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Finding the right frequency

How music can support your menopause

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The magical powers of 432hz music

In the first of a series of articles music specialist, Dominique Levack explains how finding your right frequency can help out with mitigating your menopausal symptoms.



When my menopause transition began I was looking for a quick fix relaxer, that was legal, caffeine and alcohol free and accessible.

Since hitting 50 I found my tolerance levels diminishing rapidly, and the most basic of tasks like going shopping would start the sweats. Loud noises, loud people, small screaming children, traffic, emergency service vehicles would get me all het up and I could feel my heart start to race.

Feelings of anxiety would envelop me whenever I had to go out, and I would be clock watching longing to get home, make a cup of tea and hermit away in my suburban woman cave.

Some friends suggested meditation, but being slightly ADHD, I would get bored and lie there thinking of what I was going to have for supper.

Then I found it. 432hz music on youtube.

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Huge choice

There are hundreds of choices of slow moving, non-demanding, lyric less, beautiful calming music, hours long, some involve nature sounds which are my favourite.

In the beginning I found one I liked and would listen for hours, sitting quietly in my favourite chair, or snuggled up in bed the music would allow me to relax, and gently drift into a daydreaming state.

Slowly my spirits lifted as my mind calmed and I was able to let go of the scrambled anxiety locked in my stomach. Feelings of joy would slip under the doormat and wind their way into my subconscious mind. I would feel an emotional shift towards inner calm and joy after 30 minutes.

One day I left the music playing on my Macbook in the lounge and walked to the local shops. I was less than 15 minutes. On my return, there was such a beautiful serenity in my lounge environment, I couldn't believe it. It was like walking into a church. That's when I knew there must be something more to this, and so there is.

8hz Heartbeat of the planet

432hz is our historical tuning. Considered to be Verdi's A note it works in cycles of 8hz, significantly in tune with the earth, and sacred geometry.

A study by the HeartMath Institute in America found that when our heart is in a state of compassion, it beats at 8 Hz, as measured by an electrocardiogram (or EKG).

Our DNA replicates at a frequency of 8 Hz, and it's also the nuclear magnetic resonance of hydrogen atoms, as noted by renowned musician and writer Ananda Bosman, which form one of the basic building blocks of living creatures and the universe.

432hz was the most commonly used tuning across Europe until 1910 when the American John Calhoun Deegan, a percussive instrument manufacturer, persuaded the American Federation of Musicians to use A=440Hz as their tuning standard.

Germany supported the tuning of A=440Hz two decades later and became the first to advocate for this to become a worldwide standard. Bizarrely, the International Organization for Standardization accepted A=440Hz as the official standard pitch in 1955, which they reaffirmed in 1975, and so it stands today, despite worldwide debate. →





However, if we look closely at 432hz we find that it works in tandem with the scale of solfeggio tones, used by the Benedictine monks to soothe and support healing in the 11th century.

There is much research and data discussing the benefits of listening to 432hz, and other solfeggio tone based music, but I would suggest you have nothing to lose by trying it out yourself.

Therapy

As a musician and composer also working in music therapy, I am prone to reaching for musical solutions. My relationship to music is strong.

As child I would self soothe by playing childish improvisations at the piano for hours as it felt good. As a teenager I would write overly dramatic songs about my dreadfully boring life and feel better when I sung them loudly.

Years later, music is still my constant and as a menopausal woman it has supported me enormously in recent years with anxiety, depression, relationship breakdown and sleep, as a result of listening to this kind of music on a regular basis.

Here are the solfeggio tones and their associated healing benefits:

- 174 Hz - Pain & Tension
- 285 Hz - Energy, Safety & Survival
- 396 Hz - Release Guilt & Fear
- 417 Hz - Release Past Trauma & Negativity
- 528 Hz - Heal DNA, Clarity & Peace of Mind (Love frequency & miracle tone)
- 639 Hz - Heal Interpersonal Relationships
- 741 Hz - Solve Problems, Improve Emotional Stability
- 852 Hz - Harmony with Universe & Self
- 963 Hz - Oneness

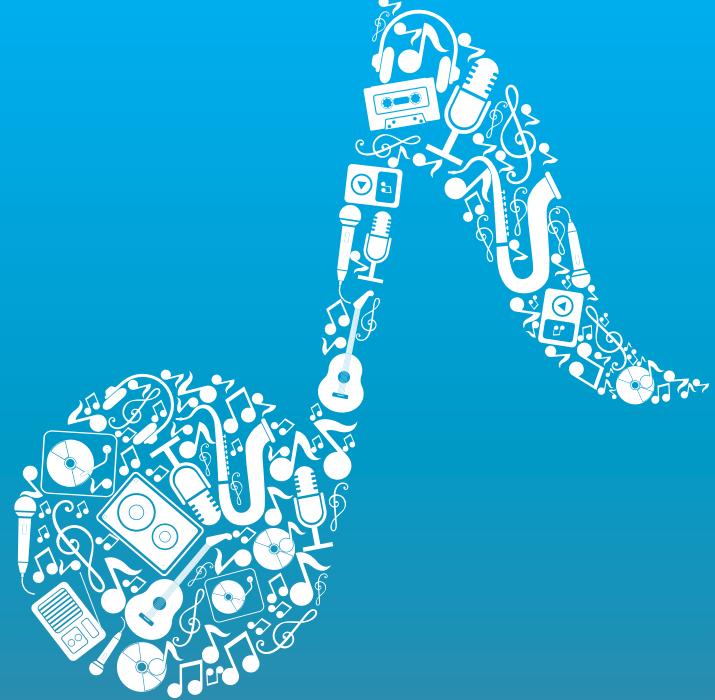


Suggested listening time is three times a day for 15 minutes regularly, which is key - no pun intended!)

However, I find the music so tranquil, I leave it on to play when I'm working at my computer or just at home because it has an accumulative effect on me.

I can fall asleep with it playing.

The way the music is put together is cyclical, looping itself in patterns, but the tones are ever present. →



Try this

If you struggle with keeping still, sitting down, or relaxing generally, you may want to try listening for 2-5 minutes while closing your eyes and concentrating on breathing.

It's as simple as that.

After a few minutes or so, check in to see if you feel any changes emotionally, or just slightly less anxious, nervous or angry.

Regular listening will bring faster relief.

Because you are allowing your brain to rest in its natural state supported by the tones.

Some tracks will suit you better, so take time to find the ones you like, and bookmark them or make your own play list.

I tend to play them from youtube, as I like the visuals that go with the tracks, and I can identify my favourites by the videos.

However, you can access them on all the digital streaming platforms.

If you don't have regular access to the internet you can buy the music to download.

Here are some sites that I use:

- mindvibrations.com/
- meditativemind.org/
- binauralbeatsmeditation.com/

Let me know how you get on, I'm always interested in people's musical journeys.

Happy listening!



Dominique is a composer, songwriter, educator and music specialist.

A musical time traveler she especially enjoys working with voices, mixing up genres from other centuries and cultures.

Moving her young family to Spain in 2000 she was one of the first female DJs in Southern Spain, performing under the name of DJ Aquarius, playing flamenco and world music.

Dominique has self-released 2 albums.

Released in 2021 Improvisations is a collection of contemporary piano chill out tracks with choirs and cinematic vibes.

Dominique studied Music Therapy at Nordoff Robbins, London in 2014 and practices as a music specialist across East & West Sussex.

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