cheer me on even when I'm talking frequencies, thank you for holding space for my heart.

And to all who are searching for hope, healing, and freedom: this work is for you. May you find rest, restoration, and a renewed sense of peace.

Foreword by Dr. Nadya Summers Lutz

It's a rare and beautiful thing when someone finds a tool so powerful, so life changing, that they can't help but share it with the world. Even more rare is when that tool becomes an extension of their faith, an act of daily worship, and a gentle invitation into healing. That's exactly what Sue Trefethren has done with this book.

I first met Sue through the AO Scan community, a group of extraordinary humans who are passionate about healing, frequency, and supporting others through natural, energetic means. But Sue stood out. Not just because of her deep kindness or her gentle wisdom, but because her journey was honest. Raw. Relatable. She didn't arrive with a perfect life or spotless past, she arrived with scars, questions, grief, and a deep faith that refused to fade.

In these pages, Sue does more than share information. She shares her heart. With quiet strength and the confidence that only comes from personal transformation, she shows us what happened next: the discovery of energetic playlists, color therapy, inner voice tones, and the gradual return of clarity, joy, and peace.

What I love most is that this is not a book about technology. It's a book about hope.

Sue reminds us that frequencies are not some modern invention or esoteric secret; they are part of God's original design. Light, sound, color, and vibration have always been part of the fabric of creation. And when used with intention and prayer, they become powerful companions on the path to healing.

In a world that often tries to pit science against spirit, or energy work against Scripture, Sue bridges the gap with grace. She reminds us that Jesus is the Healer, and that God is not threatened by tools or energy, he created them. This book is soaked in that truth: faith first, frequencies second.

Whether you're brand new to the world of frequency medicine or a seasoned AO practitioner, this book will speak to you. It's part devotional, part guidebook, part love letter to the divine intelligence woven into our biology. You'll find practical tools, playlists for every season of life, and perhaps most importantly, Sue's unwavering encouragement to listen to your body, to your spirit, and to the One who made you.

Sue's words feel like sitting down with a friend who understands. Someone who has cried the same tears, whispered the same prayers, and risen from the same ashes.

As you turn the pages to find the perfect playlists, I invite you to look for patterns. Let the wisdom settle into your spirit. Let the affirmations echo in your day. And most of all, let Sue's faith remind you that no matter how lost you feel, peace is always just one breath, one tone, one whispered prayer away.

With love and reverence for this journey,
Nadya Summers Lutz
Doctor of Traditional Naturopathy & Quantum Healing Practitioner

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Introduction

My name is Susan Trefethren, and my journey with wellness began back in the late 1980s. From the beginning, I've been drawn to natural healing, supporting the body's ability to restore itself whenever possible. Over the years, I explored nutrition, energy work, emotional wellness, and countless holistic tools, but nothing changed my life quite like the day someone shared the AO Scanner (Alpha Omega Scanner) with me.

At that time, I was walking through one of the darkest seasons of my life. I had experienced deep loss, sadness, and a level of depression that left me unsure which way was up. Medication offered little relief. But when I began listening to my Inner Voice tones and wearing my colored glasses, something inside me began to shift. The fog started to lift. My emotions began to settle, my energy returned. For the first time in a long while, I felt peace.

I started running playlists during the day to support focus and calm, and more playlists at night to help me rest. Over time, I realized that frequencies were awakening areas in my body and mind that had gone quiet and calming those that had been overstimulated for too long. I experienced firsthand how sound, color, and frequency can restore balance to the body, mind, and spirit.

Today, I can say with deep gratitude that the AO Scanner helped me rediscover joy, health, and purpose. It became a light in my darkness and a daily reminder of God's gentle restoration. I love this technology and the playlists that so many generous AO Scan users have shared over the years. They remind me that God designed us as energetic beings, capable of healing, connection, and transformation.

My faith in Jesus is the center of everything I do, including how I use frequencies. God is the Creator of all things, energy, light, and sound included. To me, using frequencies isn't "new age" or "woo-woo." It's simply working with the gifts God already placed in creation, the same way we use herbs, essential oils, or worship music to lift our spirits.

I don't believe frequencies replace prayer, Scripture, or the power of God. But I do believe, they can help quiet the noise. I can hear His voice more clearly. They remind me of *1 Corinthians 14:33*, "For God is not the author of confusion, but of peace." Frequencies are one of the ways He has shown me how to find peace in the middle of life's storms.

