

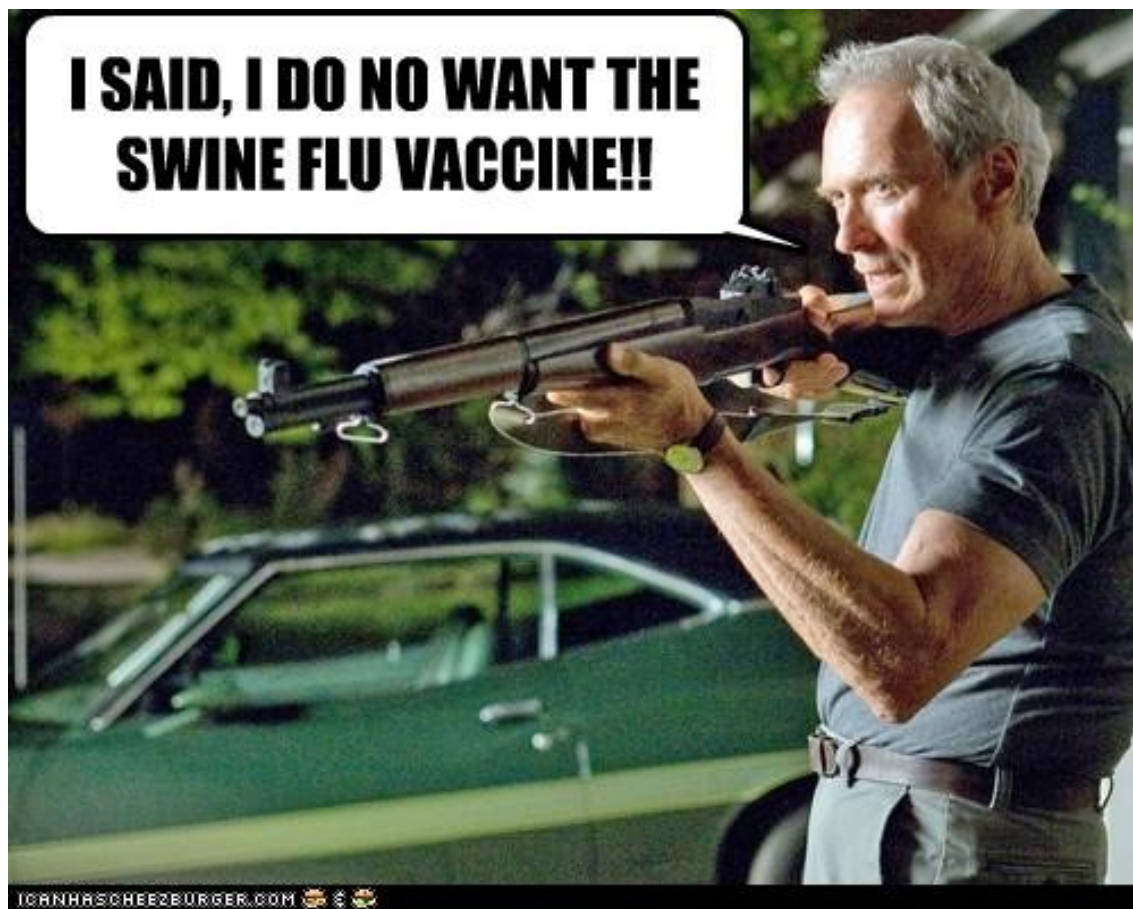
The Swine Flue and the Solfeggio Frequencies

are extraordinarily powerful.



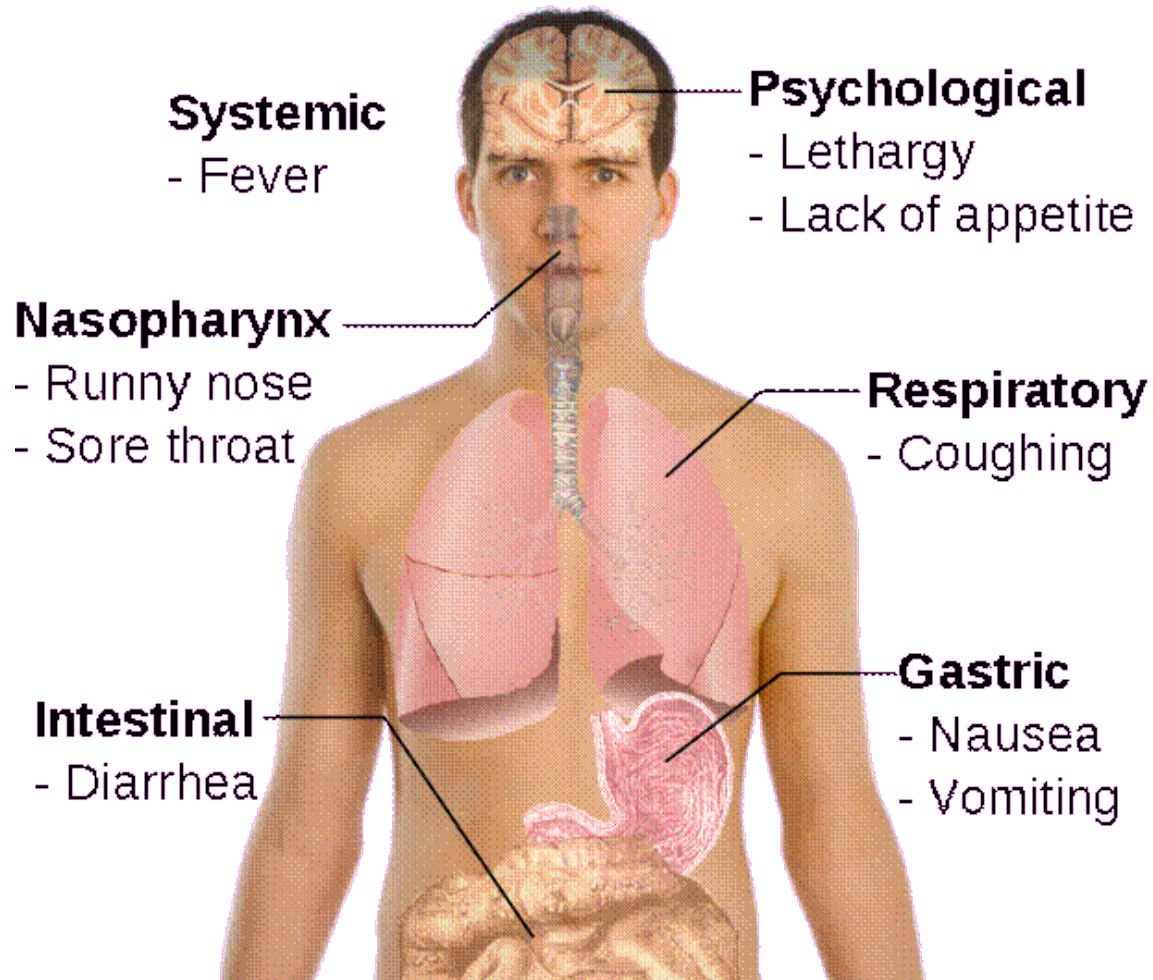
What is the swine flue:

Swine influenza (also called swine flu, hog flu, and pig flu) is an infection by any one of several types of swine influenza virus. Swine influenza virus (SIV) is any strain of the influenza family of viruses that is endemic in pigs. As of 2009, the known SIV strains include influenza C and the subtypes of influenza A known as H1N1, H1N2, H3N1, H3N2, and H2N3.



The More you investigate about it the more you will lose your fear of it. Investigate the preventive measures on how to boost your immune system and fight it if you get it with natural remedies/cures and supplements. Thinking ahead will keep you and your loved ones will be safe. Take the time investigate more about the alternative cures before you lift up your sleeve and get a very toxic and deadly vaccine.

Symptoms of Swine flu



Swine Flu Symptoms

According to the CDC, like seasonal flu, symptoms of swine flu infections can include:

- fever, which is usually high, but unlike seasonal flu, is sometimes absent
- cough
- runny nose or stuffy nose
- sore throat
- body aches
- headache
- chills
- fatigue or tiredness, which can be extreme
- diarrhea and vomiting, sometimes, but more commonly seen than with seasonal flu

Signs of a more serious swine flu infection might include pneumonia and respiratory failure which would require medical attention.



Swine Flu Preventive Measures

Labels: [Swine Flu](#) | author: AARON BENTLEY

Swine flu preventive measures are as follows:

- The first swine flu preventive measure is to avoid making contact with the pigs and other pet animals. Remember that pigs are the main source of this disease. It has been transformed from pigs to humans and now it spreading everywhere. If you have pigs in your area then please inform your local municipal department. They will take care of it.
-
- Wash your hands regularly. Remember that our hands are the most susceptible parts through which we touch anywhere. So washing the hands with regular intervals will prevent you from swine flu. Wash the hands with liquid soap. Alcohol-based soaps are of great use in avoiding infections from spreading. Carry with you at all times sanitizer gel and a mask when in public places and in public transportation when there is an outbreak. Bring with you lysol spray to spray your cloths before entering your home or place of work. Teach your children the same principals of hygiene.
- Wearing the face masks is the best way to stop the spread of swine flu. It is a communicable disease, so face masks acts as the barrier and thus helps you stay away from swine flu. This is one of most important swine flu preventive measures.
-

- Maintain the good hygiene. Take the bath twice in a day. This will help you to maintain the good hygiene.
- Keep your house and office clean so that it ensures that no more bacterial growth can persist in the environment. Spray your homes with Lysol antibacterial spray and spray your cloths before you come into your home. Use javex and amonia to also clean regularly to kill germs. Cleanliness is next to Godliness and it will keep illness away.
-
- Recommendations by Crooked Arrow: Use with a bucket full of cold water and essential oils (clove, lemon, cinnamon, eucalyptus and rosemary.) oils and use them in a spray bottle spray on furniture, rugs, ceilings. Take a flat mop and begin washing ceilings and walls. Then clean the carpets and all the floors.

Don't visit the crowded places. You must avoid visiting market places, prayer halls, and theaters. This will stop the spreading of swine flu from one person to another.

-
- When you sneeze or cough please cover your mouth and nose with the tissues. Dispose the tissues appropriately.
-
- It is necessary to drink boiled water as it helps you to improve your immune power and avoid getting any microorganisms to enter your body through the means of water.
-
- Children are most susceptible to the swine flu. So, it would be better if you take special care of children. It is okay if they miss the school for few days. Try them to keep children at home. Don't go to work if you are sick so you do not spread it.
-
- Don't eat the outside food as it may be the medium for the spreading of the infection causing organisms.
-
- It would be better if you avoid using the public toilets. This is because many people have the habit of spitting their which could lead to the spreading of diseases.
-
- If you are not well then it would be better if you stay at home, as you are ill your immune power would be less and thus there are chances that you may easily get susceptible to swine flu.



9 Ways to Prevent Swine Flu



1. Wash your hands
2. *When water isn't available, use alcohol-based liquid hand sanitizers frequently, especially when hand washing is really not possible. If using a gel, rub your hands until the gel is dry. It does not require water to work; the alcohol in it will kill hand germs. But remember that not all germicidal lotions will adequately kill cold viruses.*
3. *If you sneeze or cough, cover your nose or mouth, voiding rubbing or touching your eyes and nose. "Don't touch your face. Cold and flu are often spread by hand-to-hand contact, so avoid directly facing an individual who is coughing and sneezing." If you sneeze into your hands, make sure you clean them, and do this EVERY time you sneeze or cough.*



3. d

3. If you sneeze or cough, cover your nose or mouth, Bassett said. He also recommends avoiding rubbing or touching your eyes and nose. "Don't touch your face. Cold and flu are often spread by hand-to-hand contact, so avoid directly facing an individual who is coughing and sneezing." If you do sneeze into your hands, make sure you clean them, and do this



EVERY time you sneeze or cough.

4. Limit your exposure (even brief contact) to those "sufferers," especially during the first



several days of their flu symptoms.

5. *Stay home if you're experiencing any flu symptoms. Do not report to work!*



6. *For individuals who are excessively stressed, some studies favor the use of daily vitamin C during the cold and flu season,*



7. Eating a balanced diet and getting adequate sleep is a good first step in keeping your immune system from getting overly stressed, When you're rested, you will be better prepared to fight off illness.



8. Remind your children to practice healthy habits. And of course that means lots of hand washing, covering their mouth when they cough or sneeze and using hand sanitizers when water isn't available.



9. *Routinely clean and disinfect. "Remember, disinfecting actually destroys germs, it doesn't just clean surfaces," Bassett said. Follow instructions of all disinfectants. Germs may live on countertops and surfaces for hours or even days.*



<http://4.bp.blogspot.com/>

These are the preventive measures of swine flu. If you follow these prevention methods properly then you may keep yourself away from the dreadful disease of Swine flu.

More information: <http://www.scribd.com/doc/19577361/Preventive-Measures-and-Natural-Cures-Against-the-Swine-Flu>



(NaturalNews) There are many natural remedies that will raise your immunity to the Swine Flu and other viral and bacterial diseases. Many people do not have immunity to the current strain of Swine Flu. This is not unusual because most viruses alter as the virus season goes along. Most people will not become sick because the issue is not the virus but SUSCEPTIBILITY.

Viruses will not multiply in a healthy body. We constantly have Streptococcus in our throats, yet we rarely experience Strep Throat. The same is true of this Swine Flu and other viral strains. Exposure will lead to disease only if the immune system is suppressed and if the vitality of the person is weakened. Do NOT suppress mucus. It is important to let the body discharge toxins.

Most viruses become less aggressive over time because they want to spread and not to kill their hosts. If they kill their hosts, they die as well. The viruses that do survive --the ones in humans with strong immune systems-- become less virulent so that their hosts, us humans, go to work, shake hands and sneeze on others to continue to spread the virus.

Using herbs, homeopathy, and vitamins will increase your health and reduce your susceptibility.

DIGESTION

Some say that the flu "begins in the gut and ends in the gut". This means that if you have good digestion, you will increase your resistance to this and other flu strains. Take a probiotic daily. Live probiotics are available in natural food stores, and probiotics are now more widely available in grocery stores, in yogurt culture and even in chocolate.

HOMEOPATHY

The homeopathic remedy *Anas Barbariae* is made from the liver of migrating geese. Because they travel the world, they build immunity to many viruses years before humans do. Be sure to get the 2009 version by checking the expiration date. It has been found that the remedy *Ferrum phos* is effective in treating the early stages of the flu, when used in the first 24 hours. Also the remedy *Influenzinum* can be taken as a prophylaxis. This remedy is made from the same disease strain as the CDC uses to make each season's flu vaccine.

LIFESTYLE ADVICE

1. Get Plenty of Sleep

To improve your resistance to any disease, the most important thing you can do is get enough rest. Your body knows how to heal, and it does this best when sleeping. Get adequate rest on a daily basis, and if you begin to feel fatigue during a time of increased stress to your immune system, take naps, get into bed earlier, relax and let your body do what it does best: restore and rebuild.

2. Hydrate

Our bodies are 80% water. Drink plenty of water each day to stay hydrated and to allow the body to flush toxins from the blood and the liver. Drink pure water, not soda or juice, for best results.

3. Exercise

Exercise increases your resistance to disease. It stimulates the cleansing blood flow and increases your natural stress reducing hormones. Exercise doesn't have to be strenuous to be beneficial. Science has shown that walking daily is good for your health and well being.

4. Spend time outdoors

The healing benefits of nature are yours and all you need to do is step outside. The fresh air cleanses your lungs and the vitamin D from sunshine is great for general health. Even on a rainy day or at night, the fresh air is beneficial.

5. Exercise

Exposure to nature and the great outdoors helps healthy emotions.

HERBS TO BUILD PROTECTION AND NATURAL IMMUNITY

1. *Echinacea*--*Echinacea* is best taken in advance of getting sick.

2. Olive Leaf

3. Elderberries

4. Adaptogens

Adaptogens are plants that have the ability to resist chemical and biological stressors and to pass that ability on to humans. *Eleutherococcus* research has shown a 30% to 50% decrease in influenza in Russian workers. *Shisandra* has long been used in Chinese medicine to improve immune function through its healing action on the liver. In recent research, *Shisandra* proved curative to the viral hepatitis. *Codonopsis* is another adaptogen used in Chinese herbal medicine. It increases the red and white blood cell counts and strengthens the immune system.

VITAMINS

1. Vitamin A is one of the main components of the skin. To strengthen the skin's protective ability, take vitamin A daily. Vitamin A also increases the white blood cells that fight disease.
2. Vitamin C --Research has shown that vitamin C improves resistance to disease and prevents flu symptoms when 1,000 mg doses are taken every six hours.
3. NAC is an amino acid that has been shown to raise immunity to the flu in clinical trials.
4. Probiotics. Healthy flora in the gut supports immune function.

By improving your lifestyle, your diet, and supplementing with natural herbs, homeopathy, and vitamins, you can improve your immune system and your overall vitality.

Seek medical help if symptoms persist or if you develop a high fever.

<http://www.naturalnews.com/025316.html>

<http://www.naturalnews.com/025780.html>

<http://www.naturalnews.com/024911.html>

<http://www.naturalnews.com/026148.html>

<http://nationalcenterforhomeopathy....>

<http://www.irishhomeopaths.com/bird...>

[Dr. Joseph Mercola's Tips to Avoid the Swine Flu](#)

Swine flu is the latest type of influenza to cause a global scare, following its infamous predecessor, bird flu. The World Health Organization (WHO) has raised its pandemic alert to level 5, the second highest level, urging all countries to immediately activate swine flu pandemic preparedness plans.

