

SOUND HEALING - SOLFEGGIO FREQUENCIES

285
HZ

HEALS & RESTORES TISSUES

This frequency has been associated with healing the root chakra, which can help create feelings of safety and security. It can also help improve the immune system.

RELEASES FEAR & GUILT

This frequency is also associated with the root chakra and helps remove subconscious fears, worries, and anxiety. It also helps to eliminate feelings of guilt and subconscious negative beliefs blocking your path to achieving personal goals.

396
HZ

417
HZ

RELEASES NEGATIVITY & HEALS TRAUMA

This frequency is associated with the sacral chakra and fills the mind with feelings of peace and well-being. It is known to be the most relaxing frequency and can help improve sleep.

THE LOVE FREQUENCY

This frequency is associated with the solar plexus chakra and has the ability to heal and repair DNA. It can reduce stress hormones, increase feelings of love, and improve concentration.

528
HZ

639
HZ

IMPROVES RELATIONSHIPS

This frequency is associated with the heart chakra and promotes communication, love, understanding, and can bring harmony into interpersonal relationships. It can help balance emotions and elevates mood as well.

ELIMINATES TOXINS AND NEGATIVITY

This frequency is associated with the throat chakra and helps to detox the body from pollutants. It also helps to awaken intuition, aids in expressing yourself, and repels anger and negativity.

741
HZ

852
HZ

AWAKEN YOUR INTUITION

This frequency is associated with the third eye chakra and helps to replace negative thoughts with positive ones, making it ideal when nervousness or anxiety is bringing you down. It also aids in awakening intuition and inner strength. Good for meditation.

THE PURE MIRACLE TONE

This frequency is associated with the crown chakra and helps to increase intuition, feel spiritually connected, and raise your vibration. This can help you feel more connected with others and manifest the things you want in life.

963
HZ