

# GUIDE FOR THE C SETTING

Setting C is a series of 3:2 Pythagorean or Golden Ratio frequencies. These frequencies are the blueprint of how energy naturally flows and are repeatedly found in minerals, architectural, medical research, in nature and in music when the A tuning is shifted to the original frequency of 432hz. These harmonies have been named by researchers at Stanford as part of “the most harmonic frequencies in nature.” According to [Tibetan Chakra Meditations](#) and [The Electroherbalism Frequency Manual](#) these frequencies have been historically used to support the following experiences in the mind and body:

**256 hz Musical Note C - Heart Chakra, Thymus, Calcium, Manganese, Boron, Blood Pressure, Immunity, Muscle Tension, Heart Issues, Breathing Issues, Improper Cell Growth. Relationships, Acceptance, Balance, Love**

**324 hz Musical Note E - Support for Neurological Health, Hypertension, Joint Pain, Muscle Tonic, Muscular Pain & Injury.**

**432 hz Musical Note A - Crown Chakra, Pineal Gland, Magnesium, Gold, Boron, Mental Health, Vascular Health, Lymphatic System Support, Skin Imbalance Support, Upper Brain, Hair Growth, Spirituality, Bliss.**

**486 hz Musical Note B - Doubles 243 hz which offers Immune System Support**

**729 hz Musical Note F# - Solar Plexus, Pancreas, Indium, Chromium, Vanadium, Blood Sugar Balance, Digestive Support, Nervousness, Parasite Cleansing, Memory, Personal Power, Optimism.**

**768 hz Musical Note G – Throat Chakra, Thyroid Gland, Iodine, Potassium, Selenium, Immunity, Tonsils, Teeth, TMJ, Speech, Hormones, Hyperactivity, Communication, Trust.**

**1152 hz Musical Note D – Third Eye Chakra, Pituitary, Iridium, Molybdenum, Platinum, Vision, Sleep, Headaches, Mood Balance, Intuition, Imagination.**

The Most Harmonic Numbers/Frequencies

1	3	9	27	81	243	729	2187
2	6	18	54	162	486	1458	4374
4	12	36	108	324	972	2916	8748
8	24	72	216	648	1944	5832	17496
16	48	144	432	1296	3888	11644	34992
32	96	288	864	2592	7776	23328	69984
64	192	576	1728	5184	15552	46656	139968
128	384	1152	3456	10368	31104	93312	279936
256	768	2304	6912	20736	62208	186624	
512	1536	4608	13824	41472	124416		
1024	3072	9216	27648	82994			
2048	6144	18432	55296				
4096	12288	36864					
8192	24576						
16384							
C	G	D	A	E	B	F#/Gb	C#/Db