The WHO has confirmed 148 swine flu cases in nine countries, including 91 in the United States. But is this enough reason to be afraid?

Swine flu is a contagious respiratory disease caused by a type of flu virus that affects pigs. The current strain infecting humans contains genetic material from bird and pig versions of the flu.

This is not the first time that swine flu broke out in the U.S. In 1976, a swine flu outbreak occurred in Fort Dix, NJ, causing the Ford administration to go into panic mode and launch a mass vaccination campaign.

The result of the nationwide introduction of flu shots: deaths among the elderly, paralysis in younger people and over millions of dollars filed in claims against the vaccination program.

Dr. Joseph Mercola believes that the situation in 1976 isn't that different today. He points out that the media's fear-mongering coverage of the swine flu scare is a familiar tactic which sells the idea of forcing people to take flu shots to fight the pandemic.

Mercola isn't saying that there is no danger; he's just reminding people that oftentimes, the danger is greatly exaggerated. After all, didn't former President Bush warn that two million Americans would die because of bird flu? Mercola's New York Times bestselling book *The Bird Flu Hoax* and a number of his health articles have exposed the massive fraud on the epidemic that never was.

During these times, it's best to keep a level head and avoid getting carried away by fear. There will always be threats of real and "manufactured" flu pandemics and pharmaceutical companies will always offer various forms of the flu shot as the solution.


The Centers for Disease Control has recommended the use of the popular anti-flu vaccine Tamiflu for

the treatment and prevention of swine flu even though many scientists have found it “useless” against bird flu.

But even if the flu shot was effective, it’s not exactly the healthiest of vaccines. With toxic ingredients like mercury, formaldehyde and phenol, flu shot side effects may even be worse than the flu itself!

Fortunately, you don’t need to put your health at risk. Here are Dr. Mercola’s tips to help you avoid swine flu and all types of influenza:

- Get enough vitamin D – With or without a swine flu pandemic, optimizing your vitamin D levels is one of best things you can do for your health. Vitamin D is a potent antibiotic that kills the cell walls of bacteria, fungi and viruses. The spring sunshine should help you get healthy doses of vitamin D but if you can’t get it naturally, you can take vitamin D3 supplements and have your levels checked by a reliable laboratory like LabCorp.
- Avoid Sugar and Processed Foods – Sugar weakens your immune system, your first line of defense against viruses and illnesses.
- Get Enough Rest – If you lack sleep, you’ll make it harder for your body to fight the flu.
- Minimize Stress – Whether we like it or not, stress has become part of daily life. Try using natural tools like the Emotional Freedom Technique (EFT) to help you relieve stress and keep your body in good shape to fight off diseases.
- Exercise – You increase circulation and blood flow throughout your body with regular exercise, allowing the components of your immune system to be better circulated, increasing its chances of finding an illness before it spreads.
- Increase your intake of Omega-3 Fats – The omega-3 fats DHA and EPA, found in foods like wild salmon and krill oil, help support your immune system.
- Wash your hands and keep them clean – This will help prevent the spread of communicable diseases like the swine flu.
- Eat more garlic – It’s more than a spice; it’s actually one of the most common health products. Garlic works like a natural antibiotic that helps your body fight viruses, bacteria and protozoa.

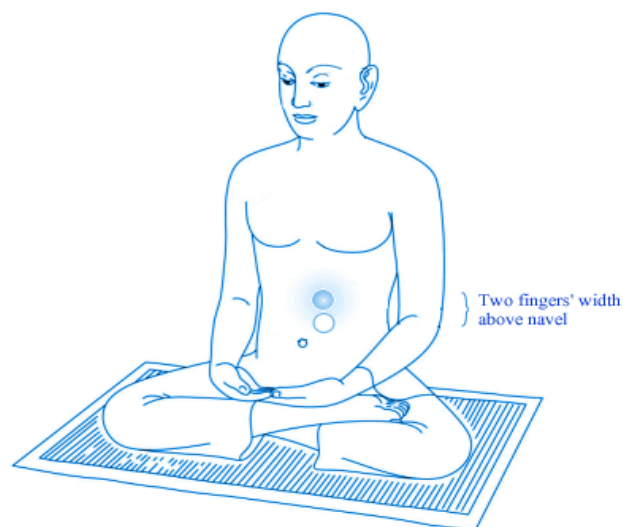
Posted by natural health guru  _

Labels: [swine flu](#), [swine flu virus](#)

<http://www.drmercola.net/2009/05/dr-joseph-mercolas-tips-to>

More information:

<http://www.scribd.com/doc/19577361/Preventive-Measures-and-Natural-Cures-Against-the-Swine-Flu>



Meditation As An Alternative To Medication

Posted by Vishwas in Healing, Health and Wellness, Meditation, Mind on May 19th, 2009 |

A young woodcutter asked for a job with the foreman of a logging crew and got it. The salary and work conditions were very good. So, woodcutter was determined to do his best.

Boss gave him an axe and asked to start Monday. On Monday, the woodcutter fell 18 trees. Boss was very happy and appreciated woodcutter's efforts.

Motivated by boss' appreciation, the woodcutter tried harder Tuesday, but could fell only 15 trees. Wednesday, he tried much harder and skipped lunch, still, He could fell only 10 trees.

Disheartened, he went to his boss and offered to quit for not being able to fell sufficient trees despite his best efforts.

Thinking, the boss asked – “When was the last time you sharpened your axe?”

“Sharpen the axe? I had no time to sharpen my axe. I have been working so hard.

Did you sharpen your axe today?

A calm, composed, cool and focused mind is like a sharpened axe and meditation is the axe sharpening stone.

“Meditation can be as simple as deep breathing or listening to a particularly moving piece of music. Simplest definition of meditation is “Living in the moment”.

Meditation can be done consciously, or it may ‘happen’ unnoticed and unannounced. In fact, all of us meditate every day in some form or other. The key is to understand this process and use it to our benefit consciously.

Solving challenging puzzles, reading an interesting book or playing a deeply engaging game of chess can all lead to a meditative state. All these activities engage the mind completely and thinking abilities

are completely focused to a single task at hand.

That is meditation in practice.

Meditation for Psychiatric Conditions

S.F. Jane had been suffering from schizophrenia for years with no major improvement with prescribed Anti-psychotic drugs. She still heard voices and saw things. Smoked Marijuana to keep the 'voices' down and got herself isolated from society.

After a few years of treatment and no visible improvement, Jane distanced herself from anti-psychotic drugs and mental health professionals. One day, while reading the cover of a book, she read: "meditation helps you find yourself and it helps you discover who you really are. It can liberate you from your mind and the traps that your own ego sets for you". Inspired, Jane started meditating and made it a daily practice. She practiced meditation whenever possible; whether at work, while riding the bicycle or when she was at home.

Gradually, Jane realized that the severity of her symptoms was lessening. She stopped hearing voices and realized that they were manifestations of her own subconscious thoughts that have been suppressed. Today, Jane is completely cured from Schizophrenia and is working towards spreading awareness of the benefits of meditation. Watch S.F. Jane speak about her miraculous recovery.

Disease need not be Hereditary

We've accepted that a disease can be hereditary and if someone suffers from an illness, their children are likely to suffer from it too.

Lawson English, a computer programmer from Arizona also thought so but defied the odds of having a heart disease despite having a family history for it. When he reached his 40s, Lawson English was overweight and only moderately active, thus a prime candidate for heart troubles. Counting his family history of heart disease increased his odds of developing cardiac problems even higher.

But English says that, at the age of 44, his cholesterol levels, blood pressure and heart rate are perfectly normal. "My blood pressure and heart rate are so low that my doctor doesn't even bother to admonish me to lose weight".

He may just be lucky of course, but English attributes his good heart health to his long-time devotion to transcendental meditation (TM), a practice popularized in the 1970s by the Maharishi Mahesh Yogi and the Beatles.

Twice a day, TM devotees like English find a quiet place, sit comfortably and focus their minds on a single word, or mantra. For 15 to 45 minutes, they enter a state of conscious relaxation often described as "restful alertness."

In fact, a 1995 research has shown that middle-aged and elderly African-Americans using transcendental meditation lowered their blood pressure more than those who adopted tried-and-true lifestyle changes such as diet and exercise programs. This study focused on African-Americans because of their high risk for hypertension.

<http://archives.cnn.com/2000/HEALTH/06/07/minding.heart.wmd/index.html>

How to Meditate

If you are on medication, talk to your doctor and follow his advice before starting on meditation. Meditation, when done in excess may be harmful. Start with smaller times and slowly increase the times as you become more comfortable. Meditation comes easy and naturally to us. We all meditate in some form every day. However, to meditate consciously, follow these steps.

Find a quiet and comfortable place and make arrangements to remain undisturbed for next 5-10 minutes. Switch off your phone and post a sign outside your room.

If possible, sit on floor with your back resting against wall in either Sukhasana or Padmasana yoga poses given below. A floor cushion might help. Should sitting on floor be difficult, use a chair or couch. Keep your feet on floor and rest both hands facing down comfortably on thighs.

Repeating a word mentally helps to focus the thoughts inwards. Use a suitable word that you can remember easily. Ancient Indian syllable 'Aum' or 'Om' is a good choice but you may use any word that you can remember easily.

Find a way to keep track of time. You may download following Solfeggio (528 Hz) based timers for 5, 10 and 15 minutes and use them to keep track of time. Solfeggio frequencies are known to heal. Read more about them in Music That Heals Body and Mind.

5 minutes

10 minutes

15 minutes

Breathe in deeply, hold for a couple of seconds and slowly breathe out from mouth. Repeat this two more times. Close your eyes.

Think of the present moment. Be aware of yourself, your breathing, your surroundings, the sounds. Do not think of past or future; focus your thoughts on the present moment.

Repeat your chosen word mentally and focus inwards. Remain in this state for the duration of meditation.

After time is over, remain in position for another 2 minutes. Open your eyes very slowly and come out of meditation gradually.

Repeat this process every day, once or twice. Increase your meditation time as you become comfortable.

Alternatively, download a Free Meditation Course here to get started. This is the course that I used to learn meditation.

When to Start?

If you are healthy and happy, now is the right time to start on the wonderful path of Meditation to keep yourself that way. On the other hand if you or someone in family is suffering from a disease, Meditation can tremendously help in recovery process by lowering stress levels and strengthening the immune system to fight disease naturally. Medicine only helps body cure itself. Meditation will help your body do this process faster and better with no side effects.


<http://www.iliveeasy.com/blog/2009/05/meditation-as-an-alternative-to-medication/>

http://www.jerryippin.com/ufo_files_b-files.htm

10 Benefits of Meditation, and How to Do It

When expert Asian meditators began arriving in the West in the '60s and early '70s, researchers jumped at the opportunity to hook them up to EEGs and EKGs to test their unusual powers and abilities. Before long, Westerners were becoming adept at meditation themselves, and scientific attention turned to the potential health benefits of regular practice.

In this post, we'll summarize ten of the most revealing meditation studies, covering a range of ailments and issues, from hypertension to depression. Ever wonder what meditation can really do for you? Read on, and find out!



Meditate daily, and soon your inner strength and mind power will grow.

1. Meditation Makes You Happier

- Remez Sasson

For thousands of years, monks and yogis in caves and monasteries have been claiming that meditation gives you a more positive outlook on life. But only recently have scientists been able to prove it.

In a study published in *Psychosomatic Medicine*, researchers were able to determine that the regular practice of mindfulness meditation activates the left prefrontal cortex of the brain — the area associated with positive emotions.

Subjects who were taught the technique had significantly greater left-prefrontal activation than a control group, not only immediately after their training but also four months later. In other words, they became happier as they meditated — and they stayed that way!

2. Meditators Have Lower Blood Pressure

Everyone knows that meditation reduces stress, calms the body, and relaxes the mind. Numerous studies have corroborated this finding. But how does this overall relaxation translate into key physiological markers, such as blood pressure?

In a pioneering study published in the British medical journal *Lancet*, 20 hypertension patients were taught yoga, breath meditation, muscle relaxation, and meditation concentration. At the end of 12 months their systolic blood pressure had fallen from 159.1 to 138.7 — an average of over 20 points!

This and similar studies show that regular meditation can be an effective adjunct (or even alternative) to blood pressure medications for people with moderate hypertension — without the risky side effects!

3. Meditation Reduces Cholesterol Levels

Although diet and heredity can certainly make you more susceptible to elevated cholesterol, research has shown that chronic stress plays an important role as well. So it makes good sense that practicing an effective stress-management technique like meditation would lower your cholesterol levels.

Well, a recent study in the *Journal of Human Stress* proves that it does just that! Twenty-three

subjects with hypercholesterolemia (just a fancy word for very high cholesterol!) were divided into two groups: 12 who practiced Transcendental Meditation for 13 months, and 11 who did not. Paired comparisons showed that the meditators' cholesterol dropped nearly 30 points. By contrast, the control group's cholesterol dropped only 5 points.


Given that meditation is safe, cheap, and readily available, the results are impressive — and further evidence that mind and body are inextricably entwined!

4. **Meditation Improves Your Overall Health**

If you wanted to prove that people who meditate are healthier overall than those who don't, how would you design your experiment? Well, one ingenious researcher at Maharishi International University, set out to measure whether Transcendental Meditation practitioners spent less time in hospitals and doctors' offices than a non-meditating control group.

The study compared how often 2,000 regular participants in the TM program used medical insurance with how often a group of 600,000 non-meditators of the same insurance carrier used their insurance over a five-year period.

Even factoring in the likelihood that the TM practitioners ate better, smoked less, exercised more, and favored uninsured alternative medical techniques, the evidence for the overall health benefits of meditation was undeniable. In every major medical treatment category, including cancer, infectious diseases, and mental illness, hospital admissions for the TM group were lower than the norm!



Meditation will bring you sensitivity, a great sense of belonging to the world. It is our world - the stars are ours, and we are not foreigners here.

- Osho

5. **Meditators Live Longer and Age Better**

In another study researchers found that older people who practiced meditation had improved cognitive and behavioral abilities and lived longer than those who did not.

Seventy-three residents of eight homes for the elderly, with an average age of 81, were randomly assigned to four different groups. One group received no treatment; the other three received one of three treatments that were quite similar in structure and expectations: Transcendental Meditation; mindfulness training in active distinction making (not to be confused with mindfulness meditation); and a relaxation (low mindfulness).

After three years, the transcendental Meditation group had a survival rate of 100 percent, compared with 87.5 percent for the mindfulness training group and lower rates for the relaxation group and the non-meditating group.

Not only will you live longer if you meditate, this study suggests, but your mind will stay sharper and you'll be less prone to depression and other mental-health problems.

6. **Meditation Helps Reverse Heart Disease**

Perhaps the most dramatic and persuasive study of the health benefits of meditation and related lifestyle changes appeared in 1998 in the Journal of the American Medical Association. The

researchers found that meditation, coupled with a low-fat, whole-foods, vegetarian diet; aerobic exercise; smoking cessation; and group support; not only lowers your risk of “cardiac events,” but can actually reverse the ravages of coronary artery disease, the primary cause of heart attacks.

Spurred by these findings, Dr. Ornish became a best-selling author, and his Lifestyle Modification Program has been adopted by hospitals and HMOs nationwide. At the core of his approach is the insight that love is the ultimate healer. “If you want to heal your heart,” he writes, “you have to open your heart.”

7. **Meditation Makes You More Empathic**

Most meditators would agree that their practice has helped them see beyond their usual self-centered preoccupations and tune in to the feelings of others. But can meditation actually make you measurably more empathic?

In a study reported in the *Journal of Humanistic Psychology*, one researcher investigated the relationship between Zen meditation and the development of empathy in counselors. One group of 16 students was taught zazen; another group of 12 students volunteered to learn zazen but was not actually taught; and a third group consisted of 11 students who were opposed to learning meditation.

In fact, the group that practiced zazen did improve significantly in empathic ability, while the two other groups did not. The results indicated that those who started out least empathic and those who were most “open to experience” improved the most.

8. **Meditation Ranks with Chocolate as a Mood-Enhancer**

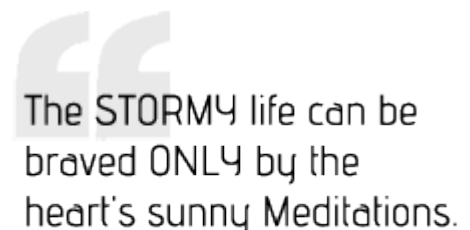
As every chocoholic knows, a single piece of the confection can lift you out of the doldrums and [mellow your mood](#). But not everyone knows that the active ingredient in chocolate is a close cousin of the essential amino acid phenylalanine, which enhances production of the neurotransmitters that keep us happy.

Well, the good news is that meditation boosts the body’s natural concentrations of phenylalanine — without the added calories. In a study published in *Physiology and Behavior*, researchers measured amino acid levels in 28 subjects, 15 of whom had practiced TM regularly for three to five years.

During meditation, phenylalanine levels in the TM group rose an amazing 23 percent, compared with no change during relaxation for the control group. So the next time you’re tempted to reach for the chocolate, consider reaching for your meditation cushion instead!

9. **Meditation Relieves Pain**

One of the best-documented clinical uses of meditation is the application of mindfulness for the alleviation of chronic pain. According to a report in the *Journal of Behavioral Medicine*, 90 chronic-pain patients who were trained in mindfulness meditation experienced significant reductions in present-moment pain, negative body image, and the inhibition of activity.



