

Sound Healing Sessions (SHS) Where Science Meets Spirit

Open the door to realize your full potential
Reach high levels of consciousness
Quiet your mind to achieve a deep, relaxed meditative state
Significantly reduce stress
Overcome self-limiting beliefs
Achieve the mindset to attract and manifest the life you want
Improve sleep and reduce insomnia
Enhance your intuition and creativity
Fortify your immune system, physical health and longevity
Improve memory and concentration
Feel more happy, confident, inspired and motivated
Optimize whole brain functioning

Tune Yourself Back To The Perfect Vibrations

Our modern-day musical scale is out of sync when compared with the original Solfeggio scale. If we want to bring harmony in our lives, then we may need to replace the dissonant western scale with a web of subtle and clear intervallic relationships of the Solfeggio music. Let the music become once again a tool to raise human nature and a method to connect you with the Source! The Solfeggio frequencies are so powerful that they can bring you back to the original tones of the heavenly spheres and put your body into a balanced resonance. Solfeggio music is the key to the Universe. You can either throw it away or use it to find healing, harmony, health, and well-being.

Brainwaves

There are five different base brainwave states of the brain. These include Gamma, Beta, Alpha, Theta and the Delta frequencies. These states are determined by the degree of activity in the brain.

Different brainwave patterns correlate with our state of mind and also how our body is experiencing each moment. Alpha state is related to light relaxation; theta is present during the body's natural and spiritual healing process; delta is linked to deep meditative state or directly before sleep; beta is dominant in our waking state of consciousness; and gamma is where we enter a high energy state of super focused and inspired creativity.

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Methods of Brainwave Entrainment

There are three main methods currently used for brainwave entrainment: Binaural Beats, Monaural Beats, and Isochronic Tones.

Binaural Beats

Binaural beats are the oldest and most widely used technology. Discovered in 1839 by Heinrich Dove, but it wasn't until 1973, when Gerald Oster wrote "Auditory Beats in the Brain" that scientific research on binaural beats erupted.

Our brain produces different types of brainwaves. The frequencies of these waves range from delta waves (0.5-4 Hz) to gamma waves (40 Hz+).

However, human ears are only able to pick up frequencies between 20 Hz-20,000 Hz. Since our ears can't grasp frequencies below 20 Hz, binaural beats work by fooling our brain.

How? When you listen to binaural beats with headphones, each ear is introduced to a different frequency.

When you hear these two different frequencies, your brain reacts by perceiving the difference, called a third auditory beat or binaural beat, which can then be used to change your neural rhythm. For example, if you play 30 Hz in one ear and 25 Hz in another ear, your brain will perceive another auditory beat of 5 Hz. You are subtracting one frequency from the other: $30 \text{ Hz} - 25 \text{ Hz} = 5 \text{ Hz}$.

Brainwaves and brain states impact each other in a type of "feedback loop". That means, when you introduce a sound which your brain picks up as 5 Hz (as in the example above) for a certain time, you trigger your brain to create that frequency (in this case, a theta wave).

Headphones are required for this method. Some people get headaches when wearing headphones.

Monaural Beats

Monaural beats are combined into one sound before they reach the human ear, as opposed to formulated in part by the brain itself, which occurs with a binaural beat. For the brain to hear and interpret monaural tones, the different elements involved must be of the same frequency (for instance, 50Hz in your left ear and 50 Hz in your right ear).

Although both types of tone are thought to be effective in entrainment therapy, monaural is a bit more flexible in that it doesn't require the use of headphones to be effective.

In a 1973 issue of Scientific American, Dr. Gerald Oster noted that Monaural waves create a far more significant entrainment effect than binaural. The benefit of listening to monaural beats is that the body can absorb the sound (up to a certain depth), whereas binaural beats listened to only with headphones are only 'heard' by the brain.

Isochronic Tones

Isochronic tones are regular beats or pulses of the sound of the same tone, with silence in between each pulse or rhythm. Similar to monaural beats, the beat is heard outside the brain, but it is not the result of an interference pattern between two different sounds. The same frequency of tones is output in each speaker, and headphones are not required.

Isochronic tones are more pronounced than binaural or monaural beats producing arguably the most vital brainwave entrainment benefit.

The Ancient Solfeggio Frequencies

In Asurana's (2019) research of brainwave entrainment technology, she discovered that you could use the ancient Solfeggio frequencies to align yourself with the rhythms and tones that form the basis of the Universe. By exposing yourself to the healing frequencies, you can easily achieve a greater sense of balance and higher consciousness.

