

The Impact of Listening to Various Solfeggio Frequencies

Freq.	Benefit
14 - 30	Lower beta frequencies (14 to 30 Hz) have been linked to increased concentration and alertness, problem-solving, and improved memory. Binaural beats of 40 Hz were found to be helpful in enhancing training and learning, according to a 2020 study.
174	Known as the healing frequency and has been found to have the greatest potential effect on the physical body when compared to the other frequencies. This low frequency could alleviate pain and stress, improve concentration, and give the organs in the body a sense of security.
285	This frequency targets your energy field. It helps in the fast healing of burns, fracture, sprains, cuts, and other injuries. It is most beneficial for addressing holes and other issues in your aura or energetic field. It influences the energy fields sending messages to restructure damaged organs/tissue.
396	<p>Could aid in the elimination of guilt, subconscious fears, negative beliefs, and grief, providing a sense of security. The frequency generates uplifting energy, it may be effective as motivational music.</p> <p><i>In 2020 the Journal of International Holistic Health Sciences did a study and found that if you listen to 396 hertz music your stress levels will be reduced by 15%.</i></p>
417	<p>Most commonly known for its ability to remove negative energy and undo negative happenings. Facilitating change, calming intense feelings, and building inner strength.</p> <p><i>In 2018 the Journal of Complementary and Integrative Medicine did a study and found if you listen to 417 hertz your emotional stability improves by 20%.</i></p>
432	Shown in studies to help to stimulate the brain's alpha waves, which are associated with a state of wakeful relaxation. This can lead to increased mental clarity and focus, making it easier to stay on task and be productive throughout the day.
528	<p>528 Hz has been shown in research to influence the autonomic nervous system and endocrine system varies depending on the frequency of the music. Furthermore the 528 Hz music has an especially strong stress-reducing effect, even following only five minutes of exposure.</p> <p><i>In 2016 the Journal of Molecular Biology did a study that if you listen to 528 hertz music your cells heal and repair 25% faster.</i></p>
639	<p>Listening to the 639 Hz solfeggio frequency is a great way to balance out your Heart Chakra and tackle all the negative feelings you may have when it's unbalanced. It's also believed that 639 Hz carries healing energy that can "mend broken hearts and create harmonious relationships".</p> <p><i>In 2019 the Journal of Cardiology did a study and found that if you listen to 639 hertz music you will receive an 18% boost in your heart rate variability – reduction in risk of heart attacks.</i></p>

741	741 Hz. By potentially stimulating the mind, promoting creativity and self-expression, and providing mental clarity, this frequency could help with intellectual work and problem-solving. It can also support decision making, which can lead to a healthier and more fulfilling life
852	<p>The 852 Hz frequency is used to boost awareness and reconnect you with spiritual order. It cuts through illusions, helping you see yourself and your environment with clarity. 852 Hz enables the cell to transform itself into a system of higher levels. It is an excellent frequency for deep dreams, astral projections, connecting with spirits on the other side, and connecting authentically with one's physical surroundings.</p> <p><i>In 2015 the Journal of Neuroscience found that if you listen to 852 hertz music there is a 30% increase in cognitive performance.</i></p>
963	<p>Associated with activating your pineal gland, raising consciousness, and awakening intuition. The frequency is also believed to increase positive energy and provide clarity.</p> <p><i>In 2021 the Journal of Spiritual Healing did a study and found that if you listen to 963 hertz music you receive a 28% increase in meditation.</i></p>

InHarmony Sound Track Options by Frequency

Track Name	Freq	Time	Description
A Journey through and Beyond	30, 40, 60, 68, 80, 86	22	Multiple journeys with at various frequencies. Maintain your awareness when using these frequencies, they can have a profound impact on the mind, body & spirit.
The Deep Om	174, 285, 396	26	The Deep Om series give you a full body experience of allowing yourself to melt into the primordial sound of the Universe, the Sacred Om.
My Body is Aligned	174	11, 22, 33	Supports relief from pain and stress.
I am Rejuvenated	285	11, 22, 33, 66	Supports the regeneration of tissues and organs.
I Release Guilt & Fear	396	11, 22, 33, 66	Facilitates the release of guilt and fear. Associated with the Root Chakra.
I am Transformed	417	11, 22, 33, 66	Removes negativity and facilitates change. Associated with the Sacral Chakra.

Track Name	Freq	Time	Description
Ancestral Healing	417	11, 22, 33	This track was designed and tuned to 417 hz to help heal from past traumas and promote ancestral healing.
Just the Didge	417	11, 22, 33, 77	Enjoy the powerful Didgeridoo and sounds all tuned to 417hz which is associated with the Sacral Chakra and clearing trauma.
I am in Tune	432	11, 22, 33, 66	Tunes the body to the earth's natural vibration. Solfeggio Frequencies.
Raising Your Vibration	432	65	This track was designed and tuned to 432 hz to assist you in raising your vibration or frequency. Hold the intention of seeing your vibration increase to match the frequency of the life you desire.
I am Pure Love	528	11, 22, 33, 66	Catalyzes DNA Repair, deep healing, and relaxation. Associated with the Solar Plexus Chakra.
Releasing Old Stories	532	30	This track is tuned to 532 hz and can help you release any old stories that you may feel held back by. You are invited to lean into this deep journey.
I am in Harmony with my Surroundings	639	11, 22, 33, 66	Balance emotions and elevate your mood. Associated with the Heart Chakra.
I am Intuitive	852	11, 22, 33, 66	Reduce anxiety and nervousness, ground in and lift off. Connect to spirit. Associated with the Third Eye Chakra.
I am Connected to My Higher Self	963	11, 22, 33, 66	Activate the pineal gland and access consciousness. Associated with the Crown Chakra.