The STORMY life can be
braved ONLY by the
heart's sunny Meditations.

- Sri Chinmoy

At a 15-month follow-up, they were still doing better on all measures except present-moment pain, and the majority continued to meditate — not a surprising finding, given that chronic pain can be one of the most debilitating conditions imaginable, and one of the most difficult to treat.

This one's a sure thing: If you suffer from chronic pain, mindfulness meditation should be one of the first alternative treatment options you try!

10. Mindfulness Speeds the Healing of Psoriasis

As a skin disease that's measurably exacerbated by stress, psoriasis offers an excellent proving ground for the effectiveness of meditation in facilitating the healing of stress-related ailments.

In a study published in *Psychosomatic Medicine*, researchers took 37 psoriasis patients who were about to undergo light treatment for their condition and randomly assigned them to one of two situations: a mindfulness meditation-based stress reduction intervention during treatments or a light treatment alone.

The results were testimony to the potential value of meditation as an adjunct to just about any treatment regime: The patients who meditated not only responded better to light treatment than the non-meditating group, but their psoriasis cleared up four times faster!



Calm the winds of your thoughts, and there will be no waves on the ocean of your mind.

- Remez Sasson

A great way to get you started on your way to Zen-Land is to use mini-meditations. They require no fancy preparation or techniques, and you can do them anywhere in less than a minute — so they're ideal mindfulness exercises whether you're at home in a quiet room or in the midst of a busy day at work. Here's the process (as [explained](#) by Brian Tanaka of [DevYou](#)):

1. Stop what you're doing. Grab a minute for yourself, and mentally set aside what you're doing. Remember: the whole exercise takes less than a minute, so you needn't make a big deal about finding the perfect stopping point. It's really more a pause than a stop, and you'll be refreshed and able to start what you're doing again in just a little bit.

2. Close your eyes. Let your eyelids close and relax.

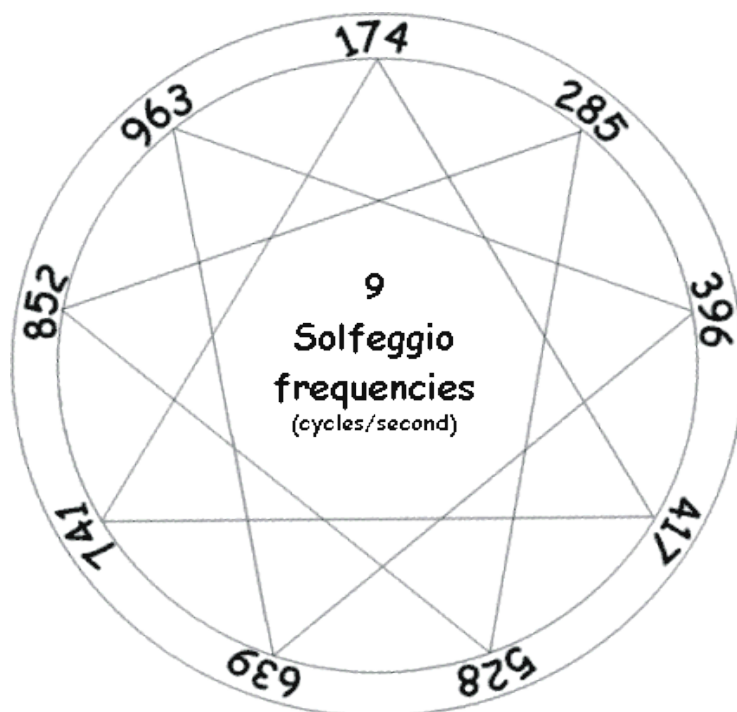
3. Pay attention to your breath. The core of this exercise is awareness of your breath. You needn't do anything special with it — just breathe normally, but do pay attention to the sensation of your breath entering and leaving your body. If you'd like, you may breathe a bit slower and more deeply than you ordinarily do.

4. Count three full inhale-exhale cycles. Inhale and exhale. As you exhale, think to yourself: one. Inhale and exhale again, and think: two. Finally, inhale and exhale, and think: three.

5. Slowly open your eyes and resume what you were doing.

That's it! Nice and simple. Try mini-meditations periodically throughout your day, and see for yourself if it's helpful to you.

<http://timelesslessons.com/benefits-of-meditation/>



The Secret Solfeggio Frequencies

The Discovery of Secret Bible Codes creates life threatening circumstances!

The Secret Solfeggio Frequencies:

Sound Vibration Rates for Creation and Destruction

"Healing Codes for the Biological Apocalypse"

by Dr Joseph Puleo assisted by Dr Leonard Horowitz

"And I looked, and, lo, a lamb stood on the mount Zion, and with him an hundred forty and four thousand, having his Father's name written in their foreheads. And I heard a voice from heaven, as the voice of many waters, and as the voice of a great thunder. And they sung as it were a new song before the throne ... and no man could learn that song, but the hundred and forty and four thousand, which were redeemed from the earth." REVELATIONS, CH 14, 1-4

Around the turn of the Century in the hills of the Idaho Panhandle Dr. Joseph Puleo came across a startling realization while reading his Bible; realizing that what he was reading corresponded to a series of numerical cycles or patterns. He recalled conversations with Dr. Ghost Wolf and a close group of friends where they often discussed that all things were vibrations, all vibrations were both Light/Color and Sound Frequency. in other words Musical Notes. Could these sequences that he was seeing in fact

be those very codes to some manner of musical tones, or notes.

Further research revealed to him that in certain circumstances when utilized as musical notes, which are also based upon math these frequencies created a pattern of tones which in turn created Harmonics. In the research it was discovered that historically in fact certain Musical Notes were actually removed from the original understandings of Western Musical Scales, they seemed to have vanished from the pages of history. During and around the time of Pope Gregory. Creative Experimentation revealed that when these 'missing' notes were incorporated back into the musical scales they seemed to produce a form of music with unusual (Harmonics) which uplifts people spiritually, seems to enhance their healing process. and is some how related to the physics of creation itself. Dr. Puleo feels strongly that he was guided to discover these codes through visions from Yeshua ben Yoseph, the Christ.

We are told after all in the scriptures that in the End Times Certain knowledge would be given to mankind to help with the healing of the Nations, and afford us a way through these times of Tribulation. We have also been told recently by many seers throughout many cultures the we are in the End Times, and the Trumpets have been sounded. Wait a minute, ... " and that the Trumpets have been Sounded..."

Some of these Secret Bible Codes, can be found in the 'Book of Numbers,' which includes a mathematical electromagnetic frequency code for "miracles" that some experts say has been shown to help repair damaged DNA, the genetic blueprint of life. Dr. Puleo found as well that the tones or frequencies can also be found woven into the matrix of Mayan Mathematics and calculations and exist in Ancient Mayan Codices.

The Reader should note that these Bible codes of which we are referring, are totally different from those recently written about, and it does not require that one own a computer with special software to decode them... (as recent claims of a series of discovered codes. which you may have seen the tabloid docu-dramas on television were supposed to).

According to the documentation and analyses provided in "Healing Codes for the Biological Apocalypse" principal investigator Dr. Joseph Puleo was empathically guided by the Christ to find the pattern of six repeating codes in the Book of Numbers, Chapter 7, verses 12 through 83. When deciphered using the ancient Pythagorean method of reducing the verse numbers to their single digit integers, the codes revealed a series of six electromagnetic sound frequencies that correspond to the six missing tones of the ancient Solfeggio scale.

According to Dr. Puleo the Serfeggio sound frequencies were apparently used in the hymn to St. John the Baptist that, along with many Gregorian chants, and were lost centuries ago according to church officials. The chants and their special tones were believed to impart special spiritual blessings when sung in harmony.

Dr. Joseph S. Puleo, is a naturopathic physician and Christian Minister of the gospel, authored the book with the assistance of, Dr. Leonard Horowitz DDS-who holds a masters degree in public health from Harvard. Dr. Puleo spent three years researching the six tones with colleagues, like Dr. Robert Ghost Wolf, Spiritual Elders, physicists and musicians alike.

The consensus of opinion was that the Solfeggio sequence of notes was recognized as "an extremely unique interrelated series of mathematical and electromagnetic sound frequencies that include harmonic sequences similar to those found in the 'Music of the Spheres,'" and were possible connected to the Original Creation tones, a series of tones sung by the Elohim in the creation of life upon our

planet. Additionally, Dr. Puleo believes the Solfeggio Tones relate to the "144,000" prediction from the Book of Revelation to be gathered by God to sing a special song heralding the Messianic age.

"The first is in Revelation 7:2-4.

"And I saw another angel ascending from the east, having the seal of the living God: and he cried with a loud voice to the four angels, to whom it was given to hurt the earth and the sea, Saying, Hurt not the earth, neither the sea, nor the trees, till we have sealed the servants of our God in their foreheads.

"And I heard the number of them which were sealed: and there were sealed an hundred and forty and four thousand of all the tribes of the children of Israel." The passage goes on to list the twelve tribes of Israel and say that 12,000 were sealed from each of the twelve tribes.

"The second mention of the number is in Revelation 14:1-5.

"And I looked, and, lo, a Lamb stood on the mount Sion, and with him an hundred forty and four thousand, having his Father's name written in their foreheads. And I heard a voice from heaven, as the voice of many waters, and as the voice of a great thunder: and I heard the voice of harpers harping with their harps: And they sung as it were a new song before the throne, and before the four beasts, and the elders: and no man could learn that song but the hundred and forty and four thousand, which were redeemed from the earth.

"These are they which were not defiled with women; for they are virgins. These are they which follow the Lamb whithersoever he goeth. These were redeemed from among men, being the first fruits unto God and to the Lamb. And in their mouth was found no guile: for they are without fault before the throne of God."

One of the Keys to unraveling the Codes is in the understanding of a pattern of cross correlations between the Bible (KJV) and Webster's Dictionary A code that was established by the Templars in order that certain knowledge carried down from the time of the Apostles would not be lost to time, and the pressure to put the "Bible" in common text.

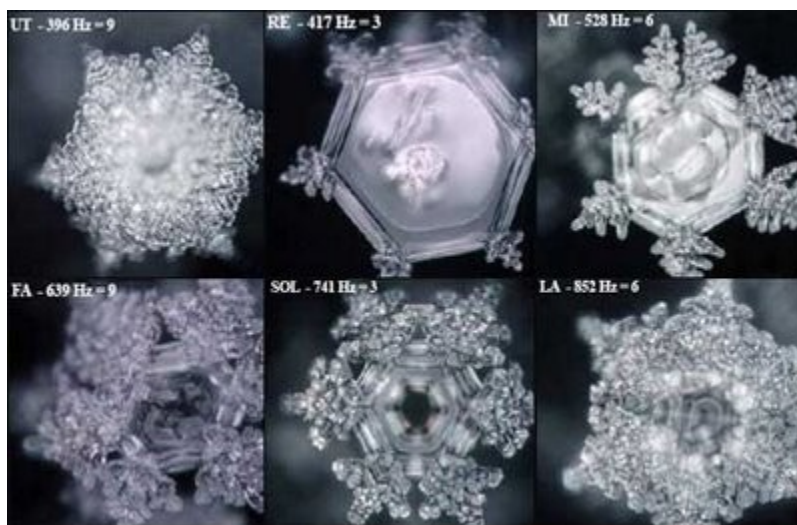
The first note, "UT-quent laxis," is defined in Webster's Dictionary as "the Gamut of dramatic emotion from grief to joy," and "the whole series of recognized musical notes."

It has a frequency of 396 cycles per second, and is also associated with a "magnetic field strength equal to 105 power gauss," or 100,000. The second tone, "RE", short for "resonare fibris" or resonance, also correlates mathematically to 144,000. The third note, frequency 528, relates to the note "MI" on the scale and derives from the phrase "MI-ra gestorum" in Latin meaning "miracle." Stunningly, this is the exact frequency used by genetic biochemists to repair damaged DNA the genetic blueprint upon which life is based. .

Dr. Puleo speculates these six tones may have been played by the ancient priests during the miraculous shattering of Jericho's great wall in six days before falling on the seventh, and the creation of the universe in six days after which God is believed to have rested on the seventh. Bible scholars believe both events occurred as a result of sounds being spoken or played.

Dr. Puleo and some of his colleagues began working with these frequencies and applying them to the production of a certain type of reenergized water. working with water crystallization methods based upon Sound and Light Frequencies to rejuvenate DNA. "The '528' frequency is well known to scientists working on DNA repair," he continued. "After studying the healing fountains of the world we decided to add that frequency to a Clustered Water preparation we recently patented. My colleagues and I

believe it may be beneficial in delaying the aging processes. A process that has been somehow over the ages reprogrammed into us and is a result of how we think, and not necessarily how things are, naturally."



Originally, when he engaged the services of Dr. Len Horowitz to publish the book "Healing Codes for the Biological Apocalypse," Dr Puleo instructed that his identity be protected under the pseudonym "Dr Barber," despite being warned that it would be safer to use his real name. Soon after a serious attempt was made on his life, and he changed his name in the second publication to his actual name of Dr. Puleo. Neighbors who witnessed the incident say they saw two shadowy men about 1/4 mile away through the trees park a maroon Buick sedan, on the road approaching Dr. Puleo's house. From the vehicle they entered the heavily wooded area just outside Puleo's house; where the witnesses say they stopped in the trees to take aim with what appeared to be some sort of Rifle, (lazer as it turns out) which in fact burned a hole through Dr. Puleo's kitchen window.

However, God protects his people. The lazer hit should have given Dr. Puleo a heart attack (at least). It so happens that at that very moment he raised a glass bottle full of olive oil. The lazer went through the bottle and hit Dr. Puleo with a burning impact leaving him dazed and shaken but he remained conscious. Experts who were called in to investigate the incident estimate that the weapon was a low level mechanism, and just enough of the blast was absorbed / deflected by the combination of the glass from the window and the olive oil bottle to save his life.

Other attempts have been made on Dr Puleo's life as well as the lives of several of his colleagues. Leaving them to contemplate the powers that be, who for still unclear reasons would like these codes silenced for good.

At this point all we can say for certain is that there is MUCH more to these frequencies than we presently are privileged to understand, and know. What we do know is that someone among "The Powers that Be" apparently does not want this information given out to the public: Dr Puleo is researching the Solfeggio Frequencies, trying to find out what the unfoldment of understanding them may mean to mankind.

The following is an excerpt from the book, "Healing Codes for the Biological Apocalypse"

"So Joey asked around for leads. Soon a friend directed him to Yale University, where a monsignor became his contact. The clergyman was head of the Mediaeval department. "He knew all about the 'organs of Corti', Solfeggio, Guido of Arezzo, and the whole thing." Joey recalled.

Following twenty minutes on the telephone with the man, he asked Joey, "It's wonderful to speak to you, my son, but what exactly is that I can do for you?"

"Can you decipher Mediaeval Latin, Monsignor?"

"Absolutely!"

"And you know the musical scale and everything?"

"Absolutely!"

"Well then could you tell me what 'Ut-queant laxis' means?"

After a brief pause the Monsignor quipped, "It's none of your business." Then he hung up.

Weeks later, the librarian who had (been searching for information for Joey on these notes, with regards to Mediaeval Latin) called him back. "I just wanted you to know that I didn't forget you," she said. "I tried to find out more on the subject. Some people I contacted at Gonzaga University told me to drop it, to just forget it!"

"Are you serious?"

"Yes," she replied. "I'm very serious."

What are the 6 Secret Frequencies you ask?

Evolution of the Gregorian Musical "Solfeggio" (Scale) form Initially Six (6) Notes

The Original Solfeggio

1. Ut - queant laxis
2. Re - sonare fibris
3. Mi - ra gestorum
4. Fa - muli tuorum
5. Sol - ve polluti
6. La - biireatum

The Earlier Modified Solfeggio

1. Ut - queant laxis
2. Re - sonare fibris
3. Mi - ra gestorum
4. Fa - muli tuorum
5. Sol - ve polluti
6. La - biireatum
7. SI - Sancto Iohannes

The Current Modified Solfeggio

1. Do - queant laxis
2. Re - sonare fibris
3. Mi - ra gestorum
4. Fa - muli tuorum
5. Sol - ve polluti
6. La - biireatum

7. TI - Sancto Iohannes

(From Page 177: Fig 5.6):

The Secret Solfeggio Frequencies: Sound Vibration Rates for Creation and Destruction:

1. Ut = 396 = 9

2. Re = 417 = 3

3. Mi = 528 = 6

4. Fa = 639 = 9

5. Sol = 741 = 3

6. La = 852 = 6

© 1998 Dr. Joseph Puleo ~ Dr. Robert Ghost Wolf "Days of Destiny"

Definitions of Tones in the Latin Solfeggio Including "Hidden Entries" From Webster's Dictionary

Note 1: There are typos on this page. Most of them come from the book, as I typed it exactly as in the book, as best as I was able.

Note 2: Emphasis added by italics in each definition denotes special relevance to the book.

UT-quent laxis

1. a syllable used for the first note in the diatonic scale in an early solminzation system and later replaced by do. 2. the syllable sung to this note in a medieval hymn to St. John the Baptist.

RE-sonare fibris (Res-o-nance)

1 a: the state of quality of being resonant. b(1) a vibration of large amplitude in a mechanical or electrical system caused by a relatively small periodic stimulus of the same or nearly the same period as the natural vibration period of the system

2. the prolongation of sound by reflection; reverberation.

