

## Power Waves Healing



Experience the transformative potential of "Power Waves Healing" Theta Brainwave - Activate Your Super-brain in 11 Minutes. This 11-minute track taps into the power of theta brainwaves to elevate cognitive function, creativity, and learning ability, providing a swift and impactful method to enhance your mental prowess.

Theta brainwaves, commonly linked with deep relaxation, meditation, and REM sleep, serve as the gateway to unlocking latent areas of the brain. By attuning yourself to these frequencies, you can stimulate your brain's innate capacity to restructure and optimise itself for heightened performance.

In just 11 minutes, immerse yourself in a meticulously crafted audio journey designed to induce a theta brainwave state. This process not only induces relaxation but also sharpens problem-solving abilities, bolsters memory retention, and ignites creative insights.

This track offers a pathway to unlock a new level of mental excellence and healing..

### Key Features:

Quick and efficient 11-minute session tailored for daily practice. Utilises the power of Theta frequencies, Schumann Resonance, Solfeggio frequencies, and more to induce theta brainwave states. Enhances memory, creativity, and learning capabilities. Embrace the potential to transform your mind and unleash your super-brain with just the click of a button. Dive into "Power Waves Healing" Theta Brainwave - Activate Your Super-brain in 11 Minutes and embark on your journey toward internal healing today.



## Pure Frequencies

Pure Frequencies Collection - Yehuda Ashkenazi

Engage in a 10-minute daily concentration practice to stabilise your mind, reduce random thoughts, minimise monkey mind chatter, enhance focus, and cultivate inner strength. Aim to develop a spacious mind with room between thoughts, leading to decreased reactivity and improved sustained attention.

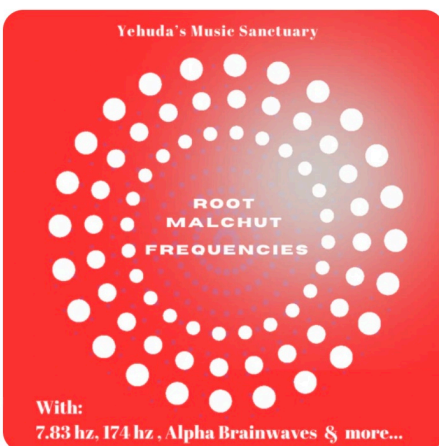
This practice can translate into reduced anxiety and anger, better sleep, and enhanced executive function by slowing down brainwaves and fostering stable attention.

The Pure Frequencies Collection comprises 7 tracks, each lasting 10 minutes.

These tracks blend the Schumann resonance, Solfeggio frequencies, Alpha waves, and more. These Pure Frequencies Collection elements support and enhances the healing powers within, providing a comprehensive and immersive experience for promoting well-being and mental clarity.

Each track in the Pure Frequencies Collection is designed to support in clearing energy blockages and facilitating a better flow of energy within one of the seven energy centres, harmonising and balancing these energy centres, promoting overall vitality and a sense of well-being.

## Root - Malchut Frequencies - Yehuda Ashkenazi



The Root - Malchut Frequencies centre is the 1st of 7 energetic centres in our body and is located in your perineum at the base of your spine. This Root - Malchut Frequencies energy centre drives our survival instincts and anchors our body and spirit here on the material plane, helping to establish our worldly existence.

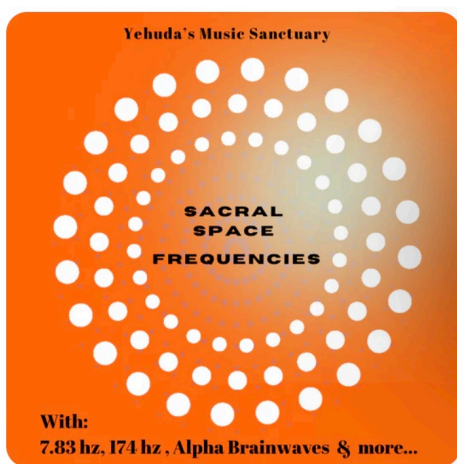
This Root - Malchut Frequencies energy centre is also associated with our adrenal glands and when out of balance, we can experience emotional hardships such as aggression, anger, violence or jealousy.

