

# SOLFEGGIO FREQUENCY GUIDE

B - STRESS - *Cycles through the quantum frequencies of Solfeggio, Schumann, Sine, and Zero-Point. Relaxation, Emotions, Meditation, Sleep.*

C - ANTI-AGING - *Cycles through Solfeggio, plus 2,3,4 & 6 for Skin, Rashes, Burns, Wounds, Scars, Wrinkles, Cellular Repair, Rejuvenation.*

Setting	Ancient Spiritual Findings
174 Hz	<b>“Calming”</b> – Listen to this tone as you gently breathe and relax until you reach a space of calm, peaceful meditation. This frequency assists in unifying with Spirit.
285 Hz	<b>“Grounding”</b> – Where quantum cognition takes place as you unify with the earth. Move deeper into meditation and feel yourself harmonizing with the tones tied to the root chakra, as you are enveloped in a red mist.
UT – 396 Hz	<b>“Liberate Guilt and Fear”</b> – by bringing down the defense mechanisms. Can also be used as a means of grounding, awakening, sobering and returning to reality.
RE – 417 Hz	<b>“Undoing Situations and Facilitates Change”</b> – breaking up crystallized emotional patterns. Cleanses traumatic experiences, and clears destructive influences of past events, limiting beliefs. Increases cellular DNA and energy.
MI – 528 Hz	<b>“Repair DNA/connecting all the strands”</b> – the ‘LOVE’ frequency. Transformation and Miracles. Increases life energy, clarity of mind, awareness, activated creativity, ecstatic states.
FA – 639 Hz	<b>“Connecting / Relationships”</b> – whole brain quadrant interconnectedness. Enhances communication, understanding, tolerance and love. Creates balance, health, tranquility.
SOL – 741 Hz	<b>“Expression/Solutions”</b> – cleans the cell from electromagnetic radiations. Cleansing infections –viral, bacterial, and fungal. Leads you to pure, stable and spiritual life. Optimizing Internal strength.
LA – 852 Hz	<b>“Awakening Intuition”</b> –opening a person up for communication with all-embracing Spirit. Raises awareness and opens the person up to spiritual experiences, divine purpose, and true power.
Ti – 963 Hz	<b>“Universal Consciousness”</b> – 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.

“Solfeggio” is a term coined by Leonard G. Horowitz, DMD, and Joseph E. Barber in 1999 in their book, *Healing Codes for the Biological Apocalypse* referring to an ancient belief that frequencies or resonances derived from numerology were used centuries ago in Gregorian and Sanskrit chants. They are believed to create possible shifts for individuals who experience them.