3a. Amplification of a source of speech sounds, esp. of phonation, by sympathetic vibration of the air, eesp. in the cavities of the mouth, nose and pharynx. b. a characteristic quality of a particular voice speech sound imparted by the distribution of amplitudes among the cavities of the head, chest, and throat.

4a. a larger than normal vibration produced in response to a stimulus whose frequency is close to the natural frequency of the vibrating system, as an electrical circuit, in which a value much larger than average is maintained for a given frequency.

5a. a quality of enriched significance, profundity, or allusiveness; a poem has a resonance beyond its surface meaning.

6. the chemical phenomenon in which the arrangements of the valance electrons of a molecule changes back and forth between two or more states. (in percussing for diagnostic purposes) a sound produced when air is present [1485-95];

MI-ra gestorum (Miracle)

1. an extraordinary occurrence that surpasses all known human powers or natural forces and is ascribed to a divine or supernatural cause esp. to God. 2. a superb or surpassing example of something; wonder,

marvel {1125-75}, ME
FA-muli tuorum (Famuls.)

... plural Famuli, 1a. servant/s, or attendant/s, esp. of a scholar or a magician [1830 - 40
SO-lve polluti (So-lve')

1. to find the answer or explanation for; clear-up; explain; to solve a mystery or puzzle, to work out the answer or solution to (a mathematical problem.) [1400-50, Late ME
LA-bii reatum (Labi-al)

1. of pertaining to or resembling a Labium.
2. of pertaining to the lips,
3. (of a speech sound) articulated using one of both lips.
4. of or designating the surface of a tooth facing the lips.
5. the labial speech sound, esp. consonant, [1585-95]; ML lingual. (reatum - reaction -

1. a reverse movement or tendency; an action in a reverse direction or manner.
2. a movement toward extreme political conservatism;
3. a desire to return to an earlier system or order.
3. action in response to some influence, event etc.;
4. a physiological response to an action or condition.
- b. a physiological change indicating sensitivity to a foreign matter.)
6. mech. the instantaneous response of a system to an applied force, manifested as the exertion of a force equal in magnitude, but opposite in direction, to the applied force [1635-45].
SI (Sancte Johannes)

1. a person of exceptional holiness, formally recognized by the Christian Church esp. by Canonization.
2. a person of great virtue or benevolence.
3. a founder or patron, as of a movement.
4. a member of any various Christian groups.
5. to acknowledge as a Saint. Canonize [1150-1200]; ME Seinte.

Canon: 1. an ecclesiastical rule or law enacted by a council or other competent authority and, in the Roman Catholic Church, approved by the Pope.

3. a body of rules, principles, or standards accepted as axiomatic and universally binding, esp. in a field of study of art.
6. any officially recognized set of sacred books.

10. the part of the mass between Sanctus and the communion.

11. consistent, note-for-note imitation of one melodic line by another, in which the second line starts after the first. (axiomatic).

1. pertaining to or of the nature of an axiom; self-evident.
2. a universally accepted principle or rule.
3. a proposition in logic or mathematics that is assumed without proof for the sake of studying consequences that follow from it.

See Videos & Check out: Solfeggio Arpeggio 396 417 528 639 741 852 963
Healing Codes for the Biological Apocalypse
Dr Puleo's Book

Additional Information about these Secret Bible Codes can also be found in "DAYS OF DESTINY"
by Dr. Robert Ghost Wolf

The Solfeggio Project remains ongoing, some amazing revelations are manifesting, we will be back with more information as the knowledge unfolds and Dr. Puleo sanctions further revealing of those results.

Blessings from the light ~ Dr. Robert Ghost Wolf

Return to www.robertghostwolf.com

Return to www.wolfreport.com

Tags: 396, 417, 528, 639, 741, 852, 963, and, arpeggio, creation

And I looked, and, lo, a lamb stood on the mount Zion, and with him an hundred forty and four thousand, having his Father's name written in their foreheads. And I heard a voice from heaven, as the voice of many waters, and as the voice of a great thunder. And they sung as it were a new song before the throne ... and no man could learn that song, but the hundred and forty and four thousand, which were redeemed from the earth." REVELATIONS, CH 14, 1-4 Comment by BRIDE on July 4, 2008 at 11:21pm

Does he have a tape of CD of this too? Comment by Larry Johnson on July 4, 2008 at 11:36pm
For example, the third note, frequency 528, relates to the note MI on the scale and derives from the phrase "MI-ra gestorum" in Latin meaning "miracle." Stunningly, this is the exact frequency used by genetic biochemists to repair broken DNA - the genetic blueprint upon which life is based!

Music- "Holy Harmony" - Jonathan Goldman www.healingsounds.com This profoundly sacred DVD reveals the hidden/esoteric name of Jesus: Yod-He-Shin-Vav-He: Jeshua... That which was, that which Is, and that which shall be... Upon watching this program one may come to comprehend the Love, Wisdom, Power and Beauty of this most sacred of all names. Holy Harmony, an initiatory experience, reveals the Ancient and Eternal Wisdom in a new and beautiful way.

Music- "Holy Harmony" - Jonathan Goldman
www.healingsounds.com

WOWee when Bride sent this to me couldn't resist experimenting since that's what I do. I input the frequencies into the Orgone generator with an affirmation...my aura scan revealed a beautiful colored aura with a pink circle within a blue box (spirit present) also a request was fulfilled today from my affirmation. This is awesome, I am honored and OH SO grateful for sharing. I will continue to experiment with the frequencies much to my delight and amazement. I honor you Larry. Comment by DCi3 1 day ago

very awesome stuff, i would love it if you would let me know when we know more! Comment by Carolyn Thompson 1 day ago

I picked up a solfeggio scale of tuning forks about in 2001. Just had to have them. I love they way they sound! this is interesting but hard for me to assimilate. My eyes like to dance around and I cannot concentrate on it. So I scan for the simplicity of it. I am going to copy it for I may really dig in to it

later. Thank you Larry. Would you state "why" this interests you and what stands out the most for you?? Comment by Treymon LJ 1 day ago

It states that within 6 months of this article that there would be practical applications of this discovery. That was 2 years ago. What is up with this stuff?

Healing Codes for the Biological Apocalypse

Book Review

by

Jaye C. Beldo

In the vast cornucopia of conspiracy books now available, I have not found information as sincerely intriguing and useful as that within the pages of Healing Codes for the Biological Apocalypse. Wary at first, expecting to be inevitably corralled by the gloom and doom dogma found in most works of this kind, I managed to abandon defenses as I encountered descriptions of Pythagorean Skeins lost for 2500 years which mysteriously appeared on the pseudonymous Dr. Joseph Barber's car windshield during an evening drive. Compelled by Jeshua or who we know as Jesus, the Doctor was then led to inquire into recognizable numerical patterns found in the Bible's 'Book of Numbers' and the potential healing vibrations/matrices hidden within the verses based on variations of the numbers 3-6-9. Equally compelling descriptions of the Solfeggio scale deliberately suppressed by the Catholic church in medieval times followed, complete with the many leveled meanings of the Latin notes. The Solfeggio scale, the authors claim, contain vibrational patterns that can be used for healing and it is this that the church wants to keep from us.

However, the most alluring facet of the book lay in the descriptions of Noah Webster's famous dictionary which contains uneasy if not cryptic allusions to the /Illuminati, the secret society many regard as behind the occult shenanigans now occurring on this planet.

Ol' Noah with alleged ties to the Masons, somehow managed to hide from the unwashed masses, via his innocuously 'rational' ordering and classification of words and cross references, evidence that such a sinisterly manipulative society actually exists. The authors include the definitions of the tones in the Latin Solfeggio, including the 'hidden entries' within Webster's dictionary of the esoteric dimensions of the notes both politically and spiritually as well as scientifically. There are many allusions to frequencies, magnetic fields, resonance and systems within the Latin names of the Solfeggio notes.

When these encrypted entries are scrutinized with an open mind, it becomes evident why the authorities took it upon themselves to squelch the Solfeggio. The vibrations generated by singing or playing the scale, when properly applied, are of a powerfully healing and liberatory nature.

It became increasingly difficult to scoff at Healing Codes... and its seeming radical leaps from Solfeggio to the Book of Numbers, the numerology of herbs, King James deliberate perversion of the bible to Mad Cow Disease, Aids and Ebola. The convincing tack Dr. Leonard G. Horowitz along with Dr. Barber chose to navigate the writing of this book with is evident in the balance they strike between what could be regarded as biblical prophecy and a sobering, yet conclusive proof of a lurking Biowarfare industry hidden within the Pharmaceutical and Military complexes currently at large. They describe with a combination of spiritual eloquence and empirical factuality, the vibrational basis of diseases that are currently on humanity's horizon.

Dr. Horowitz reveals that prion proteins that can transmit disease by bypassing our natural immunological systems which fail to recognize them are within the malignant matrices of diseases such as Gulf War Syndrome. The prions are crystalline in structure he goes on to say. Viruses and bacterium are now outdated and ineffective, so to speak.

Proteins that have adopted abnormal forms have become disease carriers instead. They are much harder to detect since they don't require DNA and RNA as a part of their composition.

Even more intriguing is the use of these protein based diseases as a means of corporate sabotage. The authors cite the notorious Tyson food giant who apparently bought out the Hudson Meat company after scares of contaminated meat caused their stocks to plummet. Could this be a foreshadowing of

powerful Nations buying out the third world via plague to create a New World Order?

While much of the information in this 500 plus page work, of an imminent biological apocalypse sponsored by the New World Order crew is compelling, the topics covered are barely scratched as amazing as they are. Such important revelations as the crystalline structure of 'prions' as disease transmitters effected by electromagnetic frequencies generated by Project HAARP to create and manipulate disease are astonishing yet quite within the range of actuality.

Yet how can we counter such manipulations that appear to be coming from sources so much bigger than ourselves? How can we use the Solfeggio scale, awareness of the Bibles hidden numerical harmonies and other creative responses to the death and disease mongers licking their Pharmaceutical chops in anticipation of the malignant windfalls to come at humanities expense? Can we bring down the walls of the Bayer corporation (who had/have ties to Nazi Germany) like the trumpeters did the wall of Jericho?

I sense that we can but I'd like to know more on how exactly. I found this lack of hands on practicality/strategy to be a frustrating trait in David Icke's work The Biggest Secret. . More space was devoted to describing the problem and less to the solutions although they were there in seed form.

There are enough books which describe who the bad guys are and where they are hiding.

Much of the information in Healing Codes... can be found in many other conspiracy books. I look forward to a Healing Codes workbook in the future which elaborates on such fascinating things as the numerology of healing herbs mentioned in the bible, the Pythagorean mystery of 3-6-9 and how we can ward off the vibrations of HAARP and sing the Solfeggio scale to the transponder bio-chips that may be planted under our skin as a part of the 'mark of the beast' program that has been so often touted in the conspiracy world.

Jaye C. Beldo is an intuitive counselor, spiritual anarchist and writer. He has been published in FATE, Magical Blend, Green Egg, Dream Network, Mythos Journal, ONN and The Konformist.

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3554 Emerson Ave. South #16

Minneapolis, Mn. 55408

phone: 612-827-6835

e-mail:Netnous@aol.com

Reply from Dr. Horowitz:

Dear Jaye,

Thank you for your well written, insightful, and very favorable review of "Healing Codes for the Biological Apocalypse."

My coauthor and I thank you for taking the time to thoroughly read the text prior to drawing your conclusions. Unfortunately, some others have not been so judicious.

During the past twenty-four hours, for instance, we received three telephone calls from irate people who purchased the book and then wanted their money back. The first read only the first three chapters, then called to tell us we are "satanic." I suppose we was offended by our expose on the religious authorities and organizations linked to contemporary plagues and assorted planetary mischief. The second called to demand his money back for the book, audios, and video tapes he purchased, including "Emerging Viruses & Vaccinations." His reason was specific. He called me a "nigger lover!" Then said he could not support anything we are publishing. The final demand came from someone who argued that I must be a "double agent for the CIA." Otherwise, he said, I could not have

accessed all the information
in the book.

Enough about mental midgets.

I would like to take this opportunity to respond to your general,
well founded, criticism of Healing Codes for the Biological Apocalypse.

That is, the "lack of hands on practicality/strategy . . .

More space was devoted to describing the problem and less
to the solutions although they were there in seed form."

The seed is germinating, and before we produce a garden of healing
works, based on these revelations, I hope people will cut us
some slack. These incredible, and most powerful Bible codes
remained hidden from the masses for almost 3,000 years.

I only learned about them in August, 1998, and the book was
completed less than six months later. The "limitations" of the
work we site in the preface and appendix. We ask forgiveness for
our limited knowledge in the fields of music and physics, and say
"this book raises far more questions than it answers while
foreshadowing a new beginning for humanity.

Research into these questions offers the hope that people will advance free versus
enslaved, healthy versus diseased, and divinely inspired versus
spiritually deprived."

Believe me when I tell you we are rapidly advancing
related multidisciplinary research as quickly as we
can given the resources at our disposal. We have for
instance two teams evaluating the musical tones/
electromagnetic frequencies described in the book.

Within six months we plan to make a healing tape of music,
based on this new knowledge, available to the public.

No doubt, now that these codes and their meanings have
been published, many other researchers around the world
will advance related research. Then from the seeds we have
planted in "Healing Codes for the Biological Apocalypse"
we will bear wonderful fruits of personal and world healing.
Thank you for patience and continued support.

Best wishes,
Leonard G. Horowitz, D.M.D., M.A., M.P.H.
Publisher, Tetrahedron Publishing Group
P. O. Box 2033
Sandpoint, Idaho 83864
(208)-265-2575

tetra@tetrahedron.org
www.tetrahedron.org

Comment by Treymon LJ 1 day ago

I just listened to the frequencies on you tube. Very fascinating.

A question came to mind. These frequencies are in the hertzian wave band. If they were elevated to the infrared, ultraviolet, x-ray, and gamma ray wave bands would they be audible to us or have an effect on us? The elephants here communicate on a much lower bandwidth that is inaudible to our sensory systems. They have been translated to so that we can hear them and/or see them on an oscilloscope.

Their language travels very far through the impediments of the jungles. The whales songs are likewise somewhat audible to us. The military have antennas ten miles long buried in the earth that transmit very low frequencies through the earth to submarines.

Einstein's theory of relativity and time space theories was purported to have been proven by transmitting radio waves through the sun back to earth from a satellite. (I am not an expert on this test but do remember it some 20 years ago.) Does anyone know about this phenomena? Are these frequencies written about in any other holy books besides the Bible like the Vedas that anyone is aware of? Inquiring minds want to know!

The Aborigines of Australia's digeradoo has some remarkable effects.

Health benefits

A 2005 study in the British Medical Journal found that learning and practicing the didgeridoo helped reduce snoring and sleep apnea, as well as daytime sleepiness. This appears to work by strengthening muscles in the upper airway, thus reducing their tendency to collapse during sleep.[9]

<http://people.tribe.net/348a0adc-d983-40b0-a873-816674073a11/blog/d1ccd0c5-dedf-4a82-a792-e459c16e7555>

What Are The Ancient Solfeggio Frequencies?

These original sound frequencies were apparently used in Ancient Gregorian Chants, such as the great hymn to St. John the Baptist, along with others that church authorities say were lost centuries ago. The chants and their special tones were believed to impart tremendous spiritual blessings when sung in harmony during religious masses. These powerful frequencies were rediscovered by Dr. Joseph Puleo as described in the book Healing Codes for the Biological Apocalypse by Dr. Leonard Horowitz. I give honor to both of these gentleman for the part they've played in helping return these lost frequencies back to humanity.

The Six Solfeggio Frequencies include:

UT – 396 Hz – Liberating Guilt and Fear

RE – 417 Hz – Undoing Situations and Facilitating Change

MI – 528 Hz – Transformation and Miracles (DNA Repair)

FA – 639 Hz – Connecting/Relationships

SOL – 741 Hz – Awakening Intuition

LA – 852 Hz – Returning to Spiritual Order

For example, the third note, frequency 528, relates to the note MI on the scale and derives from the phrase "MI-ra gestorum" in Latin meaning "miracle." Stunningly, this is the exact frequency used by genetic biochemists to repair broken DNA – the genetic blueprint upon which life is based!

A Little History

At the turn of the century the awareness of DNA entered the collective consciousness of the world. We have incarnated into this human experience as divine beings with a blueprint, a set of instructions. We know that a very small percentage (3%) of those instructions make up our physiology.

Carl Sagan writes that most of our genetic information (about 97%) is unused DNA. He refers to this as "genetic gibberish." Is it possible that most of who we are still lies dormant as our human potential?

In the old paradigm of religion, "potential" remained a mystery to the human mind, therefore we coined a mystical term called "SPIRIT." "Spirit" was something that was detached from who we were, something we didn't have and could only be gained through the systems of most religions.

The old paradigm and its premise stated that we began as biology in the womb of our mothers. Telliard deChardin tells us that we are not a human being trying to attain a spiritual experience, but, rather, we are spiritual beings having a human experience. This shift in perception causes a tremendous difference in the way we perceive ourselves in this third/fourth time-space continuum.

