

# The Solfeggio Frequencies

These frequencies are believed to transmit energy to your aura and directly affect your brainwave activity, supporting an improved state of consciousness. Alpha waves are present in the states of meditation and calm consciousness. When the waves produced by vibrations and resonance were recorded, scientists discovered wave patterns which were the same as the alpha waves produced by our brain. These waves give a feeling of deep relaxation.

The frequencies align with our inner Chakras and open up blocked channels or areas in our energy flow and create internal, emotional and mental clarity and healing.



ROOT CHAKRA	396 Hz	Liberate Guilt & Fear
SACRAL CHAKRA	417 Hz	Undoing Situations & Facilitating Change
SOLAR PLEXUS CHAKRA	528 Hz	Transformation & Miracles "LOVE"
HEART CHAKRA	639 Hz	Connecting/Relationships
THROAT CHAKRA	741 Hz	Expression & Solutions
BROW CHAKRA	852 Hz	Awakening Intuition
CROWN CHAKRA	963 Hz	Complete Awakening

Additional Root Chakra Frequencies:

174 Hz	Pain & Tension
285 Hz	Energy, Safety & Survival