Ten minutes track to rebalance your Root energy centre and solidify your place in your own body while you find your belonging in this world.

When engaging with the 10-minute Root - Malchut Frequencies track, concentrate on cultivating a heightened awareness of the foundational tones within the audio. Direct your attention to the deep, grounding vibrations, allowing them to resonate with your own sense of stability and rootedness. Embrace a mindful state, focusing on the intention of connecting with the primal energy symbolised by the root energy centre.

Let the Root - Malchut Frequencies guide you into a meditative experience, promoting a sense of balance and grounding within yourself. Experiment with various breathing techniques to enhance the mind-body connection as you immerse yourself in this sonic journey.

## Sacral Space Frequencies - Yehuda Ashkenazi



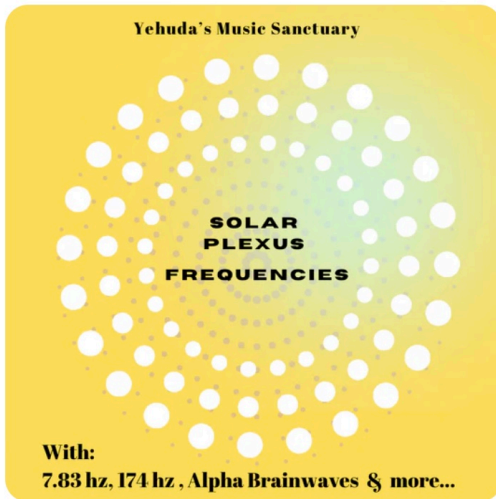
While listening to the 10-minute Sacral Space Frequencies track, focus on aligning and energising your Sacral energy centre. Here's a guide on what to concentrate on:

1. *Location Awareness:* Begin by bringing your attention to the lower abdomen, below the belly button, where the Sacral Space Frequencies energy centre resides. Visualise this area as you immerse yourself in the frequencies.
2. *Connect with Emotions:* Tune into the vibrations with the intention of connecting deeply with your feelings and emotions. Let the Sacral Space Frequencies facilitate a harmonious flow of emotional energy.
3. *Pleasure and Joy:* Allow the Sacral frequencies to resonate with pleasure and joy. Envision these vibrations enhancing your enjoyment of life through your senses, laying the foundation for emotional well-being.
4. *Sensuality:* Focus on the sensuality promoted by the Sacral energy centre. Let the frequencies help you understand and develop intimate connections with others, fostering deeper and more meaningful relationships.
5. *Creativity Stimulation:* Embrace the stimulating effect of the Sacral energy centre on creativity. Envision the Sacral Space Frequencies opening up channels for exploring new ideas and stimulating your imagination.
6. *Passionate Exploration:* Let the energy of your Sacral energy centre guide you in discovering and exploring your true passions. Visualize the frequencies igniting a profound passion that allows you to genuinely enjoy life.

Remember, a balanced Sacral energy centre contributes to creative expression, emotional stability, and rewarding relationships.

By focusing on these aspects during the 10-minute session, you can tap into the transformative potential of the Sacral Space frequencies, fostering a more harmonious and vibrant energy centre.

## Solar Plexus Frequencies, Yehuda Ashkenazi



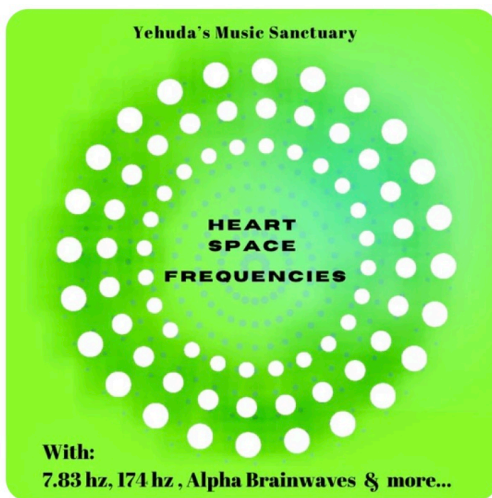
While listening to the Solar Plexus Frequencies 10-minute track, focus on unlocking the potential benefits by aligning with the energy of your Solar Plexus Frequencies. Here's a guide on what to concentrate on:

1. *Self-Confidence and Self-Worth*: Allow the Solar Plexus Frequencies to resonate within, fostering a strong sense of self-confidence and reinforcing your self-worth.
2. *Personal Identity and Purpose*: Tune into the vibrations to clarify your personal identity and purpose. Let the frequencies guide you towards a clearer understanding of who you are and what you're meant to achieve.
3. *Empowerment for Action*: Embrace the empowering frequencies, feeling motivated to take action towards your goals and dreams. Visualise yourself confidently moving forward.
4. *Digestive Health*: Focus on the Solar Plexus Frequencies contributing to good digestion and a healthy metabolism. Imagine your Solar Plexus radiating vitality and balance.
5. *Inner Strength and Resilience*: Allow the frequencies to build a sense of inner strength and resilience. Visualise your Solar Plexus as a source of unwavering power.
6. *Ease in Decision-Making*: Concentrate on achieving mental clarity, leading to ease in decision-making. Trust in yourself and your ability to make sound choices.
7. *Willingness to Take Risks*: Let the frequencies encourage a willingness to step out of your comfort zone, embracing risks with confidence and enthusiasm.
8. *Emotional Control*: Focus on gaining control over your emotions. Imagine a calm and balanced emotional state, even in challenging situations.

Remember, these frequencies guide you into a state of conscious relaxation and offer a subconscious boost. As you achieve mental balance through Alpha brainwaves, allow the tranquility to replace a racing mind. This shift promotes improved focus, better decision-making, and enhanced access to your subconscious memories.

Dedicate just ten minutes each day to listening, and experience remarkable improvements in energy, mood, and focus. Let the Solar Plexus Frequencies be your gateway to a more empowered and centred self.

## Heart Space Frequencies, Yehuda Ashkenazi



Combining Alpha brainwaves with frequencies such as 7.83Hz, 174Hz, and the heart space frequencies.

While listening to the 10 - minute track of Heart Space frequencies, focus on cultivating a receptive mindset. Allow yourself to be immersed in the experience to unlock the following benefits:

1. *Enhanced Compassion*: Tune into the frequencies, fostering openness for greater compassion and empathy towards others.

2. *Improved Relationships*: Let the frequencies encourage forgiveness and understanding, contributing to healthier

connections with others.

3. *Increased Self-Love*: Embrace the clearing of the heart space to boost self-love, self-acceptance, and overall confidence.

4. *Balanced Emotions*: Pay attention to the harmonising effect on your emotions, aiding in their management and expression.

5. *Healing from Past Wounds*: Use the frequencies to release past emotional wounds, promoting emotional healing and personal growth.

6. *Greater Joy and Happiness*: Allow the open heart to bring a sense of joy and contentment, making it easier to find happiness in life.

7. *Stress Reduction*: Let the Heart Space Frequencies guide you towards inner peace and emotional stability, reducing stress and anxiety.

Remember, these Heart Space Frequencies guide you into a state of conscious relaxation, providing subconscious support. As you achieve mental balance through Alpha brainwaves, replace a racing mind with inner peace. This shift allows for improved focus, better decision-making, and enhanced

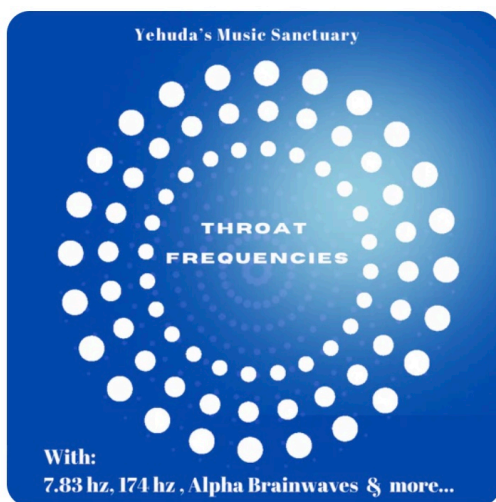
access to your subconscious memories. Aim for just ten minutes a day with headphones for remarkable improvements in energy, mood, and focus.

Enjoy the journey into a tranquil and revitalised state of being.