I'm a "what you see is what you get" girl. I won't hide my faith, and I won't pretend frequencies are anything but another way God shows His goodness in the details of creation. For me, it's Jesus first, frequencies second, always.

This book was born from gratitude and a desire to share what I've learned. My hope is that it will help you understand how frequencies can support your physical, emotional, and spiritual wellness.

Why in the world would you want to run an energetic playlist?

In our daily lives, we often hear phrases like “good vibes” or “being on the same wavelength.” These expressions hint at something deeper, the idea that everything in the universe, including our bodies and thoughts, operates at specific frequencies. Understanding these frequencies can offer insight into our physical health, emotional well-being, and spiritual connection.

My hope is that this book will help you see how frequencies can support your body, mind, and spirit in simple, practical ways. And if you’re anything like I was in the beginning, you might be thinking, “*Okay, Sue... this all sounds amazing, but why in the world would I want to run an energetic playlist?*” Let’s talk about that.

Imagine this: you’re having a rough morning. Your thoughts are racing, your shoulders feel tight, and everything feels heavy. You turn on a playlist, and within minutes something shifts, you can breathe easier. Your body relaxes, and your mind clears. That’s the power of frequency in motion.

Playlists act like a gentle reset button. Each one carries a unique blend of frequencies designed to remind your body and emotions how to find balance again. Just like a favorite song can bring back a memory or instantly lift your mood, these energetic playlists can guide you back toward peace, focus, joy, or energy, whatever your system needs most in that moment.

Real healing comes through consistency in His presence. I like to begin by inviting God into the process, a simple prayer of gratitude or openness. Using a playlist once can absolutely help, but using them daily, even several times a day, creates momentum. It’s like watering a plant. One drink brings relief, but steady care makes it thrive. Daily frequencies train your system to remember balance, so stress doesn’t linger, emotions feel lighter, and your energy stays steadier.

Playlists are powerful because they walk with you through life’s ups and downs. Morning, noon, or night, they meet you right where you are and gently help you return to where you’re meant to be - calm, centered, and whole.

Each playlist has a purpose, some bring calm, some boost clarity, others strengthen energy or lift emotions. When you begin to weave them into your everyday life, you start to notice how gracefully they fit into your rhythm, quietly supporting you through whatever the day brings. To show you what that can look like in real life, let me introduce you to **Sarah** and what a day with playlists can feel like.

A Day with Playlists

Sarah wakes up already feeling heavy. Her to-do list is long. Her mind is racing before her feet even hit the floor. Instead of diving straight into the stress, she presses play on her *Morning Clarity* playlist (pg. 25). No headphones needed, the frequencies work whether you hear them or not. Playlists play only frequency noise which is hard to listen to. Silence your electronic device and hit play. Within minutes, her breathing slows, and her chest loosens. She feels a gentle spark of hope for the day ahead.

Later, in the middle of work, frustration starts to creep in — emails, interruptions, and noise swirling around her. She opens her *Calm Within the Storm* playlist (pg. 13) and sets it to play on continuous for as long as she needs. The tension in her jaw is gone. She's smiling again, ready to keep going without the overwhelm.

At night, Sarah feels the weight of the day. Her body is tired, but her thoughts won't stop spinning. She chooses her *Sweet Dreams Tonight* playlist (pg. 34) and drifts into a peaceful sleep, waking rested and ready to begin again.

Sarah's story is simple but powerful. By using playlists at different moments of her day, she found balance, calm, and rest. That's what makes them so life changing. They're always ready to meet you right where you are.

What are frequencies?

Frequencies are the building blocks of life. Everything God created carries a vibration, from the waves on the ocean to the beat of our own hearts. Science now can measure and interact with those vibrations, but the truth is, they've been here since the beginning. When something is "off," it's usually because our natural rhythms are out of tune.

SEFI (Subtle Energy Frequency Imprinter) playlists are simply ways to send supportive vibrations/frequencies back into the body. They don't diagnose, treat, or cure anything. Instead, they create an environment that allows your body and mind to settle into peace, clarity, and balance. Just like music can calm your spirit or energize your day, these frequencies are tools you can use with intention.

Affirmations and Playlists

Many playlists in this book come with an affirmation. These affirmations aren't part of how the playlist is technically created. They are placed here as an intended outcome. Think of them as simple words that set the tone for your healing, your mood, or your day.

In some sections, I've included affirmations that mention God. If that's not for you, please feel free to substitute words that are meaningful to you.

