

■ SOLFEGGIO FREQUENCIES

Sacred Tones for Healing, Balance & Transformation

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WHAT ARE SOLFEGGIO FREQUENCIES?

Solfeggio frequencies are a set of ancient, sacred musical tones that were used in Gregorian chants and Vedic traditions for centuries. Rediscovered in the 20th century by Dr. Joseph Puleo, these specific Hz frequencies are believed to carry unique vibrational properties that interact with the human body, mind, and energy field to promote healing, balance, spiritual connection, and transformation.

Unlike binaural beats (which require headphones and entrain brainwaves), solfeggio frequencies work as **carrier frequencies** — they influence the body's energy at a cellular and vibrational level and can be listened to through speakers or headphones. Many binaural beat tracks, including those at **Limitless Brain Academy**, are *tuned to* solfeggio frequencies to amplify their healing properties.

THE 9 CORE SOLFEGGIO FREQUENCIES

174 Hz

Foundation & Pain Relief

The lowest of the solfeggio tones, 174 Hz acts as a natural anaesthetic. It relieves physical and emotional pain, promotes a sense of safety and security, and encourages the brain and organs to function optimally. Associated with deep relaxation and grounding. Used in Limitless Brain Academy tracks for deep sleep and brain-heart synchrony.

285 Hz

Cellular Healing & Tissue Repair

This frequency influences energy fields and is said to send signals to damaged tissues and organs, prompting them to rejuvenate and heal. It is associated with cellular restructuring, enhanced immunity, and physical vitality. Particularly useful during recovery from illness or injury.

396 Hz

Liberation from Fear & Guilt

The 396 Hz tone is known as the 'Liberating' frequency. It works to release deeply held feelings of fear, guilt, and grief that block personal growth. It helps clear subconscious negativity and is associated with turning grief into joy and freeing oneself from limiting beliefs.

417 Hz

Facilitating Change & Undoing Negative Situations

417 Hz facilitates change and marks the beginning of new cycles. It is said to cleanse traumatic experiences from cells, undo negative situations, and reconnect you with your higher self. Often described as the frequency of transformation, breakthrough, and positive momentum.

528 Hz

DNA Repair & Transformation (The 'Love Frequency')

Perhaps the most famous solfeggio tone, 528 Hz — known as the 'Miracle Tone' or 'Love Frequency' — is associated with DNA repair, cellular regeneration, increased energy and clarity, and a deep sense of inner peace. Research by Dr. Leonard Horowitz suggests it may stimulate healing at the genetic level. Used at Limitless Brain Academy for broad healing, mental clarity, and peace of mind.

639 Hz

Harmonious Relationships & Communication

639 Hz is the frequency of connection, love, and communication. It is used to harmonise relationships, improve understanding and empathy between people, attract positive social interactions, and heal strained or broken relationships. Associated with the heart chakra and emotional healing. Featured in Limitless Brain Academy tracks for harmony and communication.

741 Hz

Expression, Problem-Solving & Detoxification

741 Hz is said to promote clear expression, creative problem-solving, and freedom of thought. It is associated with cleansing the body of toxins and electromagnetic radiation at the cellular level. This frequency awakens intuition and encourages a healthier, more authentic way of living. Used in tracks for focus, problem-solving, and emotional expression.

852 Hz

Spiritual Awakening & Inner Strength

852 Hz is linked to raising awareness, awakening intuition, and returning the mind to a state of spiritual order. It helps shift from a state of overthinking to a state of clarity and pure awareness. Associated with the third eye chakra and higher levels of consciousness and self-realisation.

963 Hz

Divine Consciousness & Oneness (The 'Frequency of the Gods')

The highest of the solfeggio tones, 963 Hz is associated with the crown chakra and the pineal gland — the 'seat of the soul.' It is said to reconnect you with the universal source, awaken pure intuition, and facilitate a deep sense of unity and divine consciousness. Used at Limitless Brain Academy for Oneness and spiritual alignment.

■ THE DO's — HOW TO USE SOLFEGGIO FREQUENCIES EFFECTIVELY

01 Listen with Intention

Before pressing play, set a clear intention for what you want to experience or heal. Your focused intention amplifies the vibrational effect of the frequency.

02 Use Good Quality Speakers or Headphones

Unlike binaural beats, solfeggio frequencies work through both speakers and headphones. However, high-quality audio equipment preserves frequency purity and produces better results.

