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Sleep or meditate with these frequencies playing.

These Solfeggio frequencies make up the sacred Solfeggio scale:

UT -- 396 Hz

Intent: turning grief into joy, liberating guilt & fear

This frequency liberates the energy and has beneficial effects on feelings of guilt. It cleanses the feeling of guilt, which often represents one of the basic obstacles to realization, enabling achievement of goals in the most direct way. The 'Ut' tone releases you from the feeling of guilt and fear by bringing down the defense mechanisms. 396 Hz frequency searches out hidden blockages, subconscious negative beliefs, and ideas that have led to your present situations.

RE -- 417 Hz

Intent: undoing situations and facilitating change

The next main tone from the Solfeggio scale produces energy to bring about change. This frequency cleanses traumatic experiences and clears destructive influences of past events. When speaking of cellular processes, tone 'Re' encourages the cell and its functions in an optimal way. 417 Hz frequency puts you in touch with an inexhaustible source of energy that allows you to change your life.

MI -- 528 Hz

Intent: transformation and miracles (DNA repair)

Tone 'Mi' is used to return human DNA to its original, perfect state. This frequency brings transformation and miracles into your life. The process of DNA reparation is followed by beneficial effects -- increased amount of life energy, clarity of mind, awareness, awakened or activated creativity, ecstatic states like deep inner peace, dance and celebration. Tone 'Mi' activates your imagination, intention and intuition to operate for your highest and best purpose.

FA -- 639 Hz

Intent: re-connecting and balancing, relationships

Another frequency from the sacred Solfeggio scale. It enables creation of harmonious community and harmonious interpersonal relationships. Tone 'Fa' can be used for dealing with relationships problems -- those in family, between partners, friends or social problems. When talking about cellular processes, 639 Hz frequency can be used to encourage the cell to communicate with its environment. This ancient Solfeggio frequency enhances communication, understanding, tolerance and love.

SOL -- 741 Hz

Intent: solving problems, expressions/solutions

It cleans the cell ("Solve polluti") from the toxins. Frequent use of 741 Hz leads to a healthier, simpler life, and also to changes in diet towards foods which are not poisoned by various kinds of toxins. Tone 'Sol' cleans the cell from different kinds of electromagnetic radiations. Another application of this sound frequency is solving problems of any nature. The fifth frequency of the Solfeggio scale will also lead you into the power of self-expression, which results in a pure and stable life.