






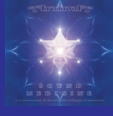


The Solfeggio Meditations by Glenn Harrold & Ali Calderwood

Notes, Vibrational Frequencies, Chakras, Elements, Colours, Emotional Healing

Sound	Colour	Vibrational Frequency	Intention	Chakra	Element	Meditation Download
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					
	Sound Medicine - An album of only the music from each of the Solfeggio meditations. Each track has been specially crafted and precisely tuned to transmit each Solfeggio frequency. The music on this album can be used for meditation, relaxation and to support a variety of other therapeutic practices. It contains all the healing properties mentioned in each of the above meditations. Sound Medicine is a sonic journey in these frequencies, beginning with the music for 396Hz, and working its way through each of the chakras/frequencies ending with the 852Hz frequency.					

This chart has been compiled to complement our meditation range by Glenn Harrold & Ali Calderwood.