03 Create a Calm, Sacred Space

Dim lights, eliminate distractions, and sit or lie comfortably. Treat your listening session as a dedicated healing or meditation practice.

04 Listen Regularly for Cumulative Benefits

Daily listening — even 10 to 20 minutes — builds cumulative energetic and neurological benefits. Consistency is key, especially for emotional healing and spiritual work.

05 Pair with Breathwork or Meditation

Slow, conscious breathing while listening deepens the vibrational absorption and accelerates the healing process. Pranayama techniques are especially effective.

06 Use 528 Hz for Morning Uplift

The 'Love Frequency' at 528 Hz is ideal during morning routines to set a high-vibration tone for the day, enhance mood, and promote clarity and energy.

07 Use 174 Hz or 285 Hz for Healing & Sleep

These lower frequencies promote deep physical relaxation, pain relief, and cellular repair. Ideal for use before or during sleep.

08 Maintain a Listening Journal

Record how you feel before and after each session. This helps you identify which frequencies resonate most powerfully with your personal healing journey.

09 Stay Hydrated

Water is highly conductive to sound vibrations. Drinking water before and after a session helps your body absorb and integrate the frequencies more effectively.

10 Trust the Process

Some frequencies produce immediate effects; others work more subtly over time. Allow the experience without judgment or expectation — simply receive.

THE DON'Ts — WHAT TO AVOID

01 Do NOT Skip Your Chosen Frequency — Use Each With Purpose

Don't randomly cycle through all 9 frequencies in one session without intention. Choose one or two that match your current need and give them dedicated time.

02 Do NOT Use at Excessive Volume

High volume does not increase healing — it causes discomfort and potential hearing damage. Frequencies work best at moderate, comfortable levels where you can relax fully.

03 Do NOT Dismiss the Experience as Placebo Without Testing

Give consistent practice over 21–30 days before concluding what works for you. Solfeggio frequencies are subtle; results accumulate over time.

04 Do NOT Use While Multitasking for Deep Healing Work

For deep emotional, physical, or spiritual healing, dedicate your full attention. Listening passively while doing chores or working reduces the depth of the experience.

05 Do NOT Use as a Replacement for Medical Treatment

Solfeggio frequencies are complementary healing tools. They should never replace professional medical, psychological, or psychiatric care for clinical conditions.

06 Do NOT Listen to Low Frequencies at High Volume During Anxiety

Very low frequencies (174 Hz, 285 Hz) at high volumes can occasionally heighten feelings of unease in highly sensitive individuals. Keep volume soft and controlled.

07 Do NOT Expose Infants or Very Young Children Without Guidance

Children's nervous systems are more sensitive to sound frequencies. Consult a holistic health professional before exposing very young children to extended solfeggio sessions.

08 Do NOT Use During Activities Requiring Sharp Focus

Like binaural beats, some solfeggio frequencies (especially 174–417 Hz) can induce deep relaxation. Avoid using them while driving or in situations requiring sustained alertness.

09 Do NOT Confuse Solfeggio Tracks with Regular Music

Ensure your tracks are genuinely tuned to authentic solfeggio frequencies. Many commercial 'healing music' tracks are not accurately calibrated. Use verified sources like Limitless Brain Academy.

10 Do NOT Force a Result

Approach each session with openness, not urgency. Emotional blocks may surface during healing frequencies — allow this without resistance. Forcing a specific outcome reduces receptivity.

SOLFEGGIO FREQUENCIES & CHAKRA CORRESPONDENCE

Frequency	Chakra	Colour	Primary Benefit
174 Hz	Root / Earth	Red-Brown	Grounding, Safety, Pain Relief
285 Hz	Sacral	Orange	Cellular Repair, Vitality
396 Hz	Root / Solar Plexus	Red / Yellow	Release Fear & Guilt
417 Hz	Sacral / Solar Plexus	Orange / Yellow	Change, Transformation

528 Hz	Solar Plexus / Heart	Yellow-Green	DNA Repair, Love, Clarity
639 Hz	Heart	Green	Relationships, Harmony
741 Hz	Throat	Blue	Expression, Detox, Problem-Solving
852 Hz	Third Eye	Indigo	Intuition, Awareness, Clarity
963 Hz	Crown	Violet / White	Oneness, Divine Connection

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