Being a student of "A Course In Miracles" in the late 80's, I was faced with a dichotomy in the idea that we are not a body. I never understood this statement fully until I read a quotation by Albert Einstein which stated: "Concerning matter, we have been all wrong. What we have called matter is energy,

whose vibration has been so lowered as to be perceptible to the senses. There is no matter." I believe what is being stated is that at the deepest level we are not separate, as a body, as a spirit, as a soul — we are just energy-beings. This is the level of consciousness being opened to us from which a new paradigm is emerging for the purpose of healing all separation. The popular term, "The Divine, is in me"- makes "me" separate from the Divine. May I suggest a shift in the saying to: "The Divine, AS me" to remove the separation.

As we move from genetics and concepts like Soul, "Soul Mates" and "Soul work," we move beyond physical diagnosis, into a new field of quantum physics. In this new field, where consciousness is seen as a unified field where everything is everything else, (T.O.E. Theory - The Theory of Everything) — there are no boundaries. There is no "this" or "that;" no you or me. It is a pure field of awareness — consciousness. I solved the dichotomy about "we are not our body" by changing my perception of genetics to energetics - realizing that we are not meant to ignore our physiology, but recognize the body as energy, vibrating at a very dense frequency.

Repairing DNA

I was first introduced to DNA in 1988 when I was going through a transitional period, during which I felt that I had come to the end of everything that I believed. A tape was given to me of a gentleman speaking in an accent, (which I thought at the time, was rather boring), and I didn't understand what he was talking about. Then all of a sudden, as I was ready to turn it off, he said: "Quantum physics has

found that there is no empty space in the human cell, but it is a teeming, electric-magnetic field of possibility or potential." That's all he said! But whatever frequency was contained in those words, RESONATED something inside the CORE of my BEING — and I had a KNOWING in me that the NOTHING I thought I was looking at was the EVERYTHING. Much like in Zen, and the idea of becoming "as an empty bowl." Eastern Religions (including the Bible) refer to it as the VOID – The Nothing that is EVERYTHING – The Womb of Creation. I knew that I was experiencing a re-birth! The person on that tape was Dr. Deepak Chopra.

I had never heard of Deepak Chopra in 1988, as he was just coming on the scene about that time. I credit him for a very important transition in my life, just from the statement he made on that tape. Today, in retrospect, I would call my response to that statement a "cellular memory experience." We know that intelligence is stored within the cells of the body, and when the right resonance comes and releases that information to become inherent information or inherent KNOWLEDGE – that comes from the true Self. That is why so many of us seem to jump from one stimuli to another looking for what will resonate in us.

The work being done today with energy at the cellular level really excites me, since I had been very interested in DNA before it became a household word. In fact, I think it took me two years just to learn how to pronounce it (deoxyribonucleic acid did not roll off my tongue quickly). But, I was determined to understand this tremendously powerful energetic blueprint for life, as we know it, at the cellular level on this planet. DNA became a part of the collective consciousness when CNN produced a special on the Genome Project in 2000.

As I pursued my passion for the study of DNA, I attended a workshop by Dr. Robert Girard from California on DNA Activation. His work focused on using certain sounds and frequencies to activate DNA and I started doing DNA Activation workshops. Through those workshops, an article was given to me that reported how biochemists are using the frequency 528Hz to repair human DNA. The article stated that it was a "C." When I read that I thought, "All I would need to do is go to a piano or other instrument and play a "C" and then, in the DNA workshops we would be able to repair DNA."

Well, it wasn't that simple, because I discovered that the regular "C" that we all know of in this culture (which is from the diatonic scale of do, re, mi, fa, so, la, ti, do) was not the 528 Hz frequency "C", as described in the article. Instead, I discovered that a regular "C" vibrates to a frequency of only 512 Hz, and that the "C" of 528 Hz used in DNA repair had been a part of an ancient scale called the Solfeggio Scale. Moreover, the difference in the scales existed because of different tuning methods that were utilized in ancient times, vs. those in general use today. Later, we will explore that difference between how we create music today vs. how we used to create it, and how that simple change has made all of the difference in the world.

How I found out about the Ancient Solfeggio Frequencies

I found this ancient scale to be part of a 6-tone scale sequence of electro-magnetic frequencies called the Original Solfeggio Scale through the book "The Healing Codes of Biological Apocalypse" by Dr. Leonard Horowitz. These particular frequencies were rediscovered by Dr. Joseph Puleo, who received them in a wonderful experience that some would suggest was mystical. These frequencies are not something new, but they are something very old.

I shared the information about these frequencies with a musician friend who had a studio in her home. After reviewing the information, she decided that she would like to experiment with these frequencies

in the form of meditation music. She was also in touch with Jonathan Goldman (author of the book, "Healing Sounds") and he knew of these frequencies, and was using them in some of his music such as "The Lost Chord" CD. Aryiana requested that he have the tuning forks made for her to research the frequencies. I asked if she could also have a set made for me.

After I received the tuning forks and began talking about them around the country, I noticed that people were resonating with the information about these powerful frequencies. It felt as though something was going on in a much larger picture. We were connecting energetically to this information, and yet I didn't know what I was going to do with the tuning forks. Then people began to ask if I could use the tuning forks on them. From those experiences, and with information I had gathered, a method and technique began to develop. I called the technique SomaEnergetics TM, which is designed to utilize the optimum energy of the Solfeggio frequencies using tuning forks. Soma, meaning "body" in the Greek, combines the wholistic idea of the body as an energy field - SomaEnergetics TM.

When starting these first tunings, the main frequency that I knew the most about was 528 Hz – that biochemists are using for DNA repair. I realized that the right side of the body is controlled by the left-brain, and the left side by the right brain and that these correspond with our inner male and female energies. As I took the fork down each side of the body, I could get in touch with the dominate ancestral DNA that comes thru the Mother's side or Father's side of the chromosomes. I would many times get a tremendous imbalance in the sound between the two sides. The purpose of energy work, as many of you know, is to attain balance. For example, if everything is in balance, such as the pH level, the physical body can heal more naturally. It's the same way in our energy bodies. If we can find that energy balance, that equilibrium, where everything aligns or everything comes into synchronization into the rhythm of the dance of life – then healing becomes the natural state. It's nothing supernatural, or miraculous. I think a lot of spiritual texts have referred to this idea when they describe, "going home to heaven." Heaven, to me, is the complete synchronization with higher frequencies and vibrations of creation being totally entrained. In other words, being in a state of at-one-ment.

When I would continue to do the technique, the sound would begin to even out between the male and female sides of the body, and the client would indicate they were "feeling" a shift. As that would occur, I was totally amazed, and asked myself, "What is happening here?" Although I've been a speaker of spiritual things for over 40 years, I can't tell you that I've been the most intuitive person in the world. All of a sudden I started having certain feelings about what to do with the forks. I found that at some point in working with the client, I stopped "doing" the tuning forks (being the initiator of the technique), and they started "doing me" – seeming to direct the movement of the Forks! After hundreds of tunings and positive testimonies, I have learned to trust the Ancient Solfeggio Scale frequencies in the form of Tuning Forks as a legitimate modality.

Energy and Relationship

Everything is relationship. I remember Dr. Fred Wolf, who is a physicist stating on a tape "Everything is consciousness." He further noted, "When you are observing an object, on some level the object is observing you." As I listened to that statement, I thought it was strange. I then realized that because something doesn't have a human consciousness, as I do, that doesn't mean it doesn't have it's own consciousness. Apparently, observing something changes it on some level – that the observer, and the observed are one.

I treat the Solfeggio tuning forks as a conscious "entity." They are energy, they're vibration, they're frequency – the client is vibration, frequency and energy – I am vibration, frequency and energy. All of

that coming together begins to produce a synergetic experience that takes place on many levels. The energy bodies that we focus on using the Solfeggio Frequencies are the physical, the etheric, the mental/emotional, and the astral.

Sound, Vibration and Form

For more than 200 years, researchers have been validating the connections of Sound and Vibrations on physical form. The first to make that connection was German scientist Ernst Chladni, who, in 1787, detailed his research in his book "Discoveries Concerning the Theory of Music." In that pioneering work, he explained ways to make sound waves generate visible structures. He detailed how a violin bow, drawn at a right angle across a flat plate covered with sand, produces patterns and shapes. Today, those patterns and shapes are called Chladni figures. (Coincidentally, Chladni died in 1829, the same year as Beethoven. Mozart, a Free Mason, heavily influenced Beethoven about the mathematics of music, and likely influenced Chladni as well).¹

In 1815, Mathematician Nathaniel Bowditch followed up on Chladni's discoveries. He concluded that the conditions for these designs to arise were because the frequencies, or oscillations per second, were in whole number ratios to each other—such as 1:1, 1:2, 1:3 and so on.²

The study of wave phenomena, the ability of sound to organize and repattern matter, is called Cymatics. According to John Beaulieu, in *Music and Sound in the Healing Arts*, "Form is the more elusive component of sound. Sound-forms can be seen by subjecting mediums such as sand, water, or clay to a continuous sound vibration." The following pictures taken by Dr. Hans Jenny are sound-forms. They were obtained by placing various mediums on a steel plate with a crystal sound oscillator attached to the bottom. The Oscillator creates a pulse, which vibrates the steel plate. The forms on the plate are examples of sound organizing matter." Jenny also "noticed that when the vowels of ancient languages like Hebrew and Sanskrit were pronounced, the sand took the shape of the written symbols for those vowels. "Modern languages, including English, failed to generate those patterns."

"Space is not empty. It is full, a plenum as opposed to a vacuum, and is the ground for the existence of everything, including ourselves. The universe is not separate from this cosmic sea of energy." David Bohm

Jenny concluded that were examples of cymatic elements everywhere—"vibrations, oscillations, pulses, wave motions, pendulum motions, rhythmic courses of events, serial sequences, and their effects and actions"—and they effected everything including biological evolution. The evidence convincingly demonstrated that all natural phenomena were ultimately dependent on, if not entirely determined by the frequencies of vibration. He argued that physical healing could be aided or hindered by tones. Different frequencies influenced genes, cells, and various structures in the body, he claimed.

Vibration of Music of the Spheres: "Every cell pulsates, reflects and interacts with acoustic oscillations of the medium. Even the earth and sun vibrate in unison based on a main rhythm of 160 minutes. Each musical note is therefore united to non-audible notes of higher octaves, and each symphony to other symphonies that we do not hear, and although they make our cells oscillate and possibly resonate. Even DNA has it's own melody. The musical nature of nuclear matter from atoms to galaxies is now recognized by official science."³ In "Molecules of Emotion," by Candice Pert, Ph.D., she writes, "... basically, receptors function as scanners (sensing molecules, on a cellular level). They cluster in cellular membranes, waiting for the right ligand (much smaller molecules than receptors), to come dancing along (diffusing) through the fluid surrounding each cell, and mount them – binding with them

and (tickling) them to turn them on and get them motivated to vibrate a message into the cell. Binding of the ligand to the receptor is likened to two voices, striking the same note and producing a vibration that rings a doorbell to open the doorway to the cell."

Poet Cathie Guzetta summarized this science best when she wrote:

"The forms of snowflakes and faces of flowers may take on their shape because they are responding to some sound in nature. Likewise, it is possible that crystals, plants, and human beings may be, in some way, music that has taken on visible form."

How Did The Solfeggio Frequencies Get Lost?

I discovered that these powerful frequencies had been given to the church many years ago for a very spiritual purpose. This was back when the church was a wonderful place for the people in the villages to gather together. The church served as a social, political, and spiritual place. People came to Mass, which at that time, was done in Latin (until Vatican II came along). When people sing in Latin or musical tones, it is very powerful, because it gets through all of the limited thought forms, and into deeper levels of the subconscious – accessing insights beyond belief systems.

As described above by Dr. Candice Pert, PhD, energy and vibration go all the way to the molecular level. She states that we have 70 different receptors on the molecules and when vibration and frequency reaches that far they begin to vibrate. Moreover, she observed, "as they begin to vibrate they sort of touch each other, and tickle each other, and they play and mount each other." It's this whole energetic dance ritual, at the cellular level, that opens the chromosomes and exposes the DNA to the frequencies. When we do toning, drumming, chanting, or tuning forks – it can be a way to direct energy for transformational purposes.

Vibration and sound can be used, like most things, either with positive intention or negative intention. Used negatively, it's nothing more than control and manipulation. Most of the world has been built upon control and manipulation by the way we communicate thru language. A lot of different texts, such as the Bible, talk about the importance of just making Sound—whether it's chants, drumming, or speaking in tongues (such as the charismatic fundamentalists do), they are just different ways that people are accessing deeper levels of themselves. I suggest to you that the Solfeggio Tuning Forks are an even purer ways of doing that with positive intention.

When Dr. Joseph Puleo was researching the tones, he was directed to a Monsignor at a university in Spokane WA, who was head of the mediaeval department. Following a 20 minute conversation, the

"Can you decipher Mediaeval Latin?"

‘Absolutely!’

‘And you know the musical scale and everything?’

‘Absolutely!’

‘Well then, could you tell me what ‘UT - queant laxis’ means?’

After a brief pause, the Monsignor quipped, ‘It’s none of your business’

Then he hung up."¹

Additionally, as Dr. Puleo researched the tones further, he came across a book on Gregorian chants by Professor Emeritus Willi Apel who "argued that the chants being used today were totally incorrect, and undermined the spirit of the Catholic faith."¹ Moreover, Professor Apel reported that "one-hundred

fifty-two chants were apparently missing. The Catholic Church presumably "lost" these original chants. The chants were based on the ancient original scale of six musical notes called the Solfeggio.¹ Trust me, nothing is lost, it's just neatly put away; however, they cannot hide from the masses what is energetically placed within the Soul.

According to Professor Willi Apel,¹ "The origin of what is now called Solfeggio...arose from a Mediaeval hymn to John the Baptist which has this peculiarity that the first six lines of the music commenced respectively on the first six successive notes of the scale, and thus the first syllable of each line was sung to a note one degree higher than the first syllable of the line that preceded it. By degrees these syllables became associated and identified with their respective notes and as each syllable ended in a vowel, they were found to be peculiarly adapted for vocal use. Hence "Ut" was artificially replaced by "Do." Guido of Arezzo was the first to adopt them in the 11th century, and Le Marie, a French musician of the 17th century added "Si" for the seventh note of the scale, in order to complete the series."

Further research states that, "Pope Johannes later became a saint - Saint Iohannes - and then the scale was changed. The seventh note "Si" was added from his name. "Si" later became "Ti." These changes significantly altered the frequencies sung by the masses. The alterations also weakened the spiritual impact of the Church's hymns. Because the music held mathematic resonance, frequencies capable of spiritually inspiring mankind to be more "Godlike," the changes affected alterations in conceptual thought as well, further distancing humanity from God." In other words, whenever you sing a Psalm, it is music to the ears. But it was originally intended to be music for the soul as well as the "secret ear." Thus by changing the notes, high matrices of thought and to a great extent well being, was squelched. Now it is time to recover these missing notes."¹

I'd heard of do, re, me, fa, so, la, ti, do. I particularly responded to it whenever I hear that song by Julie Andrews from "The Sound of Music." I literally have a "brain cell firing" as it is engraved into my brain, and I see her coming over the mountain in the movie. I didn't realize this was actually a second, modified scale. The original Solfeggio scale was actually: UT, RE, MI, FA, SO, LA.

Looking at the definitions of each of the original syllables, using hidden entries from Webster's Dictionary and the Original Greek Apocrypha, I have determined that these original frequencies can be used for: Turning grief to joy, helping the person connect with their Source to bring forth miracles, DNA repair, connecting with spiritual family, solving situations & becoming more intuitive, and, finally, returning to spiritual order.² Through music these tones can assist all the channels in staying open and keep the life force (the Chi) literally flowing thru the Chakra System quite freely. Is this is what the six electro-magnetic frequencies were to accomplish that were put into "lost" hymns and Gregorian chants?

I think we are living in a tremendously wonderful time, and rather than seeing the glass as "half empty," I see it as "half full." Rather than accepting "CNN's perspective" of the world view, it's about finding perspective thru the vision of your own heart. It is about change and transformation of mankind to the next level of evolution. We, as Spiritual Light Workers, have made ourselves accessible at this time, by Divine Appointment, to be here to help those in humanity who choose (it's all based upon irrevocable choice) to stay, or to go. Those who have chosen to stay will come into our lives, and we have already agreed to assist them.

It's all about assisting other people. It's not to be their "Healer," but to assist them in knowing who they are and connecting with their true Source. It is about providing an atmosphere of non-judgement, a

Sacred Space, for the purpose of healing themselves. We should be continuously teaching while assisting people. The old paradigm teaches us to keep the information among the professionals. The new paradigm is to share the information, and empower the client. Everyone you work with—whether it's Reiki, Massage, Tuning Forks or other modalities you are using, you should feel that you've empowered that person, so they can extend this information to someone else. Healing has become about our evolution by reconnecting our additional strands of DNA. Healing is also about assisting the person in restoring themselves to a state of "Spiritual Wholeness."

1 "Healing Codes for the Biological Apocalypse" by Dr. Leonard Horowitz, p. 345-6

2 Ibid.

3 From "Man's Cosmic Game" by Guiliania Conforto

The 3, 6, and 9

As we look at the six original Solfeggio frequencies, using the Pythagorean method, we find the base or root vibrational numbers are 3, 6, & 9. Nicola Tesla tells us, and I quote: "If you only knew the magnificence of the 3, 6 and 9, then you would have a key to the universe."

