



The Unique Healing Benefits Of The Different Solfeggio Frequencies

432 Hz

Many ancient musical instruments were constructed for 432 Hz tuning and before the mid-20th century, 432 Hz was the standard of instrumental tuning. A recent double-blind study from Italy showed that music tuned to 432 Hz slows down the heart rate when compared to 440 Hz. This frequency fills the mind with feelings of peace and well-being, making it the perfect accompaniment for yoga, gentle exercise, meditation, or sleep.

528 Hz

Even though the science on the reparative effects of the 528 Hz is still in its infancy, early research indicates that it has the ability to heal and repair the body.

A 2018 study from Japan discovered that music tuned to the frequency of 528 Hz significantly reduced stress in the endocrine systems and autonomic nervous systems—even after a mere five minutes of listening. And in a study published in the *Journal of Addiction Research & Therapy*, the frequency of 528 Hz reduced the toxic effects of ethanol, the principle ingredient found in alcoholic drinks, on cells. Even more astounding was that this frequency also increased cell life by about 20 percent.

The energizing and healing effects of music set to 528 Hz make it ideal background music any time you feel under the weather or simply need to unwind.

396 Hz

Music tuned to 396 Hz helps remove subconscious fears, worries, and anxiety. It also helps to eliminate feelings of guilt and subconscious negative beliefs blocking the path to achieving personal goals.

Listening to music tuned to this frequency is most helpful when you want to feel more uplifted, secure, and give power to your goals and dreams.

639 Hz

The frequency of 639 Hz helps balance emotions and elevate the mood. It also promotes communication, love, understanding, and brings harmony into interpersonal relationships.

Music set to 639 Hz is perfect when you need a significant boost of love and positivity or are dealing with conflicts in relationships.

741 Hz

Music tuned to the frequency of 741 Hz helps with problem-solving, cleansing the body, and self-expression. It also helps to awaken intuition and promote living simply and purely.

This frequency is ideal if you're struggling with living a healthy lifestyle, expressing creativity, or speaking your truth.

852 Hz

The 852 Hz frequency helps to replace negative thoughts with positive ones, making it ideal when nervousness or anxiety is bringing you down. It also aids in awakening intuition and inner strength.

You'll enjoy listening to music set to 852 Hz if you're seeking to communicate with and live in harmony with your highest self.

Whether you prefer to have it as background music during daily activities or to accompany you while you sleep, each Solfeggio frequency has unique uplifting and soothing effects that you'll undoubtedly enjoy.

Soil Lovers say: Google YouTube For Practical Examples Of Music To Listen To

Ref: <https://www.bettersleep.com/blog/science-behind-solfeggio-frequencies/>