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# The Frequency of Fabric

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A Guide to the Energy of What You Wear

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MAGGIE FORBES

The Fabric Frequency Guide

First Edition

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*This guide is based on the frequency research conducted by Dr. Heidi Yellen. The information presented is for educational purposes. Individual experiences may vary.*

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# Introduction

## *The Hidden Language of Fabric*

Every morning, you make a choice that affects your energy, your mood, and your wellbeing—often without realizing it. That choice is what you put on your body.

For thousands of years, humans intuitively understood that certain fabrics felt better than others. Linen was considered sacred in ancient Egypt. Wool was prized across cultures. Silk was reserved for royalty. These weren't arbitrary preferences—they were wisdom passed down through generations.

In our modern world, we've largely forgotten this wisdom. We choose clothing based on price, trend, and convenience. We wrap ourselves in synthetic materials engineered in laboratories, materials that didn't exist a century ago. And we wonder why we feel tired, disconnected, and out of alignment.

This guide is about remembering what we once knew.

In 2003, Dr. Heidi Yellen, a Jewish textile researcher, began investigating an ancient prohibition found in Leviticus 19:19 and Deuteronomy 22:11—the command not to wear wool and linen together. What she discovered would revolutionize our understanding of how fabric interacts with the human body.

Using a digital instrument called the Ag-Environ machine, developed by a retired Texas A&M professor, Dr. Yellen measured the "signature

frequency" of various fabrics. Her findings were remarkable: different fabrics emit measurably different frequencies, and these frequencies either support or deplete human energy.

The healthy human body operates at a frequency of approximately 100 Hz. Fabrics that measure above this frequency can elevate our energy. Fabrics that measure below it can drain us. And some fabric combinations—like linen and wool worn together—create frequency chaos that cancels out both fabrics' benefits entirely.

This isn't mysticism. It's measurable science applied to an ancient wisdom tradition.

In the pages that follow, you'll learn exactly which fabrics heal, which harmonize, and which deplete. You'll understand why your grandmother's linen sheets felt different from your polyester comforter. You'll discover why certain clothes make you feel powerful and others make you feel drained.

Most importantly, you'll gain the knowledge to dress in alignment—to choose fabrics that support your body's natural frequency rather than fighting against it.

Welcome to the frequency revolution.

# Chapter 1

## *The Science of Frequency*

Everything in the universe vibrates. This isn't philosophy—it's physics. Every atom, every molecule, every cell in your body is in constant motion, oscillating at specific frequencies. This principle, understood by physicists for over a century, forms the foundation of fabric frequency science.

The human body is an electrical system. Your heart generates electrical impulses. Your brain communicates through electrical signals. Your cells maintain electrical potential across their membranes. This bioelectrical activity creates a measurable electromagnetic field that extends beyond your skin.

### **The 100 Hz Baseline**

Research has established that a healthy human body maintains a signature frequency of approximately 100 Hz (Hertz, or cycles per second). This baseline represents optimal cellular function and energy flow.

When your body's frequency drops below this baseline, you may experience fatigue, brain fog, susceptibility to illness, and general malaise. When it rises above, you may feel energized, clear-headed, and vibrant.

Many factors influence your body's frequency: nutrition, sleep, stress, environment—and, as Dr. Yellen's research demonstrates, the fabrics touching your skin.

# How Fabric Frequency Was Measured

Dr. Yellen used the Ag-Environ machine, originally designed to measure the health and vitality of agricultural products. This device measures what's called "signature frequency"—the electromagnetic signature that all organic materials emit.

The methodology was straightforward: place a fabric sample on the sensor, record the frequency reading, and repeat across multiple samples of the same fabric type to ensure consistency.

What emerged was a clear hierarchy of fabrics based on their frequency signatures:

- Linen: 5,000 Hz
- Wool: 5,000 Hz
- Organic Cotton: 100 Hz
- Non-organic Cotton: 40-70 Hz
- Polyester: 10-15 Hz
- Rayon/Viscose: 10-15 Hz
- Silk: 10-15 Hz (varies by processing)

## The Interaction Effect

Perhaps the most significant finding was what happens when fabrics interact with the human body. Fabrics don't just passively sit on your skin—they actively exchange energy with your biofield.