John Keely, an expert in electromagnetic technologies, wrote that the vibrations of "thirds, sixths, and ninths, were extraordinarily powerful." In fact, he proved the "vibratory antagonistic thirds was thousands of times more forceful in separating hydrogen from oxygen in water than heat." In his "Formula of Aqueous Disintegration" he wrote that, "molecular dissociation or disintegration of both simple and compound elements, whether gaseous or solid, a stream of vibratory antagonistic thirds, sixths, or ninths, on their chord mass will compel progressive subdivisions. In the disintegration of water the instrument is set on thirds, sixths, and ninths, to get the best effects."

In the book of Genesis it states that there are six days of creation. Yet many talk about the creation week – or seven days, and the Christian Bible views the number seven as the number of completeness. Why Seven? It is due to the influence of the Near Eastern culture at the time in which Jesus lived, when it was believed that there were only seven planets.

When wrestling with adding a 7th number, I was mystically drawn to an article in Discover Magazine. In his newest book, *Just Six Numbers*, Rees argues that six numbers underlie the fundamental physical properties of the universe, and that each is the precise value needed to permit life to flourish. In laying out this premise, he joins a long, intellectually daring line of cosmologists and astrophysicists (not to mention philosophers, theologians, and logicians) stretching all the way back to Galileo, who presume to ask: Why are we here? As Rees puts it, "These six numbers constitute a recipe for the universe." He adds that if any one of the numbers were different "even to the tiniest degree, there would be no stars, no complex elements, no life." (From *Discovery Magazine*). As some authors have speculated, could these tones have played a role in the miraculous shattering of Jericho's great wall in six days before falling on the seventh day? Some scientists are now stating that if we have been created, we most likely would have been sung into existence. Is it possible that the six days of creation mentioned in Genesis represent six fundamental frequencies that underlie the universe? Religious scholars believe both events occurred as a result of sounds being spoken or played.

Other scientists, including the geniuses Nikola Tesla, Raymond Rife, as well as Mozart, Haydn, Beethoven, and Chladni, all must have known about, and used the concept of, the inherent power of threes, sixes, and nines. So we are dealing with three powerful numbers: 3-6-9. Everyone of the six Solfeggio Tuning Forks all add up, individually to the Pythagorean scheme of 3-6-9. In fact, because

there are two sets of 3-6-9 (anagrams) in the solfeggio, they are even more powerful as these combinations serve as "portals" to other dimensions!

Just Intonation – 12 Tone Equal Temperament

As I observed earlier, another reason these Ancient Solfeggio frequencies became "lost" was because of the change in tuning practices throughout history. The standard tuning method for the past 200 years is quite different from the tuning practices dating from antiquity through about the 16th century A.D. These ancient tuning practices used a system of tuning known as Just Intonation. The tuning practice adopted for western cultures during the 16th, 17th, and 18th centuries, and used today, is known as Twelve-Tone Equal Temperament. The explanation of the fundamentals of these tuning systems is far too complex for this agenda, but the following quote from a book written by David B. Doty, titled *The Just Intonation Primer*, should give an idea of the confinement that music has been relegated to. "Essentially, music has been placed in a box of limitations"— as the result of the rigidity imposed by the Twelve-Tone Equal Temperament tuning standards in use today.

"Although it is difficult to describe the special qualities of Just (Intonation) intervals to those who have never heard them, words such as clarity, purity, smoothness, and stability come readily to mind. The supposedly consonant intervals and chords of (12-Tone) Equal Temperament, which deviate from simple ratios to varying degrees, sound rough, restless, or muddy in comparison."

Just Intonation can be found in many of the great Fathers of Classical Music – Beethoven and Hyden, just to name a few. They did not use this 12-tone temperament and I think that is why we have a richer experience when we hear music that was composed several hundred years ago. Classical Music based on Just Intonation gives us a different rapport with time and space and brings us into our higher chakras.

Native American chanting is many times based on Just Intonation. The chanting seems to sound monotone, but we are finding out that within the monotone sound is multi-dimensional harmonics.

How these different types of tones affect our health

Consequently, since all music in our contemporary world (from commercials, to modern hymns and symphonies) has been composed utilizing the 12-Tone Equal Temperament Scale, they all have vibrational limits. As a result, vibrational frequency of the tones of modern music can create situations such as "boxed-in thinking," stuffed and suppressed emotions; and fear-based "lack" consciousness—all of which then tend to manifest into physical symptoms of "dis-ease."

This is in contrast to music created from the Ancient Solfeggio Scale, which stimulates the vibration of expanded creativity, easier problem solving and holistic health.

Again, it should be noted that although there are contemporary notes that approximate the Solfeggio tones, they are not the same frequencies as the ancient tones. Example: The Solfeggio tone, Mi, vibrates to 528 Hz. The closest, comparable, contemporary tone is C, above Middle C, which vibrates at 512 Hz. Our research indicates that the vibrational frequencies contained in the Solfeggio tones hold these original healing potentials.

1 - Professor Apel's and Dr. Puleo's remarks as reported in "Healing Codes for the Biological Apocalypse" by Dr. Leonard Horowitz. Pages 58-61

2- Hidden Entry Meanings from the book, "Healing Codes for the Biological Apocalypse" by Dr. Leonard Horowitz. Pgs. 166-67
Transformational Tuning Forks and CD's based on the ancient Solfeggio Frequencies.

Download Printable version of the full booklet: Forgotten In Time: The Ancient Solfeggio Scale (.pdf 233kb)

Other Resources:

- # John Beaulieu, "Music and Sound in the Healing Arts." Station Hill Press, 1987
- # Giuliana Conforto, "Man's Cosmic Game," Edizioni Nowisis, 1998
- # David B. Doty, "Just Intonation Primer"
- # Jonathan Goldman, "Healing Sounds: The Power of Harmonics," Element Books, 1992
- # Leonard Horowitz and Joseph Puleo, "Healing Codes for the Biological Apocalypse," Tetrahedron Publishing Group, 1999
- # Candice Pert, PhD, "Molecules of Emotion"
- # Michael Talbot, "The Holographic Universe"
- # Dr. Rees, "Just Six Numbers"

Article from: http://www.lightwithin.com/SomaEnergetics/2About_Solfeggio.htm

Related: Do Not Offend Water - It Remembers Every Word You Say

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DeoxyriboNucleic Acid (DNA)

LIFE TRANSFORMATIONAL TOOLS #9:

The Ancient Solfeggio Frequencies – "The Perfect Circle of Sound"

Len Horowitz talks a lot about the 528 DNA repair frequency being the frequency of love.

He has available the Holy Harmony CD and his 3E technology which as he describes as the "Perfect Circle of Sound."

Here's the link to the Holy Harmony mp3 file. It's 98.89 MB. It's the whole CD. Right Click, Save As...

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Part 1: Introduction and History

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by Scott Mowry

INTRODUCTION

Music and sound can be a very powerful transformational tool for the human body and soul. However, information has come to light in recent years that our modern day musical scale has been robbed of its vast potential for healing and transformation, and there was once an even more powerful, time-honored tonal scale known as, the "original Solfeggio frequencies."

These original Solfeggio frequencies, still have the capacity to transform your life in miraculous ways. Their origins date back to ancient times when they were sung in the Gregorian chants during religious ceremonies in churches of that time. But mysteriously, around 1050 AD, they mysteriously disappeared, presumably lost forever.

These chants contained special tones or frequencies which, when sung in harmony, and in Latin, were believed to impart tremendous spiritual blessings during religious masses. Apparently, the combination of these sacred tones and the Latin intonation, had the power to penetrate deep into the recesses of the subconscious mind and promote great healing and transformation.

The Solfeggio frequencies contain the six pure tonal notes that were once used to make up the ancient musical scale, until, it has been presumed, they were altered by the Catholic Church and [Pope Gregory I, \(better known as "Gregory the Great"\)](#), who served from 590 to 604 AD. The Church claims that they have "lost" 152 of these amazing ancient Gregorian chants, but more than likely, they have been purposely locked away in the bowels of the Vatican archives.

One of those sacred chants, however, known as, "The Hymn to St. John the Baptist," has re-emerged and now can be found on a few select CD releases such as, "NPR Milestones of the Millennium: CHANT – Hymns and Sequences – Gloria in Excelsis Deo," which is available on the iTunes music store.

This hymn also goes by its Latin name which is, ["Ut Queant Laxis Resonare Fibris \[Hymn\]"](#), and can be found on the CD, "Chant II" by The Benedictine Monks of Santo Domingo de Silos. "The Hymn to St. John the Baptist" has become known as the most inspirational hymn ever written and features all six Solfeggio notes.

Our modern day musical scale is slightly out of sync from the original Solfeggio frequencies and is, consequently, more dissonant as it is based upon what is termed the "Twelve-Tone Equal Temperament." In ancient times, the musical scale was called "Just Intonation." And also, our modern music also falls within the A 440 hz frequency, which was changed from A 417 hz, around 1914.

In addition, a 7th note was added in the form of a "SI," or a "TI," as in the "DO, RE, MI, FA, SO, LA, TI" vocal scale, while the original Solfeggio scale was composed of only six notes: "UT, RE, MI, FA, SO, LA."



(For more on tuning instruments to the Solfeggio Frequencies scale please go to [Part 3](#).)

In essence, nearly all the music we hear today on the radio and that is sold in stores, whether rock, jazz, soul or classical, is atonal and counter productive in comparison to the amazing transformational powers of the great Solfeggio tones. Our modern music is literally at dis-ease with the human body.

Each of the six Solfeggio frequencies correspond to, not only a note on the tonal scale, but to a cycle per

second hz frequency number, and to a specific color, and, ultimately, to a particular chakra in the body. For instance, middle C is related to the 528 hz frequency tone, which is associated to the color green, which, in turn, is related to the heart chakra. It is the third note on the scale and relates to the note "MI" on the scale and derives from the phrase "MI-ra gestorum" in Latin meaning "miracle."

The 528 hz frequency is known as, the "528 Miracle," because it has the remarkable capacity to heal and repair DNA within the body and is the exact frequency that has been used by genetic biochemists. Green, of course, is the primary color of our Mother Earth, because our planet vibrates to the frequency of love or of the heart.

THE SOLFEGGIO FREQUENCIES MUSICAL SCALE

From the article, ["Forgotten In Time: The Ancient Solfeggio Frequencies"](#) by David Hulse, D.D. writes:

"According to Professor Willi Apel, 'The origin of what is now called Solfeggio ...arose from a Mediaeval hymn to John the Baptist which has this peculiarity that the first six lines of the music commenced respectively on the first six successive notes of the scale, and thus the first syllable of each line was sung to a note one degree higher than the first syllable of the line that preceded it. By degrees these syllables became associated and identified with their respective notes and as each syllable ended in a vowel, they were found to be peculiarly adapted for vocal use. Hence 'Ut' was artificially replaced by 'Do.' Guido of Arezzo was the first to adopt them in the 11th century, and Le Marie, a French musician of the 17th century added 'SI' for the seventh note of the scale, in order to complete the series.

Further research states that, "Pope Johannes later became a saint - Saint Iohannes - and then the scale was changed. The seventh note 'SI' was added from his name. 'SI' later became 'TI.' These changes significantly altered the frequencies sung by the masses. The alterations also weakened the spiritual impact of the Church's hymns. Because the music held mathematic resonance, frequencies capable of spiritually inspiring mankind to be more 'Godlike,' the changes affected alterations in conceptual thought as well, further distancing humanity from God.' In other words, whenever you sing a Psalm, it is music to the ears. But it was originally intended to be music for the soul as well or the 'secret ear.' Thus by changing the notes, high matrices of thought and to a great extent well being, was squelched. Now it is time to recover these missing notes."

The Six Solfeggio Frequencies include:

UT – 396 Hz – Liberating Guilt and Fear
RE – 417 Hz – Undoing Situations and Facilitating Change
MI – 528 Hz – Transformation and Miracles (DNA Repair)
FA – 639 Hz – Connecting/Relationships
SOL – 741 Hz – Expression/Solutions
LA – 852 Hz – Awakening Intuition

"528 cycles per second is literally the core creative frequency of nature. It is love," proclaims renowned medical researcher Dr. Leonard G. Horowitz.

DR. JOSEPH PULEO and DR. LEONARD HOROWITZ – "THE MUSIC SHALL SET US FREE"

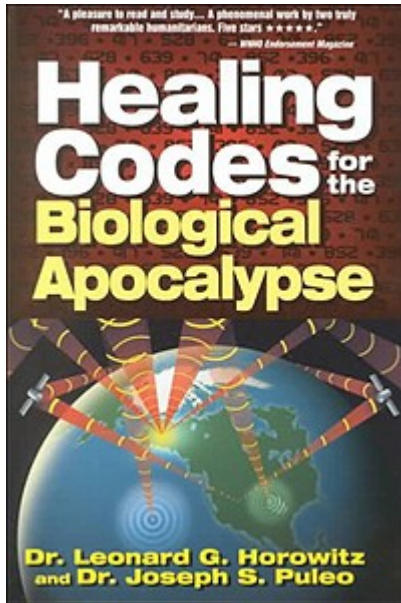
The Solfeggio frequencies were essentially rediscovered by the late, [Dr. Joseph Puleo](#), (pictured right), a naturopathic physician and one of



America's leading herbalists, who began his research into this field in the mid-1970's.

He was Divinely inspired to examine the Bible and he uncovered in Genesis: Chapter 7, Verses 12-83, that there were a pattern of six repeating codes around a series of sacred numbers, 3, 6 and 9. When deciphered using the ancient Pythagorean method of reducing the verse numbers to their single digit integers, the codes revealed a series of six electromagnetic sound frequencies that correspond to the six missing tones of the ancient Solfeggio scale.

During his investigation, Dr. Puleo was treated rather peculiarly when he asked some pointed questions of a Monsignor in Spokane, WA about the musical scale. In what some have called a mystical coincidence, Dr. Puleo became convinced that the Solfeggio frequencies were of extreme importance and were being purposely censored by the Catholic Church.



Along with [Dr. Leonard G. Horowitz](#), known for his great work in investigating AIDS and vaccines, he co-authored the book, "[Healing Codes for the Biological Apocalypse](#)," released in 1999. This book has been instrumental in making the world aware of the power of the ancient Solfeggio frequencies.

Since its release, Dr. Horowitz has continued his tireless and incredible research into the Solfeggio tones and is now offering video tutorials to assist musicians in how to tune a guitar or a [synthesizer keyboard instrument](#) (parts 1 and 2) to the correct Solfeggio scale. More information can be found at www.love528.com.

He has also formed a recording company, [Tetrahedron Records](#), and has recruited artists, such as guitarist [Scott Huckabay](#), that are producing music implementing the Solfeggio tuning scale. In addition, Dr. Horowitz has organized a world-wide concert event known as the [Concert for the Living Water | LiveH2O](#), which has

become an annual event during the Summer solstice.

Dr. Horowitz is adamant that the solution to all of humanity's problems lies within the music, which he believes is precisely what the Bible was referring to when it reads, "and first there was the Word." Dr. Horowitz believes the "Word" means the music, or, the frequencies.

He has therefore christened this ancient musical scale as "The Perfect Circle of Sound" due to its immaculate symmetry of mathematics, sacred geometry (three perfect triangles) and sound frequencies, which emanate directly from the Divine Creator.

He has since deduced that there are three more perfect notes that should be added to this scale. They are the 174 hz, 285 hz at the bottom of the scale, and the 925 hz at the top, which when added in with the six original Solfeggio frequencies, create three perfect triads of notes: $3 \times 3 = 9$. With 9 being the sacred number of completion.

"There is nothing missing, nothing broken, as the religious world says, in the Kingdom of Heaven," Dr. Horowitz said recently of the "Perfect Circle of Sound."

"The Kingdom of Heaven, in the world of physics and mathematics, is called 'the musical mathematical matrix.' So (now) we've got the core, creative frequencies of that matrix, where there is nothing broken, there is no dis-ease, there is no diss-onance, there is only harmony with this communion Divine, which is the optimal harmony," he concluded.

LIFE TRANSFORMATIONAL TOOLS #9:

The Ancient Solfeggio Frequencies – “The Perfect Circle of Sound” (cont.)

Part 2: Resources

[Part 3: Tuning Instruments to the Solfeggio](#) | [Part 1: Introduction and History](#)

by Scott Mowry

SOLFEGGIO FREQUENCIES RESOURCES

There is a growing number of recorded music and meditation CD's that are being released that incorporate the Solfeggio frequencies and they may help to heal your body and balance your chakra system.



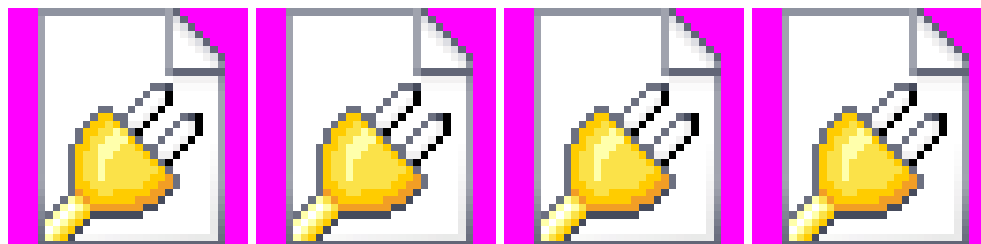
One of the primary musicologists incorporating the Solfeggio frequencies is author, composer and musician, [Jonathan Goldman](#), who has produced several notable musical CDs that contain ancient healing tones including the Solfeggio frequencies.

