

Using Frequencies for Health



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Have you ever tried using frequencies for health?

If not, you might consider it because it's quite easy to do.

Here's a 90 second frequency healing exercise called Brain Humming:

1. Inhale deeply.
2. As you exhale, try to make a prolonged "M" sound while keeping your molars closed.
3. Repeat this exercise 4-8 times, focusing all of your attention on how the vibration feels and noticing any physical or emotional changes that occur as you do it.

At the end you might notice a tingling or buzzing sensation in your head, mild euphoria, increased mental clarity, feelings of relaxation and tranquility or even more energy.

Try increasing vocal volume if nothing happens during the exercise and turn off any external distractions that can interfere with the process.

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If you want to go a little deeper, you might enjoy my free guided frequency healing tutorial.

Selecting the Right Sounds for Healing with Frequencies

If you want to listen to frequencies for better health, choosing the right music is essential.

Different sounds and musical pieces often contain many different frequencies.

In general, it's most helpful to choose music that feels calming in order to support the body's healing processes.

Some people love the sound of instruments like the hand pan, while others may prefer natural sounds like ocean waves or the rain. Choosing the right sounds can have a powerful impact on your results, so take your time researching options before making a decision.

You also may have seen YouTube videos about healing frequencies like 432 Hz and Solfeggio Frequencies. While some of these videos are popular, it's important to sort out what they can and can't do.

Understanding the Relationship Between Frequencies and Health

Have you ever wondered how sound and vibration can be used to heal the body?

It's not a new idea. Thousands of years ago, Pythagoras theorized that musical frequencies had the power to positively affect and heal the body. In the book *Porphyry, On the Life of Pythagoras*, it is said that:

"Pythagoras healed psychic and bodily sufferings with rhythm, songs, and incantations. He had songs and paeans for physical ailments: when he sang them, he relieved fatigue. He also could cause forgetfulness of grief, calming of anger, and redirection of desire."

He also observed a connection between mathematical ratios and various musical chords, laying the foundations for a form of healing with frequency.

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In recent years, scientists have studied the effects of frequency on the human body.

Research has revealed that frequencies-both sound and rhythms-can positively affect a number of key bodily functions including:

- * Reducing distress
- * Lower blood pressure
- * Reducing anxiety and depression

When a frequency is directed towards the body, especially when using the frequencies in your own voice, it can help restore balance and switch on your body's rest, digest and restore mode - also known as your parasympathetic nervous system.

In this mode, your body triggers its natural healing response.

This kind of therapeutic frequency healing works by stimulating the vagus nerve with the vibration of your own voice. As you do this, it causes your body to: reduce tension and stimulate circulation, encouraging healthy energy flow throughout the body.

A Beginner's Guide to Understanding Solfeggio Frequencies

Solfeggio frequencies are said to be part of a six-tone scale that dates back centuries and is believed to have incorporated sacred music, such as the famous and beautiful Gregorian Chants.

Solfeggio refers to using syllables to note scale tones-think "do-re-mi-fa-sol-la-ti-do".

Some believe that when Solfeggio frequencies are played or sung harmoniously, spiritual blessings and healing energies can be imparted.

Others believe that certain frequencies are necessary for balancing energy in order to achieve harmony between the spirit, mind, and body.

Though we can't know things of this nature for sure, we can say with certainty that singing any note stimulates the vagus nerve which holds a number of healing benefits including:

- Improved mood

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- Boosted memory brain health
- Lowering high blood pressure

But with all of the thousands of YouTube videos and questionable advice on the internet, how can you know the best place to start?