To achieve the best results, listen with headphones.

Heart Space Frequencies

## Throat Frequencies, Yehuda Ashkenazi



While engaging with the Throat Frequencies 10-minute track, direct your focus towards harmonising and revitalising your Throat energy center. Here's a guide on what to concentrate on:

1. *Awareness of Throat Center*: Begin by bringing awareness to the center of your neck, where the Throat energy center resides. Visualise this area as you listen to the Throat Frequencies.

2. *Communication Skills*: Tune into the Throat Frequencies with the intention of enhancing your communication skills. Allow the vibrations to stimulate

and open up your ability to express yourself truthfully and openly.

3. *Release Suppressed Feelings*: Pay attention to any suppressed feelings or thoughts that may be hindering your communication. Let the Throat Frequencies facilitate the release of these suppressed emotions.

4. *Honesty and Authenticity*: Focus on fostering honesty and authenticity. Let the Frequencies empower you to communicate with transparency and truthfulness in your interactions.

5. *Balance for the Thyroid Gland*: Consider the association of the Throat energy center with the Thyroid Gland. Use the frequencies to bring balance to this gland, promoting overall well-being.

6. *Avoiding Unhealthy Gossip*: Be mindful of any tendencies towards unhealthy gossip or dishonesty. Allow the frequencies to guide you towards positive and truthful communication.

7. *Confidence and Strength*: As you listen, visualise gaining the confidence and strength needed to be truthful and honest in various aspects of your life and relationships.

Remember to dedicate ten minutes each day to this practice for optimal results. Allow the Throat Frequencies to rebalance your energy center, promoting clear and authentic communication. Embrace this journey towards improved self-expression and connection with others.

## Pineal Gland Frequencies, Yehuda Ashkenazi



While immersing yourself in the Third Eye Pineal Gland Frequencies track, focus on unlocking a realm of enhanced mental benefits through the synergy of Alpha brainwaves and specific frequencies. Here's a guide on what to concentrate on:

1. *Mental Clarity*: Direct your attention to the Third Eye, situated between your brows. Envision the frequencies clearing energy blockages, leading to heightened mental clarity and a calm mind.

2. *Improved Concentration*: Allow the frequencies, including Alpha brainwaves and 7.83Hz, to sharpen your concentration. Visualise your mind becoming a focused

and receptive space for information.

3. *Clear Self-Expression*: Tune into the Pineal Gland Frequencies with the intention of promoting clearer self-expression. Imagine a harmonious flow of thoughts and words, facilitating effective communication.

4. *Strengthened Intuition*: Embrace the balancing effect on the Third Eye to strengthen your intuition. Let the Pineal Gland Frequencies guide you towards a deeper connection with your inner wisdom.

5. *Profound Bliss*: Feel the Pineal Gland Frequencies inducing profound feelings of bliss. Visualize a state of tranquility and joy as you align with the energies of the Third Eye.

6. *Increased Decisiveness*: Focus on the frequencies fostering increased decisiveness. Picture yourself making decisions with confidence and ease, guided by your inner knowing.

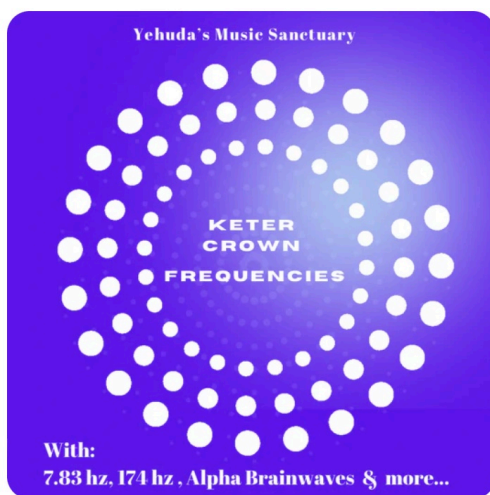
7. *Insights for Personal Growth*: Allow the Third Eye frequencies to provide insights for personal growth. Envision a journey of self-discovery and transformative insights.

