* + [Contact](http://solawakening.com/contact/)
	+ [Renee’s Bio](http://solawakening.com/bio/)
	+ [Disclaimer](http://solawakening.com/disclaimer/)

**Solfeggio Frequencies**

**Vibration is everything.** And every vibration has its own frequency. By exposing the mind and body to the Solfeggio frequencies, you can easily achieve a greater sense of balance and deep healing. The Solfeggio frequencies align you with the rhythms and tones that form the basis of the Universe.

This ancient scale is part of a 6-tone sequence of electro-magnetic frequencies called the Original Solfeggio Scale. These particular frequencies were rediscovered by Dr. Joseph Puleo in 1974, during a wonderful experience that some would describe as mystical. These frequencies are not something new, but indeed something very ancient. We owe Dr. Puleo our sincere gratitude for rediscovering these frequencies and returning them to humanity. The 6-tone sequence were then manifested into tuning forks, names of the forks are listed on the left-hand side starting with UT. The hertz are at which the forks vibrate to balance your cells.

According to entries from the original Apocrypha, these original frequencies are believed to be effective in; turning grief to joy, undoing situations and facilitating change, helping a person connect with Source to bring forth miracles, repairing DNA, connecting with spiritual family and understanding relationships, becoming more expressive to solve problem situations, and finally, awakening intuition to return to spiritual order. Through sound, these tones can assist energy channels to stay open and keep the life force (Chi) flowing freely through the chakra system. The Solfeggio Tuning Forks are another powerful way of reaching these levels.

These Solfeggio frequencies make up the **sacred** **Solfeggio scale**:

* **UT – 396 Hz**

Liberating Guilt and Fear. According to Webster’s dictionary, this *solfeggio tone* represents a very strong magnetic field. Tone **UT** can be used as means for realization of goals. It will give power to the goal.  This **healing sound frequency** has beneficial effects on feelings of guilt. **396 Hz** frequency cleanse the feeling of guilt, which often represents one of the basic obstacle to realization, enables achievement of goals in the most direct way.  **UT**releases you from the feeling of guilt and fear by bringing down the defense mechanisms. This **solfeggio frequency** can also be also used as means of grounding, awakening, sobering and returning to reality.

* **RE – 417 Hz**

Undoing Situations and Facilitating Change. Next tone from the**solfeggio scale** is connected with resonation processes or processes of amplification. **Re** can “delete” person’s “alienation from God” and enable returning to the “right path”. This *solfeggio frequency* cleanses traumatic experiences and clears destructive influences of past events. It can be used for cleaning limiting impression, which disables the person to achieve her life goals. When speaking of cellular processes, tone **Re** encourages the cell and its DNA to function in an optimal way. **417 Hz frequency**energizes your body cells and helps to use their creative potentials.

* **MI – 528 Hz**

Transformation and Miracles (DNA Repair). Tone **MI** is used to return human DNA to its original, perfect state.  If it is used in a way described in Webster’s dictionary – by communicating the wanted effect and with energy support from the “light” – miracles will happen! Process of DNA reparation is followed by beneficial effects – increased amount of life energy, clarity of mind, awareness, awakened or activated creativity, ecstatic states like deep inner peace, dance and celebration. Tone **MI** also opens the person for deep spiritual experiences and spiritual enlightenment.

* **FA – 639 Hz**

Connecting/Relationships. This frequency enables creation of harmonious community and harmonious interpersonal relationships. Tone **Fa** can be used for dealing with relationships problems – those in family, between partners, friends or social problems. When talking about cellular processes, tone**Fa** can be used to encourage the cell to communicate with its environment. This **ancient solfeggio frequency** enhances communication, understanding, tolerance and love.  **639 Hz** frequency can also be used for communication with parallel worlds or spiritual spheres.

* **SOL – 741 Hz**

Awakening Intuition. Another tone from the ***Solfeggio Scale*** is **Sol**. It cleans the cell (“*Solve pollute*“) from the toxins. Frequent use of **741 Hz**leads to a healthier, simpler life, and also to change in diet towards foods which are not poisoned by various kinds of toxins. Tone **Sol** also cleans the cell from different kinds of electromagnetic radiations. Another important application of this sound frequency is cleansing infections – viral, bacterial, and fungal. This tone leads you to pure, stable and spiritual life.

* **LA – 852 Hz**

Returning to spiritual Order. Tone **La** is directly connected to the principle of Light, and Light is a higher form of bioenergy.  This frequency can be used as means for opening a person up for communication with all-embracing Spirit.  Tone**La** raises awareness and opens the person up to spiritual experiences. Regarding cellular processes, this frequency enables the cell to transform itself into a system of higher level.

* **963 Hz**

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.

* **174 Hz**

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

* **285 Hz**

This tone is useful when treating wounds, cuts, burns or any other form of damaged tissue. This frequency helps returning tissue into its original form.  It influences energy fields sending them message to restructure damaged organ.

**The Nine Solfeggio Frequencies and Their Benefits**

**174 Hz- Pain Relief, Tension, Stress, Headaches, Greatest Impact on Physical Body**

**285 Hz- Wounds (cuts, burns), Damaged Tissues, Damaged Organs, Feeling Safe and Secure, Enhances Immune System, Root Chakra**

**396 Hz (UT)- Release Guilt and Fear, Reduces Fear-based/Negative Thinking and Doubt, Works on the Emotional Body, Assist in Transforming Grief to Joy, Root Chakra**

**417 Hz (Re)- Undoing Situations, Facilitating Change, Repressed Emotions, Traumatic Events, Removed Negative Energy from Your Aura and Environment, Heal Shame and Anger based Thinking/Feelings, Aid in Restful Sleep, Motivation to Embrace Change, Sacral Chakra**

**432 Hz- Known as the Heartbeat of the Earth, Alignment to Earth, Heightens Intuition and Connection to the Universe, Release Emotional Blockages, Reduce Anxiety**

**528 Hz (Mi)- Love, Heart, Repairs Damaged DNA, Positive Transformation, Increases Creativity, Reduces Stress and Hormone Levels, Healing the Mind and Body, Solar Plexus Chakra**

**639 Hz (Fa)- Unblock the Heart, Love, Positive Energy, Peace, Restores Balance to Broken Relationships and Harmonizes Relationships, Clarity in Thought to Better Express Emotions, Heightens Tolerance in Challenging Situations, Heart Chakra**

**741 Hz (Sol)- Eliminates Toxins and Negativity in Yourself and the Environment, Repels Anger, Jealousy and Lies, Detox the Body, Opens One to the Pure Expression of Your Highest Self, Heal Emotional Blockages and Allows You to Express Yourself Authentically, Awakening Intuition, Throat Chakra**

**852 Hz (La)- Return to Spiritual Order, Awakens Intuition and Enhances a Positive Connection to Your Higher Self, Access Inner Guidance, Cuts Through Illusions to See the Reality of a Situation, Astral Projection, Third Eye Chakra**

**963 Hz- The Pure Miracle Tone, Awaken/Enhance Intuition and Activate the Pineal Gland, Provides Connection to Source, Return any System to its Highest, most Perfect Order, Manifesting, Gateway to Infinite Energy of the Cosmos, Help Feeling a Oneness with All, Enlightenment, Crown Chakra**

**Chakras & Singing Bowl Notes**

**Crown- Musical Note B**

**Third Eye/Pineal- Musical Note A**

**Throat- Musical Note G**

**Heart- Musical Note F**

**Solar Plexus- Musical Note E**

**Sacral- Musical Note D**

**Root- Musical Note C**