

Solfeggio Scale Effect on the Mind and Body



Since the first time man rhythmically stomped his feet the human race has used music as a tool for healing mind and body. Music spiritually connects one to the Universal Energy that raises our consciousness and in turn connects us all; to each other, to all the Earth, and beyond. Music raises our vibrations, enabling us to get in touch with our emotions, creativity and inner selves.

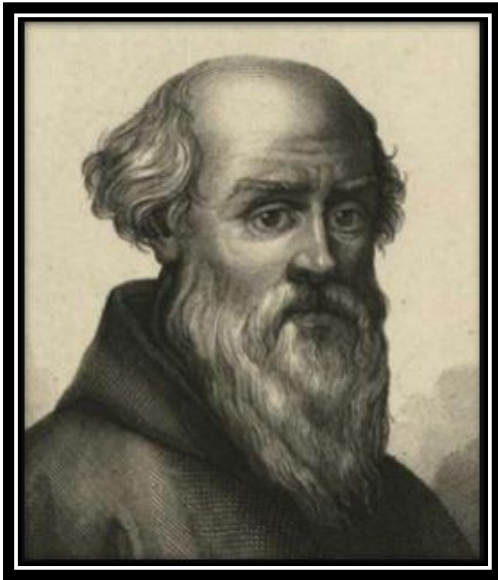
When groups of people listen to the same music, is the gathered collective consciousness communicating without

words? When a group of people listening to the same music from different locations join in, do they also join this collective communication? If we truly listen to nature's sounds, are we able to learn what it has to teach us?

Ample anthropological evidence shows the intuitive synchronized connection humans have with the planet's resonance throughout history; into the "mists of time" as it were. Every cell in the human body vibrates and can interact with other vibrations it is exposed to. Everything in Nature has its own resonance.

More than a few modern musician/composers are connecting into this higher consciousness to create "Universal Music" to heal both the mind and body, as opposed to creating music from their own personal perspective. But is this musically creative idea brand new.

History



The beginning of human's awareness of vibrations can be traced back more than 6000 years. On the island of Malta is an ancient megalithic temple complex called Mnajdra, estimated to be built in the fourth millennium BC. Many archeologists classify it as the oldest spiritual site on Earth. In 1994, an archeo-acoustics research group (PEAR-Princeton Engineering Anomalies Research) that tests acoustic behavior in ancient megalithic sites found that the stone temple rooms in Malta were basically all resonating at a frequency of 110 or 111Hz. (Hertz- unit of audio frequency

measurement). I mention this because I would like you to keep the 111Hz number in mind. Many megalithic sites fall close to resonating at 111Hz. Bio-behavioral scientists believe that 110-111Hz frequency promotes right-sided dominance of the brain that relates to mood, empathy, and social behavior; (emotional processing).

Over time, it was discovered that certain frequencies resonated in certain parts of our bodies.

The Solfeggio Scale tones were developed by a Benedictine monk, Guido D'Arezzo and given to the church for a very spiritual purpose. The Solfeggio scale resonates with the body, mind and emotions more harmoniously than the 12 Tone scale normally used today. Solfeggio has a much smoother and warmer feel to it. The Solfeggio Scale was put to use through Ancient Gregorian Chanting. Chanting and listening to these Gregorian Chants cut through limiting thought, going deeper into the subconscious. "Just Intonation" was used to tune instruments and voices to the Solfeggio Scale. Eventually, because the Scale gave easier access to vibrational healing and higher awareness to the common people, the Church deliberately suppressed its use sometime

after 1050AD. By the 16th century, the tuning practice called "The Twelve-Tone Equal Temperment" system was used. Although the tones changed slightly, the effects on the human body were significant. The purer sound of Solfeggio creates a feeling of joy, facilitates change, connects with Source to manifest, repairs DNA, helps to solve problem situations, and awakens intuition. It helps to open the Chi and keep it flowing unencumbered. The Twelve-Tone System suppresses our emotions, creates a fear based consciousness-which leads to physical states of dis-ease, and limiting thinking.

After being basically eradicated, the Solfeggio sounds were rediscovered by Dr. Joseph Puleo in the 1970's by finding the frequencies with the use of the Pythagorean method of numeral reduction to unravel six mathematically encoded patterns he found in the Bible.

Also, East Indian classical music uses 12 semi-tones like most Western classical music, but they use Just-Intonation tuning.

Native American chanting is many times based on Just -Intonation. Although it seems monotone, musical researchers are finding that the monotone sound has a multi-dimensional harmonics within it.

If further research of music from older cultures is explored, it will probably reveal Just-Intonation practices were used in creating the music or chanting.

