

ESOTERIC FREQUENCY LIST

(Descriptions Included)

SOLFEGGIO FREQUENCIES

- 174 Hz – Foundation, grounding, pain relief
- 285 Hz – Regeneration, cellular/energetic reset
- 396 Hz – Releases guilt and fear; root chakra support
- 417 Hz – Clears past patterns; facilitates transformation
- 528 Hz – “Love frequency,” transformation, heart opening
- 639 Hz – Harmonizes relationships and emotional connection
- 741 Hz – Intuition, clarity, detoxification
- 852 Hz – Spiritual alignment, inner truth
- 963 Hz – Divine consciousness, crown activation

PLANETARY / COSMIC OCTAVE

- 126.22 Hz – Sun tone: willpower, confidence
- 136.10 Hz – Earth year / OM: meditative, heart-centered
- 172.06 Hz – Earth Platonic year: spiritual overview
- 194.18 Hz – Earth day: grounding and stability
- 210.42 Hz – Moon: intuition, emotional balance
- 221.23 Hz – Venus: beauty, love, aesthetics
- 141.27 Hz – Mercury: communication, clarity

BRAINWAVE SPIRITUAL FREQUENCIES

- 0.1–0.5 Hz – Epsilon: mystical deep states

3–4 Hz – Deep theta: subconscious access
4.0 Hz – Astral projection, telepathy
4.5 Hz – Shamanic trance rhythm
6.3 Hz – Astral/mental projection, learning
7.0–8.0 Hz – Healing, psychic work
7.5 Hz – Life purpose, guides, intuition
7.83 Hz – Schumann resonance: grounding
8–10 Hz – Alpha: calm focus, mind-body integration
10.5 Hz – Heart chakra unity
12 Hz – Throat chakra expression
13 Hz – Third eye visualization
15 Hz – Crown integration
33 Hz – Christ consciousness
40 Hz – Gamma: high-awareness state

ANGELIC / NUMEROLOGY TONES

111 Hz – “Holy frequency,” deep meditation
222 Hz – Harmony, emotional balance
333 Hz – Spiritual support, guides
444 Hz – Angelic protection, grounding
555 Hz – Transformation, major life shifts
666 Hz – Integration of spiritual + physical
777 Hz – Mystic insight
888 Hz – Abundance, infinite flow
999 Hz – Completion, higher service

SACRED TUNING ANCHORS

432 Hz – Nature/cosmic tuning

444 Hz – Angelic/heart-centered tuning