

## HEALING WITH SOUNDS, FREQUENCIES, AND VIBRATIONS

The beginning of creation was one sacred sound or tone, so it is natural to assume that sounds or tones can produce energetic effects in several ways. The ancients recognized certain sounds, vibrations, and frequencies as powerful forces that influence life all the way down to the cellular level and these specific frequencies are regarded specifically for healing the human body.

Sounds are vibrations at certain frequencies that stimulate all molecular composition of matter to vibrate. We can think of this in the same way as words transmitting information, music transmits energetic frequencies, which can be shared and experienced. Apart from audible sounds and frequencies, there are a lot of inaudible frequencies that we are able to feel both consciously and unconsciously.

Here is a list of those frequencies that generally have healing properties:

### 7.38Hz

7.38 hertz is the powerful Earth healing resonance. The Earth energies from this resonance are used to clear and cleanse the body.

### 40Hz

The use of flickering lights and sounds at 40 hertz have been used in Alzheimer's therapy studies to stimulate an increased neural response and fight symptoms of dementia. Sound at 40 hertz has been linked to gamma brain waves and the stimulation of memory.

### 110HZ

110 hertz is the perfect human pitch. It is mainly used in rituals, but for healing properties it enhances the right brain activity. Great for meditation.

### 128HZ

128 hertz occur's naturally in nature. It is used to heal inner ear problems.

### 174Hz

174 hertz is the Solfeggio frequency most often used in sacred music that is believed in alternative medicine to have different positive effects on human health. 174 hertz is associated with the reduction of both pain and stress.

### 285Hz

285 hertz is also one of the Solfeggio frequencies and is considered instrumental in the healing of cuts, burns, and other physical wounds. 285 hertz sound frequencies are supposed to activate the body into cellular regeneration, encouraging it to heal itself in the event of an injury.

### 396Hz

This sound frequency is associated with the removal of fear and other negative feelings. As one of the Solfeggio frequencies, the 396 hertz tone aids in the removal of guilt feelings, making it an effective addition to spiritual music. 396 hertz frequencies balance the root chakra while simultaneously transforming negative emotions such as grief into positive aspects.

### 417Hz

Instead of a focus on physical ailments, healing sound therapy involving 417 hz focuses on removing negative energies such as the energy surrounding a past trauma or negative energies in the ambient environment. 417 hertz therapy is designed to dissolve emotional blockages and activate the sacral chakra.

### 432Hz

432 hertz therapy is aimed at the heart chakra and listening to a 432 hertz frequency is supposed to lead to greater levels of mental and emotional clarity. A 432 hertz tuning is considered optimal for higher level of spiritual development.

440Hz

Music that is tuned to the 440 hertz is considered cerebral music that lights up parts of the brain and aid's the listener's cognitive development. Sound frequencies at 440 hertz are considered to activate the third eye chakra.

512HZ

512 hertz is the full chakra healing and balance used in a meditative state.

528Hz

Also known as the love frequency, 528 hertz is one of the most well-known and popular of the Solfeggio frequencies. This tone is known as the miracle note and is central to the "musical mathematical matrix of creation. It has been used in native populations as a sound associated with blessings since before written history.

639Hz

639 hertz is a sound frequency that affects the heart chakra. This sound frequency is associated with therapy to positive aspects and greater attunement to harmonious interpersonal relationships. As therapy, 639 hertz exposure encourages clearer communication practices and situational awareness.

666Hz

666 hertz retunes the body and destroys cancer cells. It acts much in the same way as the 7.38 HZ upon the Earth. Do not combine it with any other hertz range.

741Hz

741 hertz acts as a repulsive magnet for toxins, negativity, anger, jealousy, lies and everything or act that brings negativity in our lives. It acts as a protective armor against all things negative, inside us and outside us. This is also the frequency of Throat Chakra, the Chakra of Truth.

### 852Hz

852 hertz sound therapy is a tone that is associated with redirecting the mind away from overthinking, intrusive thoughts, and negative thought patterns. These patterns of thought play a larger role in depression and anxiety. Exposure to this sound frequency can help alleviate the role of negative thoughts in these psychological ailments.

### 963Hz

963 hertz sound frequencies are associated with activation of the pineal gland and higher spiritual development. The 963 hertz frequency is known as both the pure tone of the Universe, which they used to call the "frequency of the gods". 963 is associated with the activation of the crown chakra and a connection to the Universal Source within all humanity.

### 999HZ

999 hertz is the highest frequency in the angelic realms and represents unity, closing of a cycle, moving forward, and spiritual awareness. Physically, these energies may induce a sense of feeling calm and balanced and may help restore sound sleep.