

BUSINESS CLASS COLLECTIVE

THE HEALING SOUNDS OF MUSIC

Solfeggio frequencies are part of the six-tone scale. They can elicit a mental or physical response, and importantly these frequencies can have a positive affect in balancing the mind, body and spirit.

174 HZ. Alleviates tension and pain and can help balance unhealthy auras. It can reduce back, lower back, foot, and leg pain and can ease stress and migraines. It evokes feelings of love, courage, safety, relaxation and reassurance.

396 HZ. Is said to release fear and guilt while also helping to balance the root chakra. This helps with the feeling of becoming more grounded. It's also known to turn grief into joy and give you the boost you need to help you reach your goals.

417 HZ. Facilitates change on the physical level, including the physical body. It's also known to help dissolve negative experiences from the past to leave your consciousness, as it alleviates feelings of trauma as well as any emotional blocks. Some say it brings a new start to life. It is linked to the solar plexus chakra and the colour yellow.

432 Hz. Targets your heart chakra and soothes your soul and also encourages mental and emotional clarity and openness. Listening to this sound can help with your spiritual growth. A recent study showed a lowering of both the heart rate and breathing rate. This frequency helps you to let go and relax.

440 HZ. This frequency is also known as cerebral music. It massages your brain and soothes anxiety. It strengthens your cognitive growth and awakens your third eye chakra.

528 HZ. Helps to promote miracles, clarity, and peace, as well as transformation. It's often credited with helping to remove illness and disease. Called the "miracle note" and love frequency, it reportedly rids the body of any toxicity, ushers in love and confidence, and balances out both your heart and solar plexus chakras. This frequency has been used since ancient times, and studies have shown that it lowers the stress hormone cortisol.

639 HZ. May help to heal and promote relationships and promote reconnection. It's said to produce positive feelings and encourages harmony and clear communication. It may also help you build a better relationship with yourself and help you reflect on what is most important to you. When it comes to matters of the heart, this frequency can help to instill a sense of calm and positivity, respect, sympathy and understanding.

741 HZ. Is great for finding various solutions while allowing you to fully express yourself truthfully and/or in new ways. It's said to improve problem solving, promote free and clear thinking, and improve emotional stability, by allowing you the space and safety to tap into your intuition.

852 HZ. Helps you connect to your intuition as well as the spiritual realms. It might also prevent you from overthinking and spiralling into negative thought patterns. It improves your sense of self and builds inner strength to reach a new level of energy and spiritual awareness. It creates harmony and can heighten your intuition as you learn about your fears and desires. It provides great insight into yourself.

963 HZ. This frequency wakes up your intuition and crown chakra. It's a great way to raise your positive energy and vibrations. It helps you to better connect to your inner self and reach your highest vibrational state. In the right mood, you may even reach oneness and journey to the spiritual world. You may experience pure and bright visions and thoughts. This frequency balances you out and also brings you to your original and perfect state, as well as assisting with sleep.

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