Remember, these Pineal Gland Frequencies guide you into conscious relaxation and provide a subconscious boost. Achieving mental balance through Alpha brainwaves replaces the default reactive state of a racing mind with inner peace. This shift allows for improved focus, better

decision-making, and enhanced access to subconscious memories. Just ten minutes a day of listening to these frequencies can yield remarkable improvements in energy, mood, and focus.

For optimal results, immerse yourself in this experience by listening with headphones. Let the Third Eye Frequencies become your daily gateway to mental clarity, intuitive wisdom, and a tranquil state of being.

## Keter - Crown Frequencies: Yehuda Ashkenazi



While listening to the Keter - Crown Frequencies Energy Centre track, focus on aligning with the higher consciousness and experiencing a spiritual connection. Here's a guide on what to concentrate on:

1. *Gateway to Higher Consciousness:* Center your awareness on the crown energy centre, located at the top of your head. Envision it as the gateway to higher consciousness, facilitating a connection with a divine source and universal wisdom.
2. *Heightened Intuition:* Allow the Keter - Crown Frequencies, including Alpha brainwaves and 7.83Hz, to balance your crown energy centre. Embrace the heightened intuition that comes with this balance, tuning into subtle energies and intuitive messages.
3. *Clarity of Thought:* Focus on achieving a balanced crown energy centre for clear thinking and strong decision-making skills. Visualise yourself approaching complex issues objectively, guided by inner knowing.
4. *Spiritual Awakening:* Embrace the opening of your crown energy centre as a pathway to spiritual awakening. Connect with your true spiritual journey, leading to peace, contentment, and joy.
5. *Mental Mastery:* Concentrate on the seventh energy centre to explore the boundaries of your mental capabilities. Allow it to help you think beyond physical limitations, access deeper truths about yourself, and break through barriers.

Remember, these Keter - Crown Frequencies guide you into a state of conscious relaxation and provide a subconscious boost. As you achieve mental balance through Alpha brainwaves, let the tranquility replace a racing mind. This shift promotes improved focus, better decision-making, and enhanced access to your subconscious memories. Just ten minutes a day of listening to these Keter - Crown Frequencies can yield remarkable improvements in energy, mood, and focus.



For the best results, immerse yourself in the experience by listening with headphones. Let the Keter - Crown Frequencies Energy Centre be your daily journey toward inner peace, clarity, and a profound connection with the spiritual realm.

## Solfeggio Frequencies with the Schumann Resonance



### *Unlocking the Harmony: A Beginner's Guide to Solfeggio Frequencies*

Have you ever felt a piece of music touch your soul in a way that left you feeling more peaceful, more centred, and remarkably healed? This experience is not just emotional but might also be rooted in the science of Solfeggio frequencies—sounds that can promote healing, growth, and transformation.

To the uninitiated, Solfeggio frequencies might seem like a new age concept wrapped in mystique, but there's a beautiful simplicity and a rich history behind them.

Whether you're a seasoned meditator or just starting out, understanding and embracing these frequencies can add a transformative dimension to your practice. So, let's dive in and explore how you can integrate Solfeggio frequencies into your life.

## The Symphony of Solfeggio Frequencies

At its core, Solfeggio frequencies are specific tones of sound that, according to ancient belief and modern enthusiasts, can have various healing effects on the body and mind. These frequencies make up a 6-tone scale, and each frequency is said to balance your energy, keep your body, mind, and spirit in perfect harmony.

## Understanding the Frequencies

Each solfeggio frequency has its own unique healing ability:

- 396 Hz - Liberates fear and guilt
- 417 Hz - Clears negativity and removes subconscious blockages

- 528 Hz - Promotes transformation and miracles (DNA repair)
- 639 Hz - Fosters love and relationships
- 741 Hz - Enhances problem-solving and self-expression
- 852 Hz - Awakens intuition and returns your spiritual order

Imagine these as different colours in your palette, each bringing its own vibe and energy into your life.

