

# B SETTING FREQUENCY GUIDE

SETTING	SUPPORTIVE HARMONICS
<b>174 Hz</b>	<b>Calm</b> - This vibration has been found to support relaxation by creating a space of calm, safe, peaceful sense of meditation.
<b>285 Hz</b>	<b>Renew</b> - This vibration has been found to support cellular rejuvenation and deeper movement into meditation & relaxation where the body naturally rests, digests and heals.
<b>UT 396 Hz</b>	<b>Liberate</b> – This vibration has been found to help release lower energies like guilt and fear and support freedom and expansion in the root chakra energy center of the body.
<b>RE 417 Hz</b>	<b>Empower</b> – This vibration has been found to help resolve past traumas and facilitate change. It helps break up crystallized emotional patterns, destructive influences of past events, and limiting beliefs in the sacral chakra. This release assists enhanced cellular DNA and energy.
<b>MI 528 Hz</b>	<b>Transform</b> – This vibration has been found to support transformation miracles, experiences of love and peace and increases in life energy in the solar plexus energy center of the body.
<b>FA 639 Hz</b>	<b>Harmony</b> – This vibration has been found to foster connection and communication from cell to cell and person to person through balance, awareness and acceptance in the heart chakra energy center.
<b>SOL 741 Hz</b>	<b>Illuminate</b> - This vibration has been found to support stability, power and self-expression in the throat chakra. It also helps cleanse cells of electro-magnetic radiations as well as infections – viral, bacterial, and fungal.
<b>LA 852 Hz</b>	<b>Awaken</b> - This vibration has been found to support communication with an all-embracing Spirit as it raises awareness and awakens intuition and divine purpose through the third eye chakra.
<b>TI 963 Hz</b>	<b>Connect</b> - This vibration has been found to support a sense of enlightenment and oneness with The Light and all-embracing Spirit through the crown chakra.

## The Ancient Solfeggio Scale

Music and sound can be a powerful transformational tool for body and soul. Every note or sound has its own frequency. Light is a powerful way to send this frequency quickly, easily and safely into every cell in the body.

The Solfeggio tones date back to ancient times when they were sung in Gregorian chants. Based on a Hymn from John the Baptist, these resonances have been found to be spiritually and energetically healing.