



djsoulfeggio's Solfeggio Tone Cheat Sheet

Learn the ancient tones that can heal mind, body, spirit & environment

All life is vibration. Energy is vibration. Air, water, and even rocks are constantly moving.

Every vibration has a measurable frequency. Since the 1930s, most music worldwide has been intentionally (de)tuned to inharmonic, artificial and displeasing "Concert A=440Hz." Why? The world may never know the truth. But we do know that the pure and ancient tones of the Solfeggio scale enable you to achieve balance, deep healing and rejuvenation in your body and environment. By surrounding ourselves with these powerful frequencies, we can align with the rhythms that formed the entire universe, connect with each other, and uplift humanity.

- **174Hz** A natural anaesthetic. Reduces pain physically & energetically. Gives your organs a sense of security, safety & love, reconnecting to the blueprint of optimal health. Heals your physical & emotional aura. **F3 -6cent**
- **285Hz** Regenerates tissues & restructures damaged organs by bringing them to original form. Positively influences the energy field around your home & office by acting in a similar way to purification by ionization. **C#4 +48cent**
- **396Hz**
ut Liberation from guilt & fear. Helps in healing and unblocking the root chakra, the energy center of safety and security. Improves our overall energy levels & associated with lower back health. **G4 +18cent**
- **417Hz**
re Revelation of truth. Empowers the release of difficulty & setbacks. Increases understanding. Produces energy to bring about change. Cleanses traumatic experiences & clears destructive influences of past events. **G#4 +7cent**
- **528Hz**
mi Transformation & miracles. The love frequency connects your heart, your spiritual essence, to reality, heaven & earth. Can be used for relaxation, deep meditation & healing. The "musical mathematical matrix of creation." Repairs cellular DNA. **C5 +16cent**
- **639Hz**
fa Helps with relationships, bridging gaps & connecting with each other. Whole brain quadrant interconnectedness. Develops extrasensory perception, for communication with parallel worlds or spiritual spheres, Bridges distances, differences & conflicts. **D#5 +46cent**
- **741Hz**
sol Clean & detoxify the body's cells & organs. Purifies the mind, body, home & office. Alleviates the harmful effects of electromagnetic radiation. Promotes effortless expression & easy solutions. **F#5 +2cent**
- **852Hz**
la Connected to the third eye chakra. Awakens inner strength & self realization. Dissolves stagnant mental energy from over-thinking. Clears energy blockages that have hindered clear & strong communication with our higher self, spirit guides & spirit helpers. **G#5 +48cent**
- **963Hz** Inner awakening. Mystical perception. Promotes reaching higher states of consciousness by activating and repairing the Pineal gland (often called "the third eye"). Awareness of all things & deep understanding. **B5 -44cent**



Use the column on the right to tune your keyboard, synthesizer or software plugin to produce true Solfeggio frequencies. Many mobile apps & alternate tuning methods are available. Search for Function Generator Pro!

Visit [DJSoulfeggio.com](https://djsoulfeggio.com) and subscribe for updates