Use these affirmations anytime, even if you don't have your playlist or your scanner with you. Speak them out loud, whisper them to yourself, or write them down. Your words carry power. Your intention helps guide the energy.

Faith & Frequencies - *Jesus is the Healer. Frequencies are simply part of God's beautiful design.*

For a long time, I wrestled with the question, "How could I love Jesus with all my heart and use something called frequency medicine?" I prayed, searched the Word, and asked God for clarity. Instead of closing doors, He kept opening them. What I finally realized was frequency is not a rival to faith. It is simply part of God's beautiful design. Jesus is the Healer. Frequencies are just one of the many tools God has given us to support the bodies and lives He created.

The Bible tells us that God spoke creation into existence. "Let there be light" (Genesis 1:3). "For He spoke, and it came to be" (Psalm 33:9). "In the beginning was the Word" (John 1:1). Sound, light, and vibration are woven into Scripture. They are part of His handiwork. What you'll find in this book is not a substitute for faith in Christ, but a way of aligning with the natural order He designed.

Key Truths to Remember:

- Jesus is the true Healer.
- Frequencies are tools, not replacements.
- We are fearfully and wonderfully made, body, soul, and spirit.
- Healing is holistic and God often uses both prayer and practical tools.

Prayer: Lord, thank You for creating us with such care and wisdom. May every tool we use, sound, light, and frequency, point us back to You, the source of all healing. Amen.

Quick 26 Playlists

The Quick 26 are ready-to-use frequency playlists designed for daily support, balance, and renewal. Each set is focused on a specific area of life, whether it's stress, low energy, digestion, or emotional resilience, offering targeted energetic support to restore harmony in mind, body, and spirit. These concise, powerful playlists make it easy to shift your energy and find balance anytime you need it.

Balance & Breathe - Cluttered Mind
Brave & Strong - Fear
Calm Within the Storm - Stress
Digestive Flow - Digestive Harmony
Digital Detox - Tech/Screen Overload
Ease & Release - Headaches
Everyday Harmony - Everyday Balance
Full Cup Full Heart - Burnout/Exhaustion
Grounded Energy - Big Transitions/Change
Heart Bridge - Relationship Tension
Inner Dawn - Seasonal Blues
Kind Voice - Self-Criticism
Laser Focus - Focus & Concentration
Light in the Shadows - Sadness/Low Mood
Morning Clarity - Focus & Energy
Open Heart - Loneliness
Peaceful Path - Worry About the Future
Quiet The Noise - Overthinking
Renewed Flow - Feeling Stuck
Sacred Solace - Grief/Loss
Stand Tall - Confidence
Steady and Safe - Anxiety
Still Waters - Anger/Frustration
Sweet Dreams Tonight - Trouble Sleeping
Vital Guard - Immune Support
Vital Spark - Low Energy

Balance & Breathe (Cluttered Mind)

This playlist encourages mental clarity and calm when thoughts feel scattered or overwhelming. It helps quiet inner noise and brings gentle focus, creating space for peace and refreshed perspective.

Affirmation

- God renews my mind; His peace brings me calm and clarity.
- My mind is clear, my breath is calm, and I live in balance.

Core Essentials (front-loaded)

QA – Mastering Stress

QA – Super Memory

QFR – White Chestnut (racing, repetitive thoughts)

QFR – Vervain (mental overdrive, tension)

QFR – Olive (mental fatigue, depletion)

QC – Third Eye Chakra (clarity, intuition)

IHE – AntiStress Support (stress calming)

Additional Support

QR – Memory, Focus & Clarity

QR – Peace, Calm & Tranquility

QA – Stress and Tension

QFR – Elm (overwhelm, mental strain)

QFR – Hornbeam (weariness, lack of focus)

IHE – Neuro Endocrine Support Plus (mind-body balance)

AOE – Peppermint (clarity, refreshing energy)

AOT – Flower of Life, Alleviate Pain, Relax Muscles, Stress

Brave & Strong (Fear)

This playlist supports courage when fear or uncertainty begins to rise. It encourages calm strength and trust, helping you move forward with a steady heart and renewed confidence.

Affirmation

- The Lord is my light and my salvation; I will not be afraid,
- I release fear and step forward with courage and strength.