### How to Incorporate Them into Your Meditation Practice

Including Solfeggio frequencies in your meditation doesn't require a big setup or complex knowledge. Here are a few simple ways to start:

1. **Background Music:** Play Solfeggio frequency music during your meditation. You can easily find tracks on YouTube, Spotify, or other music platforms that are specifically tuned to these frequencies.
2. **Chanting:** Some people prefer using their voice as an instrument. Chanting or humming the tones can be incredibly powerful and personal.
3. **Intention Setting:** Focus on a particular frequency that aligns with your current needs or goals. For example, if you're working on self-expression, you might meditate with the 741 Hz frequency playing in the background.
4. **Sound Baths:** Participate in or create your own sound bath using instruments tuned to Solfeggio frequencies. This immersive experience can be profoundly healing and rejuvenating.

### The Scientific Angle

While the anecdotal evidence supporting the healing power of Solfeggio frequencies is compelling, scientific research on this specific topic remains limited. However, numerous studies do confirm the general benefits of sound therapy and music on mental health, highlighting its effectiveness in reducing anxiety, stress, and even physical pain.

### Conclusion

Embarking on a journey with Solfeggio frequencies opens up a new realm of meditation practice that could deepen your connection to self and the universe. Whether you're a skeptic or a believer,

giving these tones a chance might just provide the unique spiritual upliftment you've been searching for. Remember, the key to benefiting from Solfeggio frequencies, like any meditative practice, lies in openness, consistency, and intentionality.

Happy meditating!



### **174 HZ - RELIEVES PAIN, TENSION & STRESS**

The Solfeggio frequency 174 HZ - , known as the healing frequency, has a profound impact on the physical body.

This 174 HZ - tone is beneficial in various healing capacities:

- 174 HZ - Relieving physical pain, especially in the back, legs, and feet.
- Relaxing muscles and alleviating tension in the body.
- 174 HZ - Easing headaches.
- 174 HZ - Reducing stress.

The 174 HZ - frequency aids in tuning the energy in your body and field, realigning them for enhanced balance.



### **285 HZ - HEALS & RESTORE TISSUES**

The Solfeggio frequency 285 HZ - HEALS is linked to the healing of the root energy centre.

Leverage this tone for its healing properties, which include:

- 285 HZ - HEALS and restores tissues, making it beneficial for cuts, burns, and lacerations.
- 285 HZ - HEALS Enhancing feelings of security and safety due to its association with the root chakra.
- 285 HZ - HEALS Boosting the immune system.

**396 HZ & 7.83 HZ  
RELEASES FEAR &  
GUILT**

SOLFEGGIO & SCHUMANN RESONANCE FREQUENCIES



### **396 HZ - RELEASES FEAR & GUILT**

The Solfeggio frequency 396 Hz, akin to 285 Hz, is associated with the root energy center. Despite being one of the lower tones on the solfeggio scale, its significance is paramount in healing the emotional body, making it a fundamental tone in sound healing. Here are several benefits associated with this powerful frequency:

- 396 Hz aids in diminishing or eliminating fear-based thinking, crucial as fear's low vibration attracts negative circumstances. Utilise this solfeggio frequency to elevate your vibration and heal your emotional body.
- It addresses and heals feelings of guilt and doubt.
- Some proponents believe this frequency has the

potential to transform grief into joy.

- When caught in a spiral of negative thinking, 396 Hz can be instrumental. Its potent effect on the emotional body helps redirect thoughts to a higher vibrational state of positivity.

**417 HZ & 7.83 HZ  
RELEASES NEGATIVITY &  
HEALS TRAUMA**

SOLFEGGIO & SCHUMANN RESONANCE FREQUENCIES



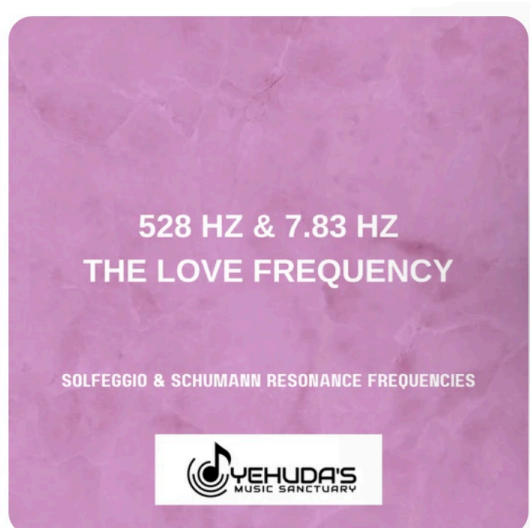
### **417 HZ- RELEASES NEGATIVITY & HEALS TRAUMA**

