

Fork	Color	Energy Tuner Hz	Body Tuner Hz	Intent	Chakra	Anterior	Posterior	Element
<i>Parts of the body governed by the corresponding chakra and possible malfunctions within the region.</i>								
LA	Purple	852 Hz	213 Hz	Intuition	6 th	Brow	Cranial	Light
<i>Head, Ears, Nose, Eyes, Mouth, Brain, Pituitary & Pineal Glands, Hypothalamus, and Nervous System</i> <i>Malfunctions: Blindness, Headaches, Eye Strain, Blurred Vision, Nightmares, Sinus Problems</i>								
SOL	Blue	741 Hz	185.25 Hz	Expression	5 th	Throat	Cervical	Ether
<i>Throat, Neck and Shoulders, Thyroid, Para-Thyroid, Esophagus, and Larynx</i> <i>Malfunctions: Thyroid Problems, Hearing Problems, Sore Throat, Stiff Neck, Colds</i>								
FA	Green	639 Hz	159.75 Hz	Connecting	4 th	Heart	Thoracic	Air
<i>Upper Arms, Heart, Lungs, Breasts, Thymus Gland, Circulatory System and Respiratory System</i> <i>Malfunctions: Asthma, High Blood Pressure, Heart Disease, Lung Disease</i>								
MI	Gold	528 Hz	132 Hz	Transformation	3 rd	Solar Plexus	Lumbar	Fire
<i>Elbow, Stomach, Pancreas, Spleen, Liver, Gallbladder, and Digestive System</i> <i>Malfunctions: Ulcers, Diabetes, Hypoglycemia, Digestive Disorders, Gallstones</i>								
RE	Orange	417 Hz	104.25 Hz	Change	2 nd	Sacral	Sacrum	Water
<i>Forearms, Kidneys, Bladder, Pelvic Area, Sex Glands, and Reproductive System</i> <i>Malfunctions: Impotence, Frigidity, Uterine, Bladder or Kidney Difficulties, Stiff Lower Back</i>								
UT	Red	396 Hz	99 Hz	Liberate	1 st	Root	Coccyx	Earth
<i>Hands & Wrists, Rectum, Hips, Legs, Feet, Base of Spine, Adrenals, and Elimination System</i> <i>Malfunctions: Weight Problems, Hemorrhoids, Constipation, Sciatica, Degenerative Arthritis, Knee Problems</i>								

Note: There are many different Chakra Charts. We have compiled several of these together to develop a system that complements SomaEnergetics™ Tuning Sessions.
 Disclaimer: We in no way diagnose or treat disease. The use of tuning forks is to open energy channels allowing the body the opportunity to heal itself.

Light Within – SomaEnergetics™ - Exploring Science, Sound and Spirituality - David Hulse, Developer
 1635 Higdon Ferry Rd, Ste C246, Hot Springs AR 71913 PH: 501-622-3155 FAX: 800-480-0763 Email: SomaEnergetics@LightWithin.com

Solfeggio Meditations

These compositions have been specially crafted and precisely tuned to transmit each of the solfeggio frequencies. The compositions contain an array of sacred instruments and sounds such as crystal bowls and didgeridoo and sacred chants, which work to further enhance the effects of the solfeggio tones. These incredible tones each resonate to specific frequency that our original blueprint is composed from. Exposing ourselves to these frequencies helps to bring our bodies, cells and DNA back into balance. Different parts of our bodies and organs all have specific frequencies of optimum resonance (perfect state of health), and therefore listening to these tones allows the body to absorb and remember (know) its original blueprint, moving it back towards its perfect state of alignment and resonance.

Modern science is now beginning to recognize what the ancient mystics throughout time have been saying; that everything is in a constant state of vibration, and therefore everything that is vibrating has a sound (even if it's not audible). Everything also has its own optimum rate of vibration, and this is called resonance. When we are in resonance, we are in balance and harmony with creation.

Emotions and mental states also have their own optimum resonance and with the recognition that every organ, and every cell, absorbs and emits sound, we can therefore understand how specific sounds and frequencies can be used as powerful healing tools. This is how the ancient Solfeggio frequencies work and is why the Gregorian monks used this specific scale for chanting and healing.

What are the Solfeggio frequencies?

The Solfeggio frequencies are sound frequencies used for healing purposes. The story about these healing sounds is quite fascinating. It turns out that they were accurately sung in the context of ancient Gregorian chants, but the precise tuning, the technique and the knowledge about their healing properties were somehow lost later.

It was Dr. Joseph Puleo who rediscovered the Solfeggio sounds in the 70s by finding the frequencies (measured in hertz) of these unique healing sounds. The interesting thing is that he found these frequencies encoded in the Bible, in the book of Numbers, chapter 7, verses 12-89. He used the Pythagorean method of numeral reduction to unravel the mysterious six mathematical patterns encoded there: 396, 417, 528, 639, 741 and 852.

One notorious scientific validation that these patterns can be used as vibrational healing frequencies is the fact that the 528 Hz frequency is precisely the one used by geneticists nowadays to repair damaged human DNA.

Why are they called Solfeggio sounds?

As you may know from your music theory, "Solfeggio" is the vocalization of the tones in a music scale (also called "solfa" syllables).

The original Solfeggio scale was composed of six tones. The names of these original six sounds (Ut, Re Mi, Fa, Sol, La) came as abbreviations of the first stanza (in Latin) of the famous Medieval Hymn "Ut queant laxis", written by Paul the Deacon in the 8th Century A.D. for the feast of the birth of St. John the Baptist:

What are the healing properties attributed to the original Solfeggio sound frequencies?

The first frequency, UT (396 Hz), is used for negative field release, which means getting rid of fear and guilt.

The second frequency, RE (417 Hz), is used to allow and create positive change.

The third frequency, MI (528 Hz), is considered to be the frequency for transformation and miracles, as well as DNA repair.

The fourth frequency, FA (639 Hz), is the frequency for love and unity.

The fifth frequency, SOL (741 Hz), is the frequency for intuition and enlightenment.

The sixth frequency, LA (852 Hz), is used for spiritual sight and awareness.

Courtesy of: <http://www.personal-growth-can-be-fun.com>