

SOUND FREQUENCY HEALING

Throughout ancient cultures and civilizations, the understanding and utilization of healing frequencies have been deeply ingrained. These practices predate the Gregorian calendar and can be traced back to the Vedic, Buddhist, Tibetan, Christian, and various other traditions. Sound and its relationship to vibrational frequency were recognized as powerful tools for healing and achieving higher states of consciousness.

The ancient Egyptians tuned their musical instruments to a frequency of 432 Hz, which is believed to be in harmony with the natural vibrations of the universe. They also recognized the interconnectedness of light, sound, and colors, understanding that different frequencies corresponded to specific healing qualities. These frequencies, often referred to as *Solfeggio* frequencies, have their roots in ancient knowledge passed down through generations.

In the human body, these frequencies correspond to the chakras or energy centers along the central nervous system and spine. By attuning ourselves to these frequencies, we can enhance our overall well-being and restore balance to our energy systems. The spine acts as an antenna, transmitting and receiving these healing frequencies, with the heart serving as a powerful source of energy.

Superior health involves releasing stagnation and promoting the flow of energy, leading to a higher state of consciousness and connection. Unfortunately, in the modern world, negative frequencies and disharmonic waves have been introduced into our daily lives through technology, media, and other sources. These frequencies can have detrimental effects on our well-being, causing disharmony and decay. Frequencies such as the Lilly Wave and the commonly used 440 Hz have been employed to keep humanity in a weakened state.

To counteract these negative frequencies, it is essential to return to the ancient healing frequencies and restore harmony. The Solfeggio frequencies, including *UT* (396 Hz), *RE* (417 Hz), *MI* (528 Hz), *FA* (639 Hz), *SOL* (741 Hz), and *LA* (852 Hz), have specific healing properties and can facilitate transformation and spiritual growth.

In addition to the Solfeggio frequencies, other frequencies like 175 Hz for pain reduction, 285 Hz for influencing energy fields, and 963 Hz for achieving a perfectly awakened state are also recognized for their healing potential.

Certain frequencies hold significance for the Earth and its healing. The Earth's heartbeat, known as the Schumann resonance, resonates at approximately 7.83 Hz, and aligning with this frequency can promote balance and well-being. The 432 Hz frequency, associated with the heart chakra and considered the tuning of the universe, harnesses healing energy and cosmic harmony. The 528 Hz frequency, known as the "miracle frequency," facilitates DNA repair and transformation.

Certain frequencies, like the 440 Hz concert pitch, are considered distorted and disharmonic, contributing to a disconnection from our natural state. The Earth's changing resonance could have influenced the evolution of human consciousness and brought about shifts in our collective experiences.

Understanding and embracing healing frequencies can empower us to restore harmony within ourselves utilizing these frequencies and aligning ourselves with cosmic harmony, we can tap into the transformative power of sound and vibration. This is how our Tuberose Healing Sound Tables work.