InHarmony Sound Track Options by Topic

Track Name	Time	Description
A Grateful Heart	20	This is a guided meditation to bring you into a space of gratitude.
Abundance	13	Let this track take you on a journey of feeling just how abundant you are in every way.
Addiction	22	This track is intended to aid and assist those wanting to recover or break free from their addiction. Laced underneath the music you will hear an isochoric tone of 7.5 hz which is said to help with addictive behaviors.
Anxiety	11	Feeling anxious? Let your nervous system be brought back to a state of calm and ease.
Breath of the Wind	11, 22, 33, 66, 122	This is an ultra-deep dive journey. You will hear the beautiful sounds of rain and thunder recorded in Bali by HOHM, the native flutes and acoustic guitar. Enjoy the deep relaxation and expansion of this track.
Clarity	25	This track has been created with the intention of helping the listener find clarity and move through any mental obstacles.
Expansive Sky	22, 33, 44, 66	This compilation is created by Sandy Arnold who is a sound meditation facilitator, vocalist, and composer. The track is simply focused on Tibetan bowl sound experience.
Grief	11	This track was created to help people have a safe space to process grief.
Inner Peace 111hz	33	The 111hz frequency is often associated with various potential benefits particularly in the realms of sound healing, meditation and spiritual practices.
Inspiration	25	This track was designed to ignite the souls' flame. To be inspired means to be "in spirit".
La Sirena	20	Enjoy the sounds of La Sirena (The Siren) in this beautiful Handpan experience by HOHM.
Ocean Dreams	11, 25, 90	Take a plunge into the deep blue sea and allow yourself to float with the sea creatures in peach for the oceanic nervous system reset.

Track Name	Time	Description
Patience	30	This track has been designed to cultivate the practice of patience. There is no tempo and no structure to allow you to release any expectations of when something should or should not happen in a song and feel a sense of timelessness.
Rain Forest	30	Allow yourself to melt to raw sounds of the rain forest. This track has no temp or structure. It is meant to make you drift into a space of timelessness and connect with nature.
Reflection	25	This track was designed to help you deepen the practice of reflecting on any area of your lfie.
Release	28	This track was created with the intention of assisting the listening with with releasing anything that does not resonate or servve them any longer.
Releasing Anger	11	This track will help you move through rage/anger and take you into full surrender, leaving you blissfully empty.
Releasing Trauma	11, 22, 34	Use this track when you want to work on releasing trauma.
Ripples	10	This is a musical collection between Vibronacci and HOHM. This is a beautiful jouney that will make you feel as though you're floating in water, allowing yourself to wander wherever you may go.
Schumann Resonance	23	The Schumann Resonance refers to the naturally occurring electromagnetic frequencies in the Earth's ionosphere, predominantly at around 7.83 hz, influenced by lightening discharges and atmospheric conditions.
Walking Each Other Home	11, 22, 33, 44, 95	Cloud People are a sound healing duo that have been bringing healing journeys to the space for over 7 years. This is a special journey made just for InHarmony users.

InHarmony Sound Track Options by Chakra

Track Name	Duration	Description
Root Chakra	11, 22, 33, 44, 85	The root chakra, or Muladhara, represents the foundation of physical and emotional well-being, stability, and a sense of groundedness in life.
Sacral Chakra	11, 22, 33, 44, 88	The sacral chakra, known as the Svadhisthana, located just below the naval, represents creativity, emotional balance, and sexuality. It is associated with our ability to enjoy life's pleasures, express emotions freely, and embrace change.
Solar Plexus Chakra	11, 22, 33, 44, 83	The sacral chakra, known as the Svadhisthana, located just below the naval, represents creativity, emotional balance and sexuality. It is associated with our ability to enjoy life's pleasures, express emotions freely, and embrace change.
Heart Chakra	22, 33, 44, 81	The heart chakra is the center of love, compassion and emotional balance, located in the chest near the heart.
Throat Chakra	11, 22, 33, 44	The throat chakra facilitates clear communication, self-expression and the ability to speak one's truth authentically.
Third Eye Chakra	11, 22, 33, 44	The third eye chakra fosters intuition, insight and inner wisdom enhancing one's ability to perceive beyond the physical realm.
Crown Chakra	11, 22, 33, 44	The crown chakra, known as Sahasrara, located at the top of the head, symbolizing spiritual connection, enlightenment and unity with the universe. It governs our sense of higher purpose, wisdom, and universal consciousness.

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