Core Essentials

QA – Self Confidence – Self Esteem

QA – Stress and Tension

QFR – Mimulus (fear of known things)

QFR – Aspen (fear of unknown, vague anxiety)

QFR – Rock Rose (terror, panic)

QC – Solar Plexus Chakra (personal power, courage)

IHE – Ultimate Emotions (emotional reset, balance)

Additional Support

QR – Confidence, Self Esteem & Love

QR – Resolve

QA – Mastering Stress

QFR – Red Chestnut (fear for others)

QFR – Larch (self-doubt, lack of confidence)

IHE – AntiStress Support (calming fear tension)

AOE – Frankincense (grounding, courage, faith)

AOT – Mars, Focused Energy, Strength of Will

Calm Within the Storm (Stress)

Helps settle nervous tension when life feels chaotic or heavy. It supports a return to peace and steadiness, reminding you that calm can exist even in the midst of challenge.

Affirmation

I am calm within the storm. My mind and body rest in peace and balance.

Core Essentials

QR – Peace, Calm & Tranquility

QR – Stress Free

QA – Mastering Stress

IHE – AntiStress Support

QFR – Star of Bethlehem (shock, trauma, overwhelm)

CS – Kali Phos (nerve relaxant, eases frazzled tension)

AOE – Lavender (soothes and calms body & mind)

Additional Support

QR – Inner Peace

QR – Love, Forgiveness & Gratitude

QA – Anxiety Support

QA – Mood Support

QC – Solar Plexus Chakra

QFR – Elm (relieves overwhelm, restores steadiness)

QFR – Olive (restores strength when stress drains energy)

QH – Ignatia Amara (traditionally used for emotional tension)

Comfort in Loss (Grief Support)

How this helps seniors

This playlist brings gentle peace and comfort through the pain of losing loved ones. It offers gentle support during times of sorrow and loneliness, encouraging comfort and inner strength through the process of grief.

Affirmations

- “The Lord is close to the brokenhearted and saves those who are crushed in spirit.” (Psalm 34:18)
- God comforts my heart and holds me close, giving me peace and strength as I heal through grief.
- My heart is comforted and surrounded by peace.
- I honor my loved ones and feel their love is always near.

Ingredients

QR – Inner Peace

QR – Peace, Calm & Tranquility

QR – Love, Forgiveness & Gratitude

QF – Easily Depressed

QF – Melancholia

QFR – Star of Bethlehem (healing from trauma)

QFR – Red Suva Frangipani (emotional resilience)

QFR – Pink Flannel Flower (gratitude & grace)

QC – Heart

QH – Ignatia Amara (grief release)

QH – Sepia Officinalis (renewal)

IHE – Ultimate Emotions

IHE – AntiStress Support

AOT – Heart, Earth, Om, Love (comfort & peace)

Everyday Use Tip

Play during quiet reflection, prayer, or memorial moments. It supports emotional healing, acceptance, and the gentle return of peace.

Adrenal/Thyroid (Energy & Balance)

How this helps

This playlist is intended to support the body's natural response to stress and promote overall balance within the thyroid, immune, and nervous systems. It may help encourage steadier energy, emotional calm, and a sense of physical renewal.

Affirmations

- My body is divinely balanced and energized.
- I release stress and allow my body to thrive.
- I am aligned, strong, and filled with renewed vitality.

Ingredients

IHE – Adrenal Thyroid Support

IHE – AntiStress Support

IHE – Lyme DT

IHE – Diabetes Assist

QF – Cerebral-Spinal Problems

QF – Covid Mutations

QF – Covid Virus

QF – Staphylococcus Infection

QF – Thymus Gland Stimulator

QF – Thyroid Issues

N – Tuberculinum Bovinum

N – Staphylococcinum

IHE – Syphilinum Miasm DT

IHE – Pesticide DT

QA – Immune Support

Everyday Use Tip

Use in the morning or early afternoon for an energy lift. Pair with *Quiet Moments* (pg. 95) or *Stress Less* (pg. 106) on busy or emotionally demanding days.

And 100's of more playlists at your fingertips.

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Thank you for peeking inside *The Frequency Wellness Guide*.

My hope is that these pages spark curiosity and remind you that God designed you with incredible wisdom and harmony.

If something here stirred your heart, I'd love to show you what this technology can do for you. Let's schedule your own **AO Scan session** and explore how frequency wellness can bless your body, your family, your friends—and even your community. You can reach me anytime through Agape Wellness LLC, sue@agapewellnessllc.com to learn more or begin your journey toward peace, balance, and restoration. **Schedule your Scan Today! Be Amazed!**