High-frequency fabrics like linen and wool can elevate your body's frequency. The 5,000 Hz measurement represents a fabric that is 50 times higher than the human baseline—a substantial energetic input that supports healing and vitality.

Low-frequency fabrics do the opposite. A polyester shirt measuring 10-15 Hz is operating at roughly one-tenth of your body's optimal frequency. Wearing it creates an energetic drag, pulling your frequency down rather than supporting it.

This isn't about judgment—it's about information. Once you understand how different fabrics affect your energy, you can make informed choices about what you put on your body.

# Chapter 2

## *The Frequency Scale*

Understanding the frequency scale helps you make quick decisions when shopping or getting dressed. Think of it as a simple framework: Healing, Harmonizing, and Depleting.

### **The Three Categories**

Category	Frequency	Fabrics
<b>HEALING</b>	5,000 Hz	Linen, Wool, Cashmere, Alpaca
<b>HARMONIZING</b>	100 Hz	Organic Cotton, Hemp
<b>DEPLETING</b>	0-15 Hz	Polyester, Nylon, Acrylic, Rayon

### **Healing Fabrics (5,000 Hz)**

These fabrics measure 50 times higher than the human body's baseline frequency. They actively contribute energy to your system, supporting healing, clarity, and vitality. Linen and wool fall into this category.

### **Harmonizing Fabrics (70-110 Hz)**

These fabrics operate at or near your body's natural frequency. They neither add significant energy nor drain it—they simply harmonize with your existing

state. Organic cotton is the primary fabric in this category.

## **Depleting Fabrics (0-20 Hz)**

These fabrics measure significantly below the human baseline. They create an energetic deficit, essentially "borrowing" energy from your body. Most synthetic fabrics fall into this category, as does non-organic cotton that has been heavily processed.

## **A Note on Measurement**

It's important to understand that these measurements represent general categories, not absolute values. The exact frequency of a fabric can vary based on:

- Growing conditions (for natural fibers)
- Processing methods
- Chemical treatments
- Blending with other materials
- Age and wear of the garment

A heavily processed organic cotton shirt will measure lower than a minimally processed one. A vintage linen garment that has been washed hundreds of times may measure differently than a new one.

Use the frequency scale as a guide, not a rigid rule. When in doubt, choose natural over synthetic, unprocessed over processed, and quality over quantity.

# Chapter 3

## *Healing Fabrics*

5,000 Hz: Linen & Wool

At the top of the frequency scale sit two ancient fabrics: linen and wool. Both measure approximately 5,000 Hz—fifty times the human body's baseline frequency. These are the healing fabrics, the ones that actively contribute energy to your system.

### **Linen: The Sacred Fabric**

Linen is made from the flax plant (*Linum usitatissimum*), one of the oldest cultivated crops in human history. Archaeological evidence suggests humans have been wearing linen for at least 30,000 years.

The ancient Egyptians considered linen sacred. Priests were required to wear linen garments. Mummies were wrapped in linen. The fabric was associated with purity, light, and the divine.

This reverence wasn't arbitrary. The Egyptians understood, perhaps intuitively, what Dr. Yellen's research later confirmed: linen possesses extraordinary properties.

### **Properties of Linen**

- Frequency: 5,000 Hz
- Naturally antibacterial and antifungal
- Highly breathable—conducts heat away from the body

- Becomes softer and more lustrous with each wash
- Stronger when wet than when dry
- Naturally moth-resistant
- Hypoallergenic

## **Best Uses for Linen**

- Bedding (sheets, pillowcases, duvet covers)
- Warm-weather clothing
- Towels and bathrobes
- Meditation and healing practices
- Recovery from illness

## **Wool: The Protective Fabric**

Wool comes from sheep, goats (cashmere, mohair), rabbits (angora), and other animals. Like linen, it measures approximately 5,000 Hz—a healing frequency that supports the body's natural energy.

