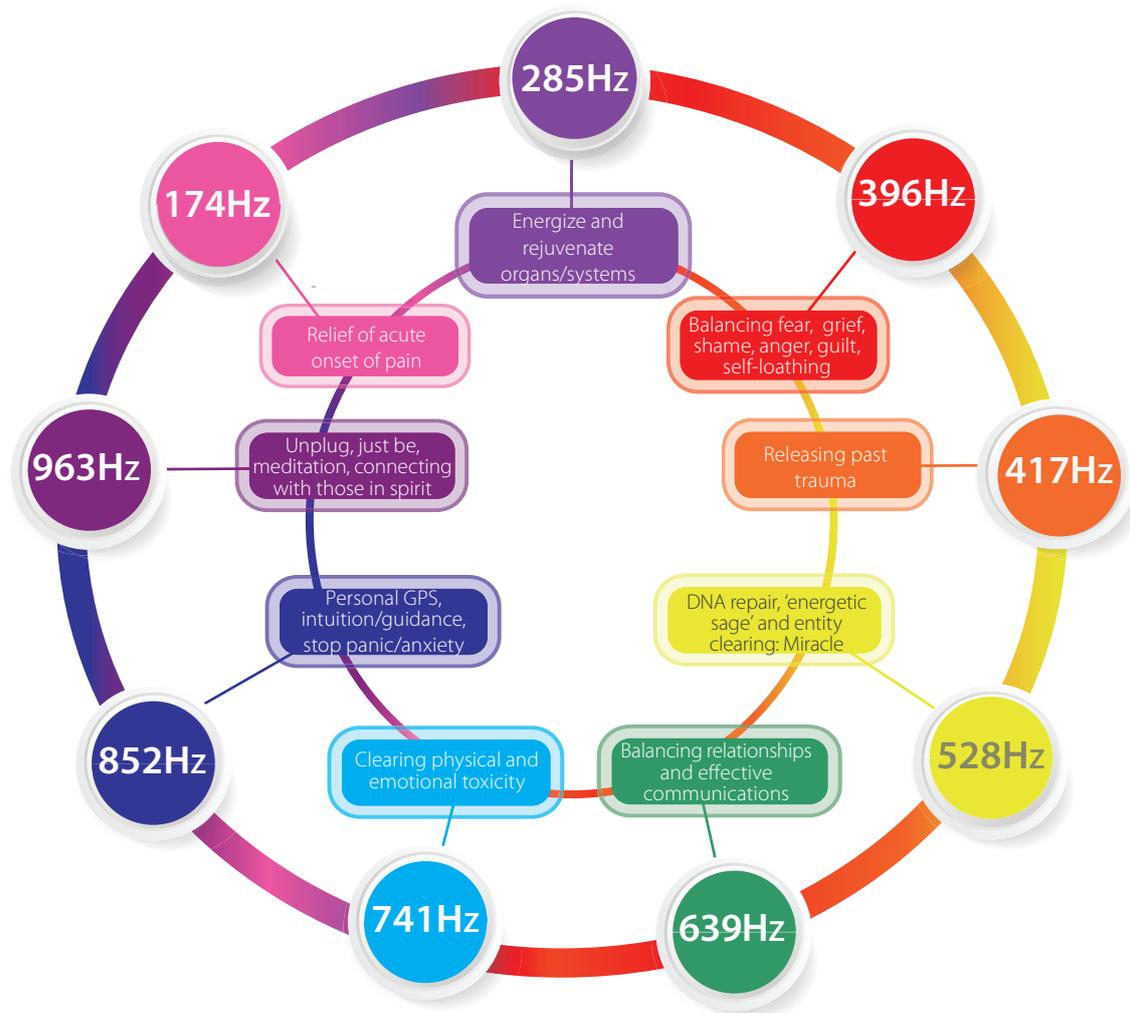


THE FREQUENCIES

Although many have tried, no one in modern times can lay claim to the Solfeggio frequencies. The original Solfeggio scale was not created by, but rather 'developed' by Benedictine monk, Guido d'Arezzo (c. 991AD-1050AD), in order to make it easier for singers to learn songs and chants. What began as UT-RE-MI-FA-SO-LA eventually became what we know today as DO-RE-ME-FA-SO-LA-TI.