Of these, it would be worth particularly exploring his CD releases entitled: "Holy Harmony," "The Lost Chord," "Waves of Light," "2012 Ascension Harmonics" and "Frequencies: Sounds of Healing." These are just a few of his many musical offerings of which he has produced over thirty to date and counting.

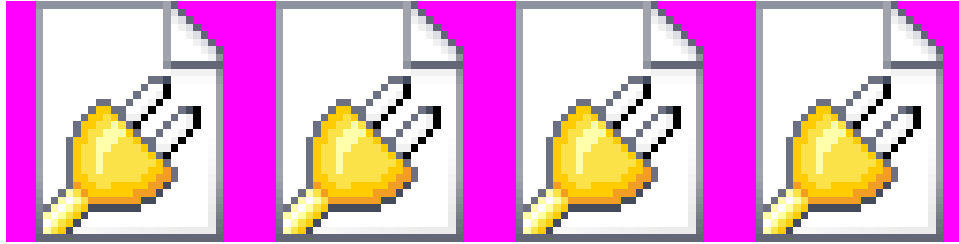
Dr. Leonard Horowitz calls Jonathan Goldman "one of the world's leading sound healing experts." And he believes that his "Holy Harmony," recording "is creating miracle after miracle after miracle for people."

"I recommend you add prayer to it and listen to it at night, and it will not only put you to sleep, but it will cause these miraculous transformations to occur in your own body that you've prayed for," he adds.

This CD can be purchased from our amazon.com store by clicking on the link below.



Jonathan Goldman is also the author of several books on healing tones including "The 7 Secrets of Sound Healing," "Tantra Sounds," "Shifting Frequencies" and "Healing Sounds: The Power of Harmonics." The book, "The 7 Secrets of Sound Healing" also includes a companion CD.



He has also produced a video entitled, "Healing Sounds with Jonathan Goldman," and appears on another DVD entitled, "Of Sound Mind and Body," along with John Beaulieu, Don Campbell, Deepak Chopra MD, Kay Gardner, Steven Halpern, Jill Purce and Bernie Siegel, MD.

You can find more information and view many more video clips about Jonathan Goldman in our [Guide to New Age Music section](#).



Another fabulous musician employing the sacred Solfeggio Frequencies in his unique brand of music is instrumental guitarist and one-man band, [Scott Huckabay](#).



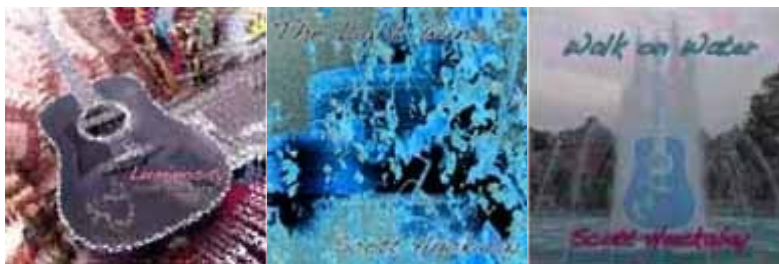
He has produced a series of CDs in which he has changed the tuning on his guitar to the [A444 tones](#), or the "Love 528, rather than the modern A440 hz.

Scott Huckabay refers to himself as a "guitar alchemist," while Jonathan Goldman has dubbed him "the Jimi Hendrix of inspirational music."

Upon teaming up with Dr. Horowitz, he has created a series of six recordings that specifically incorporate "The Perfect Circle of Sound" tuning of the original Solfeggio frequencies. Together they have formed a new recording label [Tetrahedron Records](#), which features these six CD's: "Luminocity," "The Light Wins," "Walk on Water," "Beam Us Up, Scotty," "Rain Dancer" and "Love Live in 528."

These special six CD's can be only be ordered directly from the [Healing World Distributing](#) web site, which carries many other products by Dr. Horowitz.

More information on Scott Huckabay can be found in our [Guide to New Age Music section](#).



(from l-r) Luminocity | The Light Wins | Walk on Water



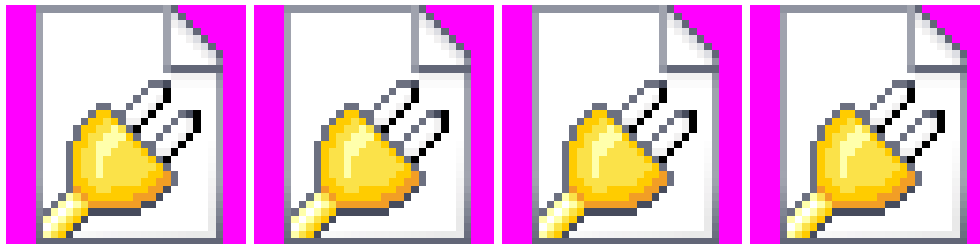
(from l-r) Beam Us Up, Scotty | Rain Dancer | Live/LOVE in 528

Both Scott Huckabay and Jonathan Goldman have been recruited by Dr. Horowitz to participate in his [LiveH2O Concert for the Living Water](http://www.liveh2o.org) event which will place in 2009 during the summer solstice from June 19-21 in thirty different locations around the world. The official web site for this event is, www.liveh2o.org.

The other artists who will be participating in this concert include [White Eagle Medicine Woman and Grandmother Drum](#); [Gemma Bulos](#); [LAL](#); The B.O.L.T; [Peter Sterling](#); [Rosita Stone](#); [Clan Dyken](#); [Bill Miller](#); [Tony Selvage](#); [Leesa Sklover](#); Kumiko and Iben Larssen.

In addition, there are several other artists who have created CD's using the Solfeggio Frequencies that can also be found on the Healthy World Distributing store. These include Al Harris' "Divine Harmony"; White Eagle Medicine Woman's "Journey of the Heart" and "Songlines of the Soul"; and a CD entitled, "Solfeggio Healing Tones" by Dan Kunkle and Dr. Leonard Horowitz.

For more information go to the [Healthy World Store](#).



Other companies are also producing Solfeggio frequency products such as BrainWave Mind Voyages which has a CD in their catalogue entitled, "BMV Series 24 Sacred Healing Frequencies CD: Solfeggio Healing Tones (Brainwave Meditation)."

And there are two additional DVD's by Blue Diamond Technologies that use both the Solfeggio frequencies and the "Moola Mantra," that is featured as some of the primary music in the [Oneness Blessing](#). These DVD's are entitled, "Whales, Dolphins and Chakras" and "Diamond Serenity."

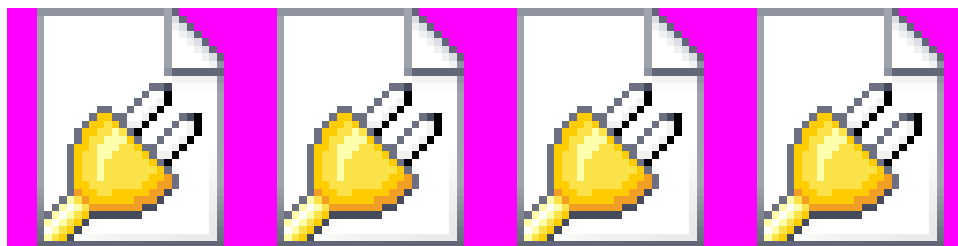
Finally, there are a couple of free downloads of Solfeggio tones from the web site, www.solfeggiotones.com. The first is entitled "Solfeggio Ascension Tones" and is available as a

[downloadable .wav file](#) while the second is the "Sedona 11:11 Solfeggio Frequencies" and [come as six .mp3 files](#).

In addition, there is a video explaining Solfeggio frequencies from the same web site that is entitled, "[Saviors of Earth - The Solfeggio Ascension Frequencies](#)."

We encourage you to watch these videos and experiment with some of the music and meditation CD's. You may see some miraculous results unfold in your overall health and in your life.

(Below you will find yet more recommend books in this field of study:)



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Part 2:Solfeggio Frequencies Resources |

[Part 3: Tuning Instruments to the Solfeggio...](#) | [Part 1: Introduction and History](#)

LIFE TRANSFORMATIONAL TOOLS #9:The Ancient Solfeggio Frequencies – “The Perfect Circle of Sound” (cont.)

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[Part 1: Introduction and History](#) | [Part 2: Solfeggio Frequencies Resources](#)

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"Tuning the guitar to the 528 frequency: First, you need to recalibrate the A440hz based tuners to A444hz which gives us a C of 528.008. The 444Hz is, close enough, the correct 'A' pitch tuning using the Korg Chromatic tuner (found for purchase in the left hand column below).

If you set this Korg tuner to 444Hz (instead of 440Hz), then the tuner will guide you tuning every string (EADGBE) of the guitar. This is the simplest way to tune your guitar as A=444Hz closely approximates C(5) at 528Hz. You do not want to tune to an A flat. You want to go a little sharp, but not quite a half tone.

528 frequency is the heart of the electromagnetic color spectrum (the rainbow--greenish yellow) and sound spectrum. It has been mathematically proven fundamental to all sacred geometry and cosmology. It is reported to repair damaged DNA. It is C5 on the ancient diatonic scale, equal to A=444Hz (as opposed to standard tuning in A-440). It is the third note, MI tone, of the original Solfeggio scale credited for producing miracles.

The heart of the human being must resonate the pure tone 528Hz, if we consider chakra system and the color of 528 associated with the heart chakra. Thus, if LOVE/joy are heart felt, then they would be carried fundamentally by the pure tone 528Hz; that also happens to be the natural frequency the human voice chants when the sound "AH" is chanted by groups. Many conjecture that heart-felt loving intention empowers prayer, and LOVE is the "Universal Healer."



Below are two videos with detailed instructions for tuning a keyboard synthesizer to the ancient Solfeggio frequencies with instructions by Michael Walton of [SomaMagic](#) and Dr. Leonard Horowitz.

"This Part 1 of two tutorials for conscious keyboard professionals features Dr. Leonard G. Horowitz, Executive Producer of [LIVE H2O](#), interviewing sound engineering specialist, Michael Walton of [SomaMagic Studio](#). In Part 1, Michael explains how to retune the Korg Oasys synthesizer using the Perfect Circle of Sound™ tuning fork set and a Korg chromatic tuner (available from our amazon.com store left). Creating a new scale by tuning the Oasys to the Solfeggio frequency-equivalents required exclusion of dissonant tones 417Hz and 714Hz.

Walton discovered that the standard tuning A note is the precise frequency equivalent to the 741Hz F# frequency in the Solfeggio. The chance this precise association between the ancient and modern scales might have happened by chance, versus by sinister imposition, is discussed in greater detail at <http://www.hydrosonics.org>.

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Synthesizer Re-tuning to the Ancient Solfeggio: Part 1 – Dr. Leonard Horowitz Interviews Michael Walton

http://www.youtube.com/watch?v=Zu9n5w9h69k&feature=player_embedded

Synthesizer Re-tuning to the Ancient Solfeggio: Part 2 – Dr. Leonard Horowitz Interviews Michael Walton:

http://www.youtube.com/watch?v=ZltcnTVlgRw&feature=player_embedded

LIFE TRANSFORMATIONAL TOOLS #9: The Ancient Solfeggio Frequencies – “The Perfect Circle of Sound” (cont.)

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[Part 1: Introduction and History](#) | [Part 2: Solfeggio Frequencies](#) [Resources](#)

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Synthesizer Re-tuning to the Ancient Solfeggio: Part 1 – Dr. Leonard Horowitz Interviews Michael Walton:



Synthesizer Re-tuning to the Ancient Solfeggio: Part 2 – Dr. Leonard Horowitz Interviews Michael Walton:



Also, read the article ["Synthesizer Re-tuning to the Perfect Circle of Sound™:](#)

[Researching the Sound of LOVE—528HZ Cymoglype by John Stuart Reid A Preliminary Study with Implications for BioEnergetic Healing"](#) by Michael Walton and Dr. Leonard Horowitz.



Here are further instructions on tuning a variety of instruments to the Solfeggio frequencies that can be found on the [LiveH2O web site](#). This is the official home for the Concert for Living Water which will take place on June 19-21, 2009, in various locations around the world with numerous artists participating.

Musicians' Instructions

Artists who feel in their hearts the benefit of contributing a service/performance during LIVE H2O, here are important instructions:

1. E-mail your local event coordinator. Veteran recording artists and celebrities should cc the EXECUTIVE PRODUCER and MUSIC TALENT COORDINATOR who are booking featured artists for the international

broadcast.

2. Study 528Hz tuning (which is in the "C6" octave). Read the <http://www.LOVE528.com> web site. This resource, and the online forum for musicians, provides information important for your head and heart. You will learn about revelations accelerating your intuition and creative inspiration. Most importantly, begin "playing with the numbers" (3s, 6s, 8s, and 9s) in everything you do, especially retuning and playing your instruments.

3. There are two easy ways to tune stringed instruments to 528Hz (C6): 1) Use a Korg chromatic (adjustable) guitar tuner set to 444Hz instead of standard 440Hz; then tune as usual, or 2) Use the [528Hz tone generator](#) freely available online. (NOTE: It may take several minutes to download this data dense file). Listen to the tone of 528Hz generated online and then tune your E string (1st string) at the 8th fret (= C5) to the sound you hear. Next, retune your other strings relative to this string. Other guitarists find it equally easy to tune the "A" string (second thickest string), third fret, to this tone; then the remaining strings from this. Check it by playing a "C" chord to see that your tuning matches the fork or tone generator pitch. You can also purchase a 528Hz tuning fork or whole Solfeggio tuning fork set through LIVE H2O patron, [Healthy World Distributing, LLC](#). Call them at 1-888-508-4787 if you need help purchasing.

4. KEYBOARD PLAYERS can easily retune their instruments to the equivalent of a 528Hz. The Korg Oasys keyboard calibrates to 444.09Hz in the global preferences; virtually all other synthesizers and software based synthesizers can be set to precisely 444Hz. When the 528Hz tuning fork was used with the Korg Chromatic tuner, C6 registered at 443Hz/444Hz. Additionally when 528Hz is played through a tone generator into the Korg Chromatic Tuner, 444Hz registered as C6. These settings will immediately give you the ability to play in harmony with retuned stringed instruments.

5. WIND INSTRUMENT PLAYERS can often adjust their 440Hz "standard tuned" instrument slightly to play in the 528Hz key (nearing C# in standard tuning).

6. Transpose old music or compose new music and lyrics for your LIVE H2O performance(s). Please feature Water in your music and lyrics to go along with the theme of this event to honor and praise "The Living Water." (A limited number of recording contracts, awards, and grants for music played in the original Solfeggio musical scale, are available from allied event co-sponsors as advanced by [Tetrahedron Records](#)).

7. Read the Technicians Instructions provided by advisors Alex Putney and Adam Klaasmeyer linked above. These include [Bioelectric Recommendations](#), and [Psycho-Acoustic Recommendations](#) that all performers should review

and adhere to for optimal benefits.

8. Stay tuned to [this web site](#) for periodic updates, including new pages and links.

9. Mark your schedules for June 19-21, 2009, and tell your family, friends, and publicity agents to do the same, especially if you are scheduled to perform.

10. Begin to prepare yourself physically, mentally, emotionally, socially, environmentally, and above all spiritually, for the "LOVE Water Experiment" as detailed above under [GENERAL INSTRUCTIONS](#) and TECHNICAL INSTRUCTIONS.

More instructions are provided in the [Musicians' Forum](#); and more are forthcoming as research and revelations continue.



Here are yet more information on the [Love528](#) tuning from the LiveH2O web site:

Why we are asking LIVE H2O musicians to retune to 528Hz frequency.

Everything has a vibration, and 528 is a simple number that is central to the "musical mathematical matrix of creation." More than any sound previously discovered, this "LOVE frequency" resonates harmonically in your heart inaudibly connecting your spiritual essence to the spiraling reality of heaven and earth.

Even the parallel universes connect to the center of your heart by this "LOVE channel" broadcasting matter and energy according to the laws of physics. In fact, 528 is fundamental to these laws. This frequency, more than any other, epitomizes the unified field of musical metaphysics in the matrix of the spiraling fractal universe.

This is why we lovingly request recording artists engaging LIVE H2O to gain the "power of 528 to set everything straight."

Besides understanding more about 528 than ever before, modern standard tuning based on "A=440Hz" has come under scientific scrutiny. This politically imposed tuning is energetically degrading to the human spirit according to recent discoveries in sound science and natural healing. Tuning instruments to A=440 frequency stimulates the head, the intellect, but blocks the heart and intuition. A=440Hz generally produces increased anxiety in

performers and listeners, while 528Hz tuning produces greater relaxation and creative self expression.

Science has now proven that even parallel universes connect to the center of your heart using this LOVE frequency. In fact, 528Hz is fundamental to broadcasting matter and energy according to the laws of physics. This frequency, more than any other, epitomizes the unified field of musical metaphysics in the matrix of the spiraling fractal universe.

So if your heart longs for "the world to sing in perfect harmony," engage LIVE H2O, and by participating, gain the "power of 528 to set everything straight."

528Hz is at the heart of everything. It is the difference between making love not war. It is the energy driving universal prosperity; the bioenergy of health and longevity. It is the harmonic vibration of self-esteem or self-love that lifts your heart and Divine voice in harmony with heaven.

There is nothing missing or broken in this frequency of divinity. It is the essence of loving perfection. When you are in it, you are in tune with your creative spirit, and everything just flows in perfect rhythm and rhyme.