What Are The Solfeggio Frequencies?

Solfeggio frequencies make up the ancient 6-tone scale thought to have been used in sacred music of ancient civilizations in Egypt, Greece, Lemuria, and Atlantis. Ancient civilizations understood the powerful benefit of sound and vibration. They composed music based on the perfect mathematical proportions in the construction of many sacred temples, space, and time. You can tune yourself to the perfect rhythm by opening your inner ear to the healing music.

The chants and their unique tones were believed to impart spiritual blessings when sung in harmony. Each Solfeggio tone is comprised of a frequency required to balance your energy and keep your body, mind, and spirit in perfect harmony.

The main six Solfeggio frequencies are:

1. 396 Hz - UT - 'Liberating Guilt And Fear.'

This frequency liberates the energy and has beneficial effects on feelings of guilt. It cleanses the feeling of guilt, which often represents one of the primary obstacles to realization, enabling the achievement of goals in the most direct way. The 'Ut' tone releases you from the feeling of guilt and fear by bringing down the defense mechanisms. 396 Hz frequency searches out hidden blockages, subconscious negative beliefs, and ideas that have led to your present situations.

2. 417 Hz - RE - 'Undoing Situations And Facilitating Change.'

This frequency produces energy to bring about change. It cleanses traumatic experiences and clears destructive influences of past events. When speaking of cellular processes, tone 'Re' encourages the cell and its functions optimally. 417 Hz frequency puts you in touch with an inexhaustible source of energy that allows you to change your life.

3. 528 Hz - MI - 'Transformation And Miracles (DNA Repair)'

Tone 'Mi' is used to return human DNA to its original, perfect state. This frequency brings transformation and miracles into your life. Beneficial effects follow the process of DNA

reparation – increased amount of life energy, clarity of mind, awareness, awakened or activated creativity, ecstatic states like deep inner peace, dance and celebration. Tone ‘Mi’ activates your imagination, intention, and intuition to operate for your highest and best Soul purpose.

4. 639 Hz - FA - 'Connecting And Relationships'

This frequency enables the creation of harmonious community and harmonious interpersonal relationships. Tone ‘Fa’ can be used for dealing with relationship problems – those in family, between partners, friends or social issues.

When talking about cellular processes, 639 Hz frequency can be used to encourage the cell to communicate with its environment. This frequency enhances communication, understanding, tolerance, and love.

5. 741 Hz - SOL - 'Cleaning And Solving'

Tone ‘Sol’ cleans the cell from the toxins. Frequent use of 741 Hz leads to a healthier, simpler life, and changes in diet towards foods that are not poisoned by various toxins. 741 Hz cleans the cell from different kinds of electromagnetic radiations. The frequency will also lead you into the power of self-expression, which results in a pure and stable life.

6. 852 Hz - LA - 'Awakening Intuition, Returning To Spiritual Order.'

Tone ‘La’ is linked to your ability to see through the illusions of your life, such as hidden agendas of people, places, and things. This frequency can be used as means for opening a person up for communication with the all-embracing Spirit. It raises awareness and lets you return to spiritual order. Regarding cellular processes, 852 Hz enables the cell to transform itself into a system of higher level.

7. 174 Hz

The lowest of the tones appears to be a natural anesthetic. It tends to reduce pain physically and energetically. 174 Hz frequency gives your organs a sense of security, safety, and love, encouraging them to do their best.

8. 285 Hz

This frequency helps return tissue into its original form. 285 Hz influences energy fields, sending them a message to restructure damaged organs. It also leaves your body rejuvenated and energized.

9. 963Hz-SI

This tone awakens any system to its original, perfect state. It is connected with the Light and all-embracing Spirit, and enables direct experience, the return to Oneness. This frequency re-connects you with the Spirit, or the non-vibrational energies of the spiritual world. It will enable you to experience Oneness – our true nature.

Brainwave entrainment is where science and spirituality interact. Embracing this technology can produce much life-enhancing benefits of meditation practice.

Additional research conducted by Dr. Leonard Horowitz in his book (co-authored with Dr. Joseph Puleo), *Healing Codes for the Biological Apocalypse*, claims to have revealed three more Solfeggio frequencies and *Aligning with Earth.com*, Asurana.