Unlike linen, which cools the body, wool is known for its insulating properties. But wool is actually temperature-regulating—it keeps you warm in winter and can keep you cool in summer by wicking moisture away from the skin.

## **Properties of Wool**

- Frequency: 5,000 Hz
- Temperature regulating (insulates AND breathes)
- Naturally flame resistant
- Moisture-wicking (can absorb 30% of its weight in moisture)
- Odor resistant

- Durable and resilient
- Naturally elastic

## **Types of Wool**

- Merino: Fine, soft, excellent next-to-skin
- Cashmere: Ultra-soft, luxurious, from cashmere goats
- Alpaca: Warmer than sheep's wool, hypoallergenic
- Mohair: From Angora goats, lustrous and durable
- Lambswool: First shearing, exceptionally soft

# Chapter 4

## *Harmonizing Fabrics*

### 100 Hz: Organic Cotton

Organic cotton occupies a unique position on the frequency scale. At approximately 100 Hz, it matches the human body's baseline frequency almost exactly. It neither elevates nor depletes—it harmonizes.

### **The Neutral Choice**

Think of organic cotton as the neutral ground of fabric frequency. If you're relatively healthy and energetically balanced, organic cotton will maintain your state. It's a safe choice that won't interfere with your body's natural rhythm.

This makes organic cotton ideal for:

- Everyday basics (t-shirts, underwear, socks)
- Activewear during moderate exercise
- Children's clothing
- People with sensitive skin who can't tolerate wool

### **Organic vs. Conventional Cotton**

The "organic" distinction matters significantly for frequency. Conventional cotton—grown with pesticides, herbicides, and synthetic fertilizers, then processed with bleaches and chemical dyes—measures considerably lower, often in the 40-70 Hz range.

The difference comes from what's been done to the fiber:

- Pesticide residues remain in conventional cotton fibers
- Harsh processing damages the fiber's natural structure
- Chemical dyes and finishes coat the fiber
- Formaldehyde treatments (for "wrinkle-free" fabrics) persist

When shopping for cotton, look for:

- GOTS certification (Global Organic Textile Standard)
- OEKO-TEX certification
- Unbleached or naturally dyed options
- Minimal processing claims

## **Hemp: The Overlooked Harmonizer**

Hemp deserves mention alongside organic cotton. While Dr. Yellen's original research focused primarily on linen, wool, and cotton, hemp shares many properties with linen (both are bast fibers from plant stalks) and likely measures in a similar range.

Hemp is naturally resistant to pests (requiring no pesticides), grows quickly without irrigation, and produces a strong, durable fiber. As hemp textiles become more available, they represent an excellent harmonizing choice.

# Chapter 5

## *Depleting Fabrics*

0-15 Hz: Synthetics

The modern wardrobe is dominated by synthetic fabrics—materials that didn't exist before the 20th century. These laboratory-created fibers measure at the bottom of the frequency scale, often registering the same frequencies as diseased or dying tissue.

### **The Synthetic Revolution**

The first synthetic fiber, nylon, was introduced in 1938. Polyester followed in 1951. Spandex in 1959. Within a few decades, these materials transformed the textile industry—and the human wardrobe.

Today, approximately 60% of all clothing contains polyester. Fast fashion relies almost entirely on synthetic fabrics because they're cheap to produce and easy to manufacture.

The convenience came at a cost we're only beginning to understand.

### **Why Synthetics Measure Low**

Synthetic fabrics are made from petroleum—dead, fossilized organic matter that has been chemically transformed. They contain no living energy, no vital force. Their molecular structure is entirely artificial.

Dr. Yellen's measurements found that synthetics register between 0-15 Hz—roughly the same frequency measured in sick and dying organic

matter. This isn't coincidence; it reflects the fundamental nature of the material.

