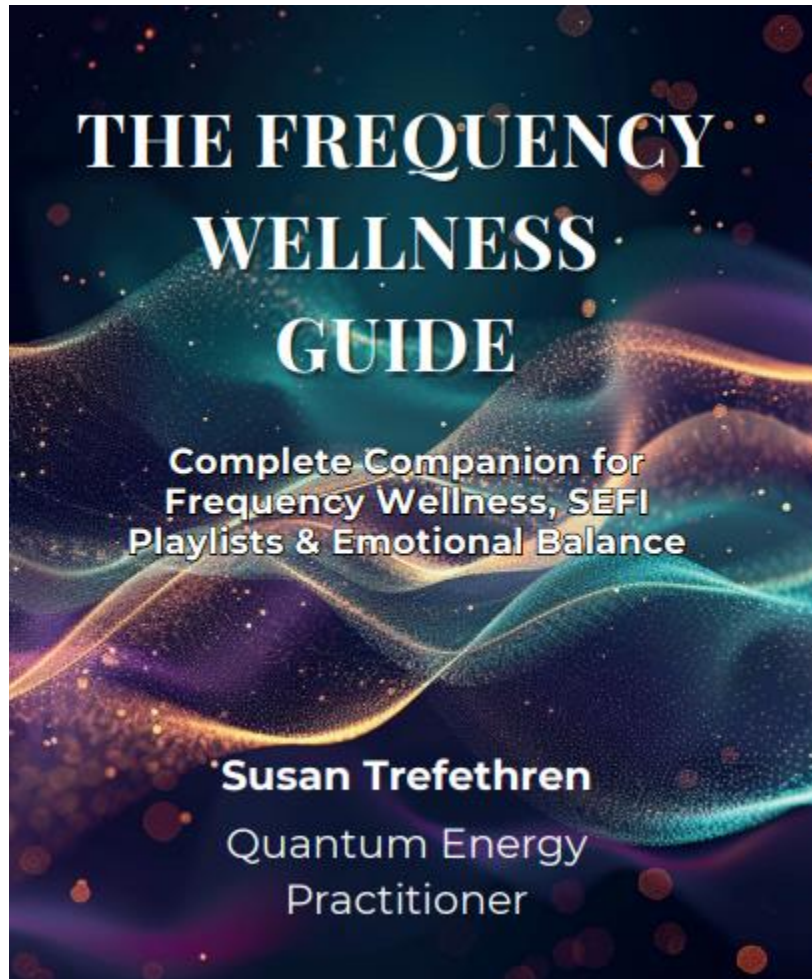


Take a peek inside *The Frequency Wellness Guide*—created for AO Scan users who want to understand playlists, balance emotions and body systems, and make frequency work simple and effective. Faith is part of the journey, but peace is the destination.

Front Cover



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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

Peak at the Table of Contents with over 400 playlists.

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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.

Anxiety/Stress (Emotional Stability & Calm)

How this helps

This playlist is intended to help settle an overactive mind and support calm within the body's stress response. It may encourage clarity, relaxation, and resilience, helping restore focus and inner ease.

Affirmation

- I am calm, grounded, and supported.
- My mind is clear and my body rests in peace.

Ingredients

IHE – AntiStress Support

IHE – Graviola Immune Support

IHE – Nerve Eze Plus

IHE – Trace Mineral Complete

IHE – Ultimate Emotions

QR – Energetic Clearing

QR – Health, Strength & Recovery

QR – Inner Peace

QR – Love, Forgiveness & Gratitude

QR – Pain Free, Healing & Stamina

QA – Anxiety

QA – Compulsive Behaviors

QA – Depression

QA – Stress and Tension

Everyday Use Tip

Run at the start of the day to set a calm tone and again after stress spikes. Pair with slow nasal breathing and a brief walk or stretch to anchor the reset.

Confidence Rising (Courage & Self-Belief)

How this helps

This playlist strengthens confidence and courage when doubt, fear, or pressure weigh heavy. It supports bold decision-making, steady presence, and inner trust.

Affirmation

- “Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” (Joshua 1:9)
- I am strong and courageous, for God is always with me.
- I trust myself. I walk in confidence. I face challenges with courage.

QA – Self Confidence – Self Esteem

QA – Anxiety

QA – Success

QFR – Larch (self-confidence, trust in abilities)

QFR – Elm (strength in overwhelm)

QFR – Mimulus (courage for specific fears)

QFR – Rock Rose (steadies sudden fear or panic)

QC – Solar Plexus Chakra (confidence, willpower)

QC – Root Chakra (strength, stability)

QR – Resolve (determination, courage)

AOE – Frankincense (grounding, courage, faith)

AOT – Mars, Focused Energy, Strength of Will

Everyday Use Tip

Play before big meetings, difficult conversations, or stepping into new opportunities to boost confidence and steady courage.

Back Cover

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.

- Purchase the book here on Amazon **LINK BELOW**

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Websites:

www.frequencywellnessguide.com

www.agapewellnessllc.com