With many theories and interpretations, it is impossible to know the exact mathematical breakdown of the hertz frequencies that are currently associated with the Ancient Solfeggio scale. Human bodies, however, appear to present consistencies within the frequencies that correlate to organs, organic systems and states of emotion. There have been numerous suggestions as to how frequency relates to and affects the human form. As with any theory or hypothesis, the only way I could find out how these frequencies could assist my work as a metaphysical healer, was to put them to the test.



I, by no means, claim to have the final word. I believe in a holographic world of infinite levels of experience and possibility, therefore feel there is no such thing as a final or ultimate truth when it comes to the ever evolving human form. For now, however, I pass on that which I have witnessed time and time again; that which has had a profound impact on and changed the stories of people from all walks of life.

As with anything that is worth it, this practice requires your time, discipline and an unwavering consistency in order to be fully effective. Ultimately, I believe we all possess the ability to heal at will, yet a majority of the population appears to lack the mind-set and discipline to bring these innate abilities to fruition. By sharing these very simple tools and instructions on how to use them, I hope to change that.

The body electric is an incredible creation and one that I believe has been designed to serve a soul in search of meaningful and deliberate experience within the limitations of the mortal coil. We are only touching the tip of the iceberg in regards to the capabilities of a body which is free of physical, chemical, emotional and energetic interference. Current research and practical experience shows that it takes roughly three weeks to re-program the neural pathways in the brain. I, being a woman, lean towards a twenty-eight day plan, as cycles within my own body and those that I witness in nature, work more towards a four week pattern.

THE FREQUENCIES (contd.)

It is my hope that you allow yourself the time and space to develop a discipline of 'clearing' your energy on a daily basis, with the same attention you would give to daily personal hygiene. Using the frequencies on a regular basis is the energetic equivalent to wringing out a sponge when it has become water-logged. Imagine trying to wipe anything clean with a sponge that is already full...the mess created would end up being larger than the original mess!

This is the very same experience people have when they try to integrate and digest past traumas and new experiences into a super-saturated energy system. Imagine starting every day with a balanced energy field and 'tuned-up' frequencies. The difference in physical, emotional and spiritual health, when balanced, is unparalleled.

As with all potentially life-changing tools these days, there always seems to be a disclaimer. The only disclaimer I make is this...If you are a responsible individual who is seeking a powerful way to enhance your life experience, give this a try. If I have to give you a speech about using these frequencies in place of 'sound medical treatment' (as if that's the only way to approach health and well-being, then I suggest you scroll no further. This is not for you.)

With that said, I now invite you to experience the magic and beauty of incorporating a daily practice of frequency bathing into your life. I give special thanks to my very dear friend, Greg Papania, for the time and effort he has put in to creating these exquisitely mastered tones and compilations, so that you are guaranteed a comfortable, clear and clean experience. Enjoy!

TRACK LISTING

SOUL
TONES

01

See next page for a description of each track.

SONIC
TONIC

02

An eight hour loop of 528Hz and 432Hz coupled with a theta wave and binaural tones for a deep, healing sleep all night long.

DIVINE
ALIGNMENT

03

A one hour meditation of 963Hz in relaxing meditation music designed to connect you with your higher self and those in spirit.

CHAKRA
OPERA

04

A twenty minute meditation of affirmations spoken by Dr. Mary Helen Hensley over 432Hz music and operatic rifts by Linda Kiraly. This is a perfectly timed pick-me-up to clear the chakras during the day if energies are declining and you need a quick boost.

ORGANIZED

05

A short six minute journey of pure binaural frequencies designed to bring the body into harmony. Use it daily to clear energetic blockages, revitalize organs and keep your body operating at optimum functionality.

ELEVATE

06

An uplifting 20 minute composition tuned to 444Hz laced with Beta and Gamma frequencies to boost energy and focus.