## **Common Synthetic Fabrics**

- Polyester: The most common synthetic, made from petroleum
- Nylon: Originally developed as a silk replacement
- Acrylic: Often used as a wool substitute
- Spandex/Lycra: Added to many fabrics for stretch
- Rayon/Viscose: Semi-synthetic, made from wood pulp but heavily processed
- Modal: Similar to rayon, marketed as "eco-friendly"

## **The Hidden Cost**

Beyond frequency, synthetic fabrics present other concerns:

- They don't breathe, trapping heat and moisture
- They harbor bacteria, causing odor
- They shed microplastics with every wash
- They're often treated with additional chemicals for flame resistance, stain resistance, or wrinkle resistance
- They don't biodegrade—a polyester shirt will exist for 200+ years

## **A Note on Silk**

Silk occupies a complex position. A natural fiber produced by silkworms, silk should theoretically measure higher than synthetics. However, Dr.

Yellen's research found that most commercial silk measures in the 10-15 Hz range.

The likely explanation is processing. Commercial silk undergoes significant chemical treatment to achieve the lustrous, smooth finish consumers expect. Wild silk or minimally processed silk may measure higher, but such products are rare.

Consider silk a "proceed with caution" fabric—better than polyester, but not in the healing category.

# Chapter 6

## *The Linen-Wool Warning*

Here is perhaps the most surprising finding of Dr. Yellen's research—and the one that validates an ancient wisdom tradition.

### **The Ancient Prohibition**

In the Hebrew Bible, two passages forbid wearing wool and linen together:

"You shall keep my statutes. You shall not... wear a garment of cloth made of two kinds of material." — Leviticus 19:19

"You shall not wear cloth of wool and linen mixed together." — Deuteronomy 22:11

For millennia, observant Jews have followed this commandment (known as "shatnez"), carefully checking garments to ensure they don't contain both wool and linen. The reason was never explained—it was simply a divine command.

### **What Dr. Yellen Discovered**

When Dr. Yellen measured linen and wool separately, each registered approximately 5,000 Hz—the healing frequency. But when she measured a fabric containing both linen and wool together, something remarkable happened.

The combined fabric measured ZERO.

Not a low number. Not a reduced number. Zero.

The frequencies of linen and wool, when combined, cancel each other out completely. Two healing fabrics, worn together, produce no benefit—and potentially create energetic disruption.

## **The Science Behind the Phenomenon**

Dr. Yellen theorized that linen and wool have opposite "spin" or "polarity." Linen, a plant fiber, carries energy in one direction. Wool, an animal fiber, carries energy in the opposite direction. When combined, these opposing forces neutralize each other.

Think of it like two equal and opposite waves meeting—they cancel out, leaving flat water.

## **Practical Applications**

This finding has immediate practical implications:

- Never buy suits labeled "wool-linen blend" (common in summer suits)
- Check labels carefully—linen linings in wool jackets are common
- Don't layer a linen shirt under a wool sweater
- Be aware of wool-linen blended yarns if you knit or crochet
- Check upholstery if you want high-frequency furniture

Note: This applies to wearing them touching each other or blended together. Wearing a linen shirt and later changing to a wool sweater is fine—the frequencies don't persist in your body after you remove the garment.



# Chapter 7

## *Building Your Aligned Wardrobe*

You don't need to throw away everything you own and start over. Transitioning to an aligned wardrobe is a gradual process—one that honors both your budget and your energy.

### **The Priority System**

Start with the items that touch your body most directly and for the longest periods:

#### **Priority 1: Bedding**

You spend roughly one-third of your life in bed. Your sheets, pillowcases, and pajamas touch your body for 7-9 hours every night. This is the single highest-impact change you can make.

- Replace synthetic sheets with linen or organic cotton
- Choose natural fiber pajamas or sleep in a linen nightshirt
- Consider a wool mattress pad or topper

#### **Priority 2: Underwear**

Your most intimate garments touch your most sensitive areas for your entire waking day. Synthetic underwear—especially those treated with moisture-wicking chemicals—should be replaced first.

- Choose organic cotton underwear
- Look for organic cotton or merino wool socks

- Replace synthetic bras with organic cotton or natural fiber options

### **Priority 3: Base Layers**

T-shirts, tank tops, and other garments worn directly against your torso have significant body contact. Transition these next.

### **Priority 4: Everything Else**

Outer layers, accessories, and occasional-wear items can be transitioned more gradually as budget allows.

## **The 80/20 Approach**

You don't need perfection. If 80% of what touches your body is natural fiber, you're doing well. A wool coat with synthetic lining, a cotton dress with a polyester zipper tape—these small compromises won't negate the benefits of an otherwise aligned wardrobe.

Focus on the large contact areas. Accept small imperfections. Progress over perfection.

## **The Capsule Approach**

Quality natural fiber clothing costs more than fast fashion synthetics—but it lasts longer, feels better, and serves your energy rather than depleting it.

Consider building a capsule wardrobe:

- Fewer pieces, higher quality
- Neutral colors that mix and match
- Classic styles that don't date quickly

- Investment pieces that last years, not seasons

Five excellent linen shirts will serve you better than fifteen polyester ones. And they'll still look good in ten years.

# Chapter 8

## *Shopping Guide*

### **Reading Labels**

The care label is your first source of truth. By law, it must list fiber content. Here's what to look for:

#### **Green Light (Healing/Harmonizing)**

- 100% Linen
- 100% Wool (or Merino, Cashmere, Alpaca)
- 100% Organic Cotton
- 100% Hemp
- Cotton/Linen blend (no synthetics)

#### **Yellow Light (Proceed with Caution)**

- 100% Cotton (non-organic—better than synthetic)
- 100% Silk (processing matters)
- Natural fiber with small % elastane (5% or less for fit)

#### **Red Light (Avoid)**

- 100% Polyester
- 100% Nylon
- 100% Acrylic
- Rayon/Viscose/Modal (despite "plant-based" marketing)
- Wool-Linen blend (frequencies cancel)
- Any blend dominated by synthetics

## **Beyond the Label**

Labels tell you fiber content but not processing. Two "100% cotton" shirts can be vastly different depending on how the cotton was grown, processed, and finished.

Look for:

- Certifications (GOTS, OEKO-TEX, USDA Organic)
- "Undyed" or "naturally dyed" claims
- "Unbleached" or "natural color"
- Small-batch or artisan production
- Transparent supply chain information

## **Where to Shop**

The best sources for high-frequency fabrics include:

- Specialty linen retailers (online and local)
- Wool and cashmere specialists
- Organic clothing brands
- Vintage and secondhand (pre-1970s clothing was largely natural fiber)
- European retailers (stricter textile regulations)
- Direct from mills and artisans

Be wary of fast fashion chains—even their "natural fiber" options are often heavily processed and blended with synthetics.

# Appendix

## *Quick Reference Charts*

### **Fabric Frequency Reference**

Category	Frequency	Fabrics
<b>HEALING</b>	5,000 Hz	Linen, Wool, Cashmere, Alpaca
<b>HARMONIZING</b>	100 Hz	Organic Cotton, Hemp
<b>DEPLETING</b>	0-15 Hz	Polyester, Nylon, Acrylic, Rayon

### **Quick Decision Guide**

When shopping, ask yourself:

- Is it 100% natural fiber? → Yes = consider buying
- Does it contain polyester/nylon/acrylic? → Yes = avoid
- Is it wool AND linen together? → Yes = avoid
- Is the cotton organic? → Organic = better choice
- Does it have certifications? → Certified = more trustworthy

# **Wardrobe Transition Priorities**

- 1. Bedding (sheets, pillowcases, pajamas)
- 2. Underwear (all undergarments, socks)
- 3. Base layers (t-shirts, tank tops)
- 4. Primary clothing (daily wear)
- 5. Outer layers (jackets, coats)
- 6. Accessories and occasional wear

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# About Frequency & Form

Frequency & Form curates natural fiber clothing and textiles for those who understand that what you wear affects how you feel.

Our mission is simple: make it easy to dress in alignment.

Every piece we offer has been selected for its frequency, quality, and timeless design. No synthetics. No shortcuts. Just real fabrics that support your body's natural energy.

## **FREQUENCY & FORM**

*Dress in Alignment*

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