528 cycles-per-second, math science now proves, is central to the "musical mathematical matrix of creation." This "LOVE frequency" harmonically resonates in your heart connecting your essence to heaven and earth. This frequency, more than any other, epitomizes the unified field of musical metaphysics in the matrix of the spiraling fractal universe.

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[Resources](#)

Tools for Transformations

[Ho'oponopono](#) | [The Oneness Blessing](#) | [EFT](#) | [Attracting Wealth](#) |

[Molding Clay: The Power of Focus](#) | [Enhanced Relationships](#) | [Matrix Energetics](#) |

[The Law of Attraction](#) | [Health and Wellness](#) | [Heroes of Enlightenment](#) |
[2012](#) |

[The Pineal Gland](#) | [The Solfeggio Frequencies](#) | [Rating Human Consciousness](#) |

[David Wilcock](#) | [José Argüelles](#) | [Edgar Cayce](#) | [Gregg Braden](#) | [David Hawkins Scale](#)

<http://www.miraclesandinspiration.com/solfeggiofrequencies.html>

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www.LightWithin.com
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Forgotten In Time: The Ancient Solfeggio Frequencies

Article by David Hulse, D.D. - www.somaenergetics.com

- [*A Little History*](#)
- [*Repairing DNA*](#)
- [*How I found out about the Ancient Solfeggio Frequencies*](#)
- [*Energy and Relationship*](#)
- [*Sound, Vibration and Form*](#)
- [*How Did The Solfeggio Frequencies Get Lost?*](#)
- [*The 3, 6, and 9*](#)
- [*Just Intonation – 12 Tone Equal Temperament*](#)
- [*How these different types of tones affect our health*](#)
- [*What are the Ancient Frequencies?*](#)

A Little History

At the turn of the century the awareness of DNA entered the collective consciousness of the world. We have incarnated into this human experience as divine beings with a blueprint, a set of instructions. We know that a very small percentage (3%) of those instructions make up our physiology.

Carl Sagan writes that most of our genetic information (about 97%) is unused DNA. He refers to this as "genetic gibberish." Is it possible that most of who we are still lies dormant as our human potential?

In the old paradigm of religion, "potential" remained a mystery to the human mind, therefore we coined a mystical term called "SPIRIT." "Spirit" was something that was detached from who we were, something we didn't have and could only be gained through the systems of most religions.

The old paradigm and its premise stated that we began as biology in the womb of our mothers. Tellard deChardin tells us that **we are not a human being trying to attain a spiritual experience, but, rather, we are spiritual beings having a human experience.** This shift in perception causes a tremendous difference in the way we perceive ourselves in this third/fourth time-space continuum.

Being a student of "A Course In Miracles" in the late 80's, I was faced with a dichotomy in the idea that we are not a body. I never understood this statement fully until I began to study Quantum Physics which tells us **that everything is energy and matter is not as solid as we perceive it to be.** I believe what is being stated is that at the deepest level we are not separate, as a body, as a spirit, as a soul — we are just energy-beings. This is the level of consciousness being opened to us from which a new paradigm is emerging for the purpose of healing all separation. The popular term, "The Divine, is in me"- makes "me" separate from the Divine. May I suggest a shift in the saying to: "The Divine, AS me" to remove the

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separation.

As we move from genetics and concepts like Soul, "Soul Mates" and "Soul work," we move beyond physical diagnosis, into a new field of quantum physics. In this new field, where consciousness is seen as a unified field where everything is everything else, (T.O.E. Theory - The Theory of Everything) —there are no boundaries. There is no "this" or "that;" no you or me. It is a pure field of awareness – consciousness. I solved the dichotomy about "we are not our body" by changing my perception of genetics to energetics - realizing that we are not meant to ignore our physiology, but recognize the body as energy, vibrating at a very dense frequency.

Repairing DNA

I was first introduced to DNA in 1988 when I was going through a transitional period, during which I felt that I had come to the end of everything that I believed. A tape was given to me of a gentleman speaking in an accent, (which I thought at the time, was rather boring), and I didn't understand what he was talking about. Then all of a sudden, as I was ready to turn it off, he said: ***"Quantum physics has found that there is no empty space in the human cell, but it is a teeming, electric-magnetic field of possibility or potential."*** That's all he said! But whatever frequency was contained in those words, RESONATED something inside the CORE of my BEING — and I had a KNOWING in me that the NOTHING I thought I was looking at was the EVERYTHING. Much like in Zen, and the idea of becoming "as an empty bowl." Eastern Religions (including the Bible) refer to it as the VOID – The Nothing that is EVERYTHING – The Womb of Creation. I knew that I was experiencing a re-birth! The person on that tape was Dr. Deepak Chopra.

I had never heard of Deepak Chopra in 1988, as he was just coming on the scene about that time. I credit him for a very important transition in my life, just from the statement he made on that tape. Today, in retrospect, I would call my response to that statement a "cellular memory experience." We know that intelligence is stored within the cells of the body, and when the right resonance comes and releases that information to become inherent information or inherent KNOWLEDGE – that comes from the true Self. That is why so many of us seem to jump from one stimuli to another looking for what will resonate in us.

The work being done today with energy at the cellular level really excites me, since I had been very interested in DNA before it became a household word. In fact, I think it took me two years just to learn how to pronounce it (deoxyribonucleic acid did not roll off my tongue quickly). But, I was determined to understand this tremendously powerful energetic blueprint for life, as we know it, at the cellular level on this planet. DNA became a part of the collective consciousness when CNN produced a special on the Genome Project in 2000.

As I pursued my passion for the study of DNA, I attended a workshop by Dr. Robert Girard from California on DNA Activation. His work focused on using certain sounds and frequencies to activate DNA and I started doing DNA Activation workshops. Through those workshops, an article was given to me that reported how biochemists are using the frequency 528Hz to repair human DNA. The article stated that it was a "C." When I read that I thought, "All I would need to do is go to a piano or other instrument and play a "C" and then, in the DNA workshops we would be able to repair DNA."

Well, it wasn't that simple, because I discovered that the regular "C" that we all know of in this culture (which is from the diatonic scale of do, re, mi, fa, so, la, ti, do) was not the 528 Hz frequency "C", as described in the article. Instead, I discovered that a regular "C" vibrates to a frequency of only 512 Hz, and that the "C" of 528 Hz used in DNA repair had been a part of an ancient scale called the *Solfeggio Scale*. Moreover, the difference in the scales existed because of different tuning methods that were utilized in ancient times, vs. those in general use today. Later, we will explore that difference between how we create music today vs. how we used to create it, and how that simple change has made all of the

difference in the world.

How I found out about the Ancient Solfeggio Frequencies

I found this ancient scale to be part of a 6-tone scale sequence of electro-magnetic frequencies called the Original Solfeggio Scale through the book "The Healing Codes of Biological Apocalypse" by Dr. Leonard Horowitz. These particular frequencies were rediscovered by Dr. Joseph Puleo, who received them in a wonderful experience that some would suggest was mystical. These frequencies are not something new, but they are something very old.

I shared the information about these frequencies with a musician friend who had a studio in her home. After reviewing the information, she decided that she would like to experiment with these frequencies in the form of meditation music. She was also in touch with Jonathan Goldman (author of the book, "Healing Sounds") and he knew of these frequencies, and was using them in some of his music such as "The Lost Chord" CD. Aryiana requested that he have the tuning forks made for her to research the frequencies. I asked if she could also have a set made for me.

After I received the tuning forks and began talking about them around the country, I noticed that people were resonating with the information about these powerful frequencies. It felt as though something was going on in a much larger picture. We were connecting energetically to this information, and yet I didn't know what I was going to do with the tuning forks. Then people began to ask if I could use the tuning forks on them. From those experiences, and with information I had gathered, a method and technique began to develop. I called the technique SomaEnergetics™, which is designed to utilize the optimum energy of the Solfeggio frequencies using tuning forks. Soma, meaning "body" in the Greek, combines the *wholistic* idea of the body as an energy field - SomaEnergetic™.

When starting these first tunings, the main frequency that I knew the most about was 528 Hz – that biochemists are using for DNA repair. I realized that the right side of the body is controlled by the left-brain, and the left side by the right brain and that these correspond with our inner male and female energies. As I took the fork down each side of the body, I could get in touch with the dominate ancestral DNA that comes thru the Mother's side or Father's side of the chromosomes. I would many times get a tremendous imbalance in the sound between the two sides. The purpose of energy work, as many of you know, is to attain balance. For example, if everything is in balance, such as the pH level, the physical body can heal more naturally. It's the same way in our energy bodies. If we can find that energy balance, that equilibrium, where everything aligns or everything comes into synchronization into the rhythm of the dance of life – then healing becomes the natural state. It's nothing supernatural, or miraculous. I think a lot of spiritual texts have referred to this idea when they describe, "going home to heaven." Heaven, to me, is the complete synchronization with higher frequencies and vibrations of creation being totally entrained. In other words, being in a state of at-one-ment.

When I would continue to do the technique, the sound would begin to even out between the male and female sides of the body, and the client would indicate they were "feeling" a shift. As that would occur, I was totally amazed, and asked myself, "What is happening here?" Although I've been a speaker of spiritual things for over 40 years, I can't tell you that I've been the most intuitive person in the world. All of a sudden I started having certain feelings about what to do with the forks. I found that at some point in working with the client, I stopped "doing" the tuning forks (being the initiator of the technique), and they started "doing me" – seeming to direct the movement of the Forks! After hundreds of tunings and positive testimonies, I have learned to trust the Ancient Solfeggio Scale frequencies in the form of Tuning Forks as a legitimate modality.

Energy and Relationship

Everything is relationship. I remember Dr. Fred Wolf, who is a physicist stating on a tape "Everything is consciousness." He further noted, "When you are observing an object, on some level the object is observing you." As I listened to that statement, I thought it was strange. I then realized that because

something doesn't have a human consciousness, as I do, that doesn't mean it doesn't have its own consciousness. Apparently, observing something changes it on some level – that the observer, and the observed are one.

I treat the Solfeggio tuning forks as a conscious "entity." They are energy, they're vibration, they're frequency – the client is vibration, frequency and energy – I am vibration, frequency and energy. All of that coming together begins to produce a synergetic experience that takes place on many levels. The energy bodies that we focus on using the Solfeggio Frequencies are the physical, the etheric, the mental/emotional, and the astral.

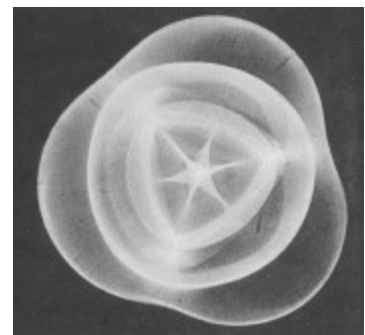
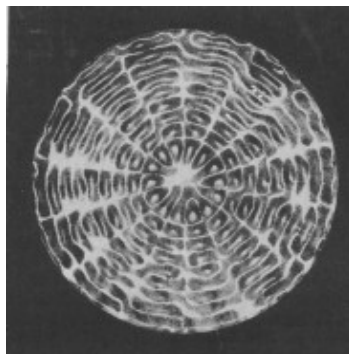
Sound, Vibration and Form

For more than 200 years, researchers have been validating the connections of Sound and Vibrations on physical form. The first to make that connection was German scientist Ernst Chladni, who, in 1787, detailed his research in his book "Discoveries Concerning the Theory of Music." In that pioneering work, he explained ways to make sound waves generate visible structures. He detailed how a violin bow, drawn at a right angle across a flat plate covered with sand, produces patterns and shapes. Today, those patterns and shapes are called Chladni figures. (Coincidentally, Chladni died in 1829, the same year as Beethoven. Mozart, a Free Mason, heavily influenced Beethoven about the mathematics of music, and likely influenced Chladni as well).¹

In 1815, Mathematician Nathaniel Bowditch followed up on Chladni's discoveries. He concluded that the conditions for these designs to arise were because the frequencies, or oscillations per second, were in whole number ratios to each other—such as 1:1, 1:2, 1:3 and so on.²

The study of wave phenomena, the ability of sound to organize and repattern matter, is called **Cymatics**. According to John Beaulieu, in *Music and Sound in the Healing Arts*, "Form is the more elusive component of sound. Sound-forms can be seen by subjecting mediums such as sand, water, or clay to a continuous sound vibration." The following pictures taken by Dr. Hans Jenny are sound-forms. They were obtained by placing various mediums on a steel plate with a crystal sound oscillator attached to the bottom. The Oscillator creates a pulse, which vibrates the steel plate. The forms on the plate are examples of sound organizing matter." Jenny also "noticed that when the vowels of ancient languages like Hebrew and Sanskrit were pronounced, the sand took the shape of the written symbols for those vowels. "Modern languages, including English, failed to generate those patterns."

"Space is not empty. It is full, a plenum as opposed to a vacuum, and is the ground for the existence of everything, including ourselves. The universe is not separate from this cosmic sea of energy." David Bohm



Jenny concluded that were examples of cymatic elements everywhere—"vibrations, oscillations, pulses,

wave motions, pendulum motions, rhythmic courses of events, serial sequences, and their effects and actions"—and they effected everything including biological evolution. The evidence convincingly demonstrated that all natural phenomena were ultimately dependent on, if not entirely determined by the frequencies of vibration. He argued that physical healing could be aided or hindered by tones. Different frequencies influenced genes, cells, and various structures in the body, he claimed.

Vibration of Music of the Spheres: "Every cell pulsates, reflects and interacts with acoustic oscillations of the medium. Even the earth and sun vibrate in unison based on a main rhythm of 160 minutes. Each musical note is therefore united to non-audible notes of higher octaves, and each symphony to other symphonies that we do not hear, and although they make our cells oscillate and possibly resonate. Even DNA has its own melody. The musical nature of nuclear matter from atoms to galaxies is now recognized by official science."³ In "**Molecules of Emotion**," by **Candice Pert, Ph.D.**, she writes, "... basically, receptors function as scanners (sensing molecules, on a cellular level). They cluster in cellular membranes, waiting for the

right ligand (much smaller molecules than receptors), to come dancing along (diffusing) through the fluid surrounding each cell, and mount them – binding with them and (tickling) them to turn them on and get them motivated to vibrate a message into the cell. Binding of the ligand to the receptor is likened to two voices, striking the same note and producing a vibration that rings a doorbell to open the doorway to the cell."

Poet Cathie Guzzetta summarized this science best when she wrote:

"The forms of snowflakes and faces of flowers may take on their shape because
they are responding to some sound in nature. Likewise, it is possible that
crystals, plants, and human beings may be, in some way, music that has taken on
visible form."

How Did The Solfeggio Frequencies Get Lost?

I discovered that these powerful frequencies had been given to the church many years ago for a very spiritual purpose. This was back when the church was a wonderful place for the people in the villages to gather together. The church served as a social, political, and spiritual place. People came to Mass, which at that time, was done in Latin (until Vatican II came along). When people sing in Latin or musical tones, it is very powerful, because it gets through all of the limited thought forms, and into deeper levels of the subconscious – accessing insights beyond belief systems.

As described above by Dr. Candice Pert, PhD, energy and vibration go all the way to the molecular level. She states that we have 70 different receptors on the molecules and when vibration and frequency reaches that far they begin to vibrate. Moreover, she observed, "as they begin to vibrate they sort of touch each other, and tickle each other, and they play and mount each other." It's this whole energetic *dance* ritual, at the cellular level, that opens the chromosomes and exposes the DNA to the frequencies. When we do toning, drumming, chanting, or tuning forks – it can be a way to direct energy for transformational purposes.

Vibration and sound can be used, like most things, either with positive intention or negative intention. Used negatively, it's nothing more than control and manipulation. Most of the world has been built upon control and manipulation by the way we communicate thru language. A lot of different texts, such as the Bible, talk about the importance of just making Sound—whether it's chants, drumming, or speaking in tongues (such as the charismatic fundamentalists do), they are just different ways that people are accessing deeper levels of themselves. I suggest to you that the Solfeggio Tuning Forks are an even purer ways of doing that with positive intention.

When Dr. Joseph Puleo was researching the tones, he was directed to a Monsignor at a university in

Spokane WA, who was head of the mediaeval department. Following a 20 minute conversation, the clergyman asked what he could assist Dr. Puleo with:

"Can you decipher Mediaeval Latin?"

‘Absolutely!’

‘And you know the musical scale and everything?’

‘Absolutely!’

‘Well then, could you tell me what ‘UT - queant laxis’ means?’

After a brief pause, the Monsignor quipped, ‘It’s none of your business’

Then he hung up."¹

Additionally, as Dr. Puleo researched the tones further, he came across a book on Gregorian chants by Professor Emeritus Willi Apel who "argued that the chants being used today were totally incorrect, and undermined the spirit of the Catholic faith."¹ Moreover, Professor Apel reported that "one-hundred fifty-two chants were apparently missing. The Catholic Church presumably "lost" these original chants. The chants were based on the ancient original scale of six musical notes called the Solfeggio."¹ Trust me, nothing is lost, it’s just neatly put away; however, they cannot hide from the masses what is energetically placed within the Soul.

According to Professor Willi Apel,¹ "The origin of what is now called Solfeggio...arose from a Mediaeval hymn to John the Baptist which has this peculiarity that the first six lines of the music commenced respectively on the first six successive notes of the scale, and thus the first syllable of each line was sung to a note one degree higher than the first syllable of the line that preceded it. By degrees these syllables became associated and identified with their respective notes and as each syllable ended in a vowel, they were found