The Solfeggio frequency 417 HZ aligns with the sacral energy centre, which can become blocked due to traumatic life events, resulting in repressed emotions and a diminished capacity for joy. Listening to this frequency proves beneficial in unblocking this vital energy center, offering several important advantages:

- It assists in clearing negative energy from both your aura and environment.
- 417 Hz facilitates the healing of shame and anger-based thinking, emotions that tend to attract negative outcomes.
- Enhancing restful sleep is one of the positive effects of

this frequency.

- This Solfeggio frequency serves as a motivational force, encouraging an embrace of change.



## 528 HZ - THE LOVE FREQUENCY

The Solfeggio frequency 528 HZ -, often called "the love frequency" or "the miracle tone," stands out as one of the most celebrated frequencies in the solfeggio scale.

Associated with the solar plexus energy centre, 528 HZ - has a rich history of use, exemplified by John Lennon's composition of "Imagine" in 528 HZ -. Here are several reputed benefits attributed to this sound:

- 528 HZ - Enhances creativity.
- Reduces stress and hormone levels.
- 528 HZ -Improves concentration.
- Has the potential to repair damaged DNA.
- 528 HZ - Increases feelings of positivity and love.

- Carries vibrations capable of healing both the mind and the body.



## 639 HZ - FOR HARMONIOUS RELATIONSHIPS

The Solfeggio frequency 639 HZ - is closely linked to the heart energy centre, making it a potent tone with the capacity to unblock this center and foster increased peace and positivity. Here are some benefits associated with the 639 HZ - tone:

- 639 HZ - Facilitates connections between opposites, potentially restoring balance to strained relationships.
- 639 HZ - Promotes clarity of thought and enhances the ability to express emotions.
- 639 HZ - Heightens tolerance levels for dealing with challenging situations.

**741 HZ & 7.83 HZ  
ELIMINATES TOXINS &  
NEGATIVITY**

SOLFEGGIO & SCHUMANN RESONANCE FREQUENCIES



- can help awaken intuition.

## **741 HZ - ELIMINATES TOXINS**

The solfeggio frequency of 741 HZ is known as 'ton sol.' It's associated with the throat energy centre and is a great frequency to work with if you want to dispel negativity and open yourself to pure expression of your highest self. Here are a few of the benefits of listening to the frequency of 741 HZ

- can heal emotional blockages and allow you to express yourself authentically.
- It can dispel toxins and negativity in yourself and your environment.
- repels anger, jealousy and lies.
- It can detox the body from pollutants including viruses, fungi, bacteria and electromagnetic toxins.

## **852 HZ - AWAKEN YOUR INTUITION**

The Solfeggio frequency 852 HZ aligns with the third eye energy centre, possessing the ability to awaken intuition and strengthen a positive connection to your higher self. Here are several benefits associated with 852 HZ:

- 852 HZ -Facilitates a connection to your higher self, enabling access to your inner guidance.
- 852 HZ - Assists in returning to spiritual order.
- 852 HZ - Aids in cutting through illusions and perceiving the reality of situations.
- Well-suited for meditation, Reiki, and astral projection.

**852 HZ & 7.83 HZ  
AWAKEN YOUR INTUITION**

SOLFEGGIO & SCHUMANN RESONANCE FREQUENCIES





## 963 HZ - DIVINE CONSCIOUSNESS

The Solfeggio frequency 963 Hz corresponds to the crown energy centre, often referred to as "the God frequency" or "the miracle tone. 963 HZ - DIVINE CONSCIOUSNESS" This 963 HZ - DIVINE CONSCIOUSNESS tone is believed to awaken intuition and activate the pineal gland. Here are several benefits associated with listening to this 963 HZ - DIVINE CONSCIOUSNESS tone:

- Establishes a connection to the source.
- Enhances intuition.
- Restores any system to its highest, most perfect order.
- Significantly raises your vibration, crucial for manifesting

positive circumstances and outcomes.

- Serves as a gateway to the infinite energy of the cosmos, fostering a sense of "oneness with all."