Ancient Solfeggio Tones

Quantum Physics states that everything is energy and matter and not as solid as we perceive it to be. We are energy beings.

Music created from the Ancient Solfeggio Scale stimulates the vibration of creativity, expanding it. It can make problem solving easier and it can be used to holistically heal.

The Six Frequencies of Solfeggio Tones:

- UT- 396Hz- LIBERATION FROM FEAR-Liberates guilt and fear-linked to the color red vibration/1st Chakra (Root)
- RE- 417Hz-TRANSMUTATION-Undo situations & facilitate change-linked to the color orange vibration/2nd Chakra (Sacral)
- MI- 528Hz-MIRACLES-Transformation & Miracles, DNA repair-linked to the color yellow vibration/3rd Chakra (Solar Plexus)
- FA- 639Hz-RELATIONSHIP HARMONIZATION-Connecting/relationships-linked to the color green vibration/4th Chakra (Heart)
- SOL- 741Hz-CONSCIOUSNESS EXPANSION-Awakening Intuition-linked to the color blue vibration/5th Chakra (Throat)
- LA- 852Hz-AWAKENING INTUITION-Returning to Spiritual Order-linked to Indigo/6th Chakra (Third Eye)

The Seventh Frequency was added to co-inside with the 7th Chakra when the Solfeggio tones were melded with the Chakra system of Eastern philosophies.

- SI- 963Hz-Oneness- the Crown Chakra.

LA	Indigo	852 Hz	Awakening Intuition	6th	Light
	Associated Body Parts: Pituitary & Pineal Glands, Brain, Hypothalamus, Nose, Eyes, and Nervous System Related Dysfunctions: Headaches, Eye Strain, Blurred Vision, Nightmares, Sinus Problems, Severe Headaches, Nervous Breakdown, Bad Dreams, Lack of Concentration, Conflicts				
SOL	Blue	741 Hz	Expression/Communication	5th	Ether
	Associated Body Parts: Thyroid, Para-Thyroid, Throat, Oesophagus, Larynx, Neck and Shoulders, and Auditory System Related Dysfunctions: Thyroid Problems, Hearing Problems, Sore Throat, Stiff Neck, Colds, Sluggish Metabolism, Weight Problems, Creative Blocks, Suppression, Weak Willpower				
FA	Green	639 Hz	Connecting/Relationships	4th	Air
	Associated Body Parts: Thymus, Heart, Lungs, Breasts, Immune system, Circulatory System & Respiratory System Related Dysfunctions: Asthma, High Blood Pressure, Heart Disease, Lung Disease, Lack of Self-Love and Acceptance, Loneliness, Emotional Instability, Heart Problems, Circulation				
MI	Gold	528 Hz	Transformation and Miracles (DNA Repair)	3rd	Fire
	Associated Body Parts: Pancreas, Digestion, Liver, Gallbladder, Stomach, Nervous System, Muscles Related Dysfunctions: Ulcers, Diabetes, Hypoglycaemia, Digestive Disorders, Gallstones, Fatigue, Anxiety, Control Issues, Negative Thinking				
RE	Orange	417 Hz	Resolving Past Traumas & Facilitating Change	2nd	Water
	Associated Body Parts: Gonads, Ovaries, Womb, Testes, Genitals, Kidneys, Prostate Related Dysfunctions: Impotence, Frigidity, Uterine, Bladder or Kidney Difficulties, Stiff Lower Back, Self-rejection & Low Esteem, Overindulgence, Jealousy, Emotional Instability				
UT	Red	396 Hz	Liberating Guilt & Fear	1st	Earth
	Associated Body Parts: Adrenals, Base of Spine, Legs, Feet, Bones, Teeth, Large Intestines, Prostate, Bladder, Blood, Circulation and Elimination System Related Dysfunctions: Weight Problems, Hemorrhoids, Constipation, Sciatica, Degenerative Arthritis, Knee Problems, Self-Centred, Survival Issues, Insecurity & Fear, Constipation				

Notice that the interval between each successive frequency is equal to a 111Hz change. Also, by using Pythagorean reduction, you see each frequency reduce to 3, 6, or 9.

Three's, sixes, and nines in reference to the Tarot and its association with the Tree of Life are described as the following: The threes express the symbolism of Understanding. Ideas have been formulated. Certain stability can never be upset. The sixes represent the balanced center of the whole system. Consciousness in its most harmonized and balanced form. And the nines represent the crystallization or manifestation of energy.

"The number nine is sacred, and attains the summit of perfection".

- Zoroaster

"If you only knew the magnificence of the 3, 6 and 9, then you would hold the key to the universe."