PLANNING
ROOM
MEDITATION

07

A twenty minute meditation designed and lead by Dr. Mary Helen Hensley layered with 432Hz music and binaural tones that will help you explore the feelings of joy and freedom within yourself and your relationships.

LARIMAR
DREAMS

08

A five hour album created by Greg Papania, Andrew Chapin, Antony Galvin and Bernardo Vidal, tuned to 432Hz and layered with binaural tones, nature sounds and theta waves, for deep and healing sleep. This is intended to be used nightly, to clear the chakras, in order to awaken refreshed, vibrant and ready to face the new day.

SOUL TONES

1

174Hz

INTENTION: Relief of acute onset of pain

This frequency is to be used for a period of fifteen minutes, as needed, in the instance of sudden injury or pain. Asking 'why' you have experienced the accidental injury while the frequency is playing, (ex. cutting a finger or stubbing a toe), or 'why' you have acquired the sudden pain (ex. stomach ache or sudden pain in the head) will often prompt the body to provide a response that can be quite surprising. The body acts as a barometer of your interactions with external forces, such as a disturbing report on the news, an argument with a family member or a reaction to a food or substance that is toxic. Not only can 174 Hz provide anaesthetic and answers to the sudden onset of pain or injury, it can make you more aware of the energetic stimulus that is trying to get your attention.

2

285Hz

INTENTION: Energize and rejuvenate organs/systems

This frequency is to be used for fifteen minutes per day for a period of twenty-eight days. This is ideal for use with chronic pains caused by long-standing issues within your tissues (ex. IBS, migraine, Diabetes, heart issues, endocrine system weaknesses, back pain, etc) Let's say you want to do a gall-bladder or liver cleanse. While the cleanse itself might only last a few days or a week, when 'recalibrating' the energy of an organ and creating new neural responses in the brain, you continue to listen to the frequency for the entire twenty-eight day period with the intention of raising the vibration of the organ or system. When was the last time you gave a solid fifteen minutes of concentration to a body part or system?

3

396Hz

INTENTION: Balancing fear, grief, shame, anger, guilt, self-loathing

This frequency is to be used for fifteen minutes per day for twenty-eight days. I have always assigned 396Hz to be used back to back with 417 Hz (removing past trauma). All of the feelings listed above are as a result of the cellular memory of a past trauma created in this lifetime or in concurrent or past lives. The amazing thing I have come to discover about emotions such as grief, shame or guilt, is that the human form cannot distinguish the difference between the energy/frequency of these feelings. This is why certain triggers (behaviours, comments, sounds, words, etc) can cause the body to spiral into any one of these feelings at a moment's notice. These are generally the people who say they have 'done all the work' yet still feel stuck or unable to move forward. By using 396Hz to reprogram the way the brain/body responds to external triggers, a person can completely transform and release the phantoms of the past.

4

417Hz

INTENTION: Releasing past trauma

This frequency is to be used for fifteen minutes per day for a period of twenty-eight days. As stated above, 396Hz and 417Hz go hand in hand. One of the most common occurrences in my healing practice is when someone says they have read all the books, done all the mantras, attended all of the seminars, forgiven everybody who ever hurt them, yet they still find themselves stuck or ill. This is where an true understanding of cellular memory is so important. Just because you have grasped an idea intellectually, doesn't necessarily mean that the body 'got the memo' and you 'own' the concept. For example, I, as a doctor, am well aware of the benefits and importance of exercising on a regular basis. I embrace this concept intellectually. The fact that I am aware of this information, yet still do not exercise on a regular basis proves that I do not own this concept on a cellular level. If I did, I would do the regular exercise that is good for me. It's as simple as that. Someone can go through all of the motions of forgiving an abuser, releasing the anger, grasping the idea that the abuser was damaged and working with a limited skill-set. They can totally get it. If, however, this has not been cleared from the cellular memories stored within the energy and tissues, it takes nothing more than a simple trigger to throw the individual back into a destructive pattern of fear, anger, loathing etc.

Using 417Hz directly after 396 Hz for twenty-eight days doesn't mean that the trauma never took place; it simply means that the trauma no longer gets a vote in the day to day life of the individual. It's like chalking it up to history; writing the trauma in a book, putting it up on the shelf of your life stories and pulling it out to observe on occasion and on your terms, rather than allowing the trauma to pop up and terrorize you

5

528Hz

INTENTION: DNA repair, 'energetic sage' and entity clearing; Miracle frequency

This frequency can be used for fifteen minutes, as needed, or in a twenty-eight day cycle when being used to balance major health challenges in the form of (Sonic Tonic-the 528Hz eight hour loop paired with a theta wave to induce sleep). When I travel, I will put the fifteen minute pure tone on in the room where I am staying and clear the space before I spend any time in it. The sheets might have been changed on my hotel bed but I have no idea what kind of energy might remain in the space from its previous occupant. Using the pure tone in a space that has heavy or 'negative' energy is also highly effective in clearing an area of unwanted, disembodied lower vibrations or 'entities'. When working with those who are dealing with major health issues or 'attachments' that are a result of mutations and alterations in the structure of DNA, running 528Hz nightly, for twenty-eight days, with the intention of clearing the emotional root cause of the issue, can create miraculous results.

6**639Hz****INTENTION: Balancing relationships and effective communication**

This frequency can be used for fifteen minutes, as needed, or in a twenty-eight day cycle of clearing a behavioural pattern in certain circumstances or with certain people. If entering a conversation in which it is imperative that a synergistic exchange takes place, (meaning that both parties can speak and be heard without one overpowering the other), this frequency can help set the stage for a meaningful discussion. While you cannot change the way another person will act or react, by entering a conversation with your intentions and vibrations set for the 'highest good', you stand a much better chance of a positive outcome. This frequency is effective when writing emails, signing contracts, making business deals, before public speaking or when requesting that your needs

7**741Hz****INTENTION: Clearing physical and emotional toxicity**

This frequency can be used for fifteen minutes, as needed, or as part of a twenty-eight day cycle to clear toxicity from the body, home, workplace or relationships. This is a great tone to use while cooking, with the intention of raising the vibration of food/water before it is ingested, so that it might better assimilate with the body systems. Like energetic prayer, it seeks to use food to the highest good of the body. I also play this frequency for 5-10 minutes around any supplements or medications that I put in to my body. 741Hz can also be played in the background while using the phone, computers, TV etc. with the intention of cancelling out electromagnetic frequencies. If an argument or heated discussion has taken place, it is good to 'clear the air' with 741Hz for a few minutes after. This is also effective following difficult phone conversations or in a situation where someone has 'dumped' their negativity or problems in to your personal space.

8**852Hz****INTENTION: Personal GPS, intuition/guidance, stop panic/anxiety attacks**

This frequency can be used for fifteen minutes, as needed, or as part of a twenty-eight day cycle to connect with guides or when seeking clarity. If a question arises and you are in need of an immediate answer, sitting with the question while playing 852Hz for fifteen minutes can prove highly effective. If it is a question that is long-standing or involves a major life change, setting the intention of finding an answer and running the frequency for fifteen minutes every day for twenty-eight days can assist in finding closure. If you or someone you know experiences the sudden onset of a panic or anxiety attack, sitting in 852Hz can pull you back into 'present time' within moments. It can gently and effectively pull you out of the worries of the past or fears of the future that often spark these outbreaks of emotion.

9**963Hz****INTENTION: unplug, just be, meditation, connecting with those in spirit**

This frequency can be used for fifteen minutes, as needed, for a quick boost in energy or to reset and refocus during the day. It is most effective when used, as needed, in a one hour meditation (Divine Alignment), when you wish to 'unplug' from the day to day challenges of this reality. If seeking to make a connection with someone who is in Spirit, set the intention of being open to receiving signs or lucid dreams in which you can feel the presence of the individual. This is best achieved in a twenty-eight day cycle of the one hour, daily meditation, in which communication with an individual in Spirit is the sole focus of the exercise.