- Nikola Tesla

Music and the Brain



Music is one of the only mediums that penetrates the brain's emotional center (the Limbic System). This is accomplished without having to understand its musical theory. As shown on brain scans, music "lights up" multiple locations of the brain. The brain's right hemisphere lights up upon hearing music, when people play by ear, when people improvise musically or vocally, when we speak,

and when we learn a foreign language. The brain's left hemisphere lights up when we learn about music, learn to read music and follow musical sequences, and learn notation and time signatures. This is also the same area that is stimulated when dealing with analytical and mathematical thinking.

Music is basically the only medium that stimulates so many areas of the brain. Health and music are very closely linked. Music's rhythm and melody create balance of the body and the mind. Listening with intention is able to bring about the healing and enhancement of mind, body and spirit.

Mind and Body Benefits to Using Solfeggio Scale

D.D. Hulse, author of "A Fork in the Road" is quoted as saying, "Vibrational healing methods represent new ways of dealing with illness. Practitioners of subtle energy medicine attempt to correct dysfunction in the human organism by manipulating invisible yet integral levels of human structure and function. Healing at the level of human subtle energy anatomy is predicated upon the new physics understanding that all matter is, in fact, a manifestation of energy."

All the frequencies (or vibrations) in the Solfeggio Scale are said to be sacred and have different effects on the mind and body.

UT (396Hz) - Cleanses the feeling of guilt, one of the basic obstacles to realization, enabling achievement of goals. It deals with survival issues, insecurity and fear. UT can also be used for grounding. Physically helps in dealing with weight problems, sciatica, degenerative arthritis, knee problems, constipation and hemorrhoids.

RE (417Hz) - Deletes a person's alienation to the Source. Cleanses traumatic experiences and clears destructive past event influences such as emotional instability, jealousy, overindulgence, self rejection and low self-esteem. It enables one to achieve life goals by deleting limiting beliefs. Physically RE encourages DNA to function optimally. It helps with bladder, kidney or uterine difficulties, impotence and frigidity.

MI (528Hz) - Repairs DNA which in turn increases energy, makes your mind clearer, activates creativity, and promotes peace, dance and celebratory thinking. MI allows a person to be more receptive for spiritual experiences and enlightenment. Physically it aids in blood sugar balance, digestive disorders, and ulcers.

FA (639Hz) - Can be used to deal with all types of relationship problems. It enhances communication, understanding, tolerance and love. FA can also be used for parallel

world or spiritual realm communication. It helps with self-love and acceptance, loneliness, and emotional instability. FA physically helps improve poor circulation, asthma, high blood pressure, heart and lung disease.

SOL (741Hz) - Helps with creative blocks, weak will-power, and suppression. It can make it easier to change diet to a healthier one, free from toxins. SOL cleanses cells from electromagnetic radiations. Physically this frequency cleanses the body of viral, bacterial, and fungal infections. It helps with thyroid problems, stiff neck, and hearing problems.

LA (852Hz) - Connects one to the principle of Light, which is the higher form of bio-energy, opening up to both communication with Source and spiritual experiences. It aids in handling conflicts, bad dreams, lack of concentration, and nervous breakdowns. Physically LA can help headaches, eye strain, blurred vision, and sinus problems.

SI (963Hz) - Opens the pineal gland, enables direct experience with Source and a return to "Oneness".

Further experimentation has found that the 285Hz frequency helps in treating forms of damaged tissue (cuts, wounds, burns, etc). The 174Hz frequency appears to be a natural anesthetic, removing energetic and physical pain, promoting a sense of safety and security within the body.

Further Exploration:

Schumann Resonance Frequency- This is the measurable frequency around the Earth and is equal to 7.83Hz. Ancient Indian Yogis referred to this as OM. The theory is that when our body is unbalanced and off center it is inherently searching for this note. Man made EMF's can produce severe dis-ease within humans and researchers in geophysics theorize that human health is linked to the Earth's frequencies.

The other item is what is being called The Cosmic Octave by Hans Cousto (book by the same name). Cousto has expanded out from the Earth's frequency to the planet's frequencies.]

"After silence, that which comes nearest to expressing the inexpressible is music."

-Aldous Huxley

Suggested resources to music: easiest access to Solfeggio Scale music and frequencies: Pandora [Gregorian Chant Radio, Solfeggio Music Radio], U-Tube, Musical works of Beethoven, Hyden, and Vivaldi based on Just Intonation), Jonathon Goldman's "The Lost Chord" CD, Solfeggio meditations by Glenn Harrold & Ali Calderwood

Suggested reading: Healing Sounds, by Jonathon Goldman; A Fork in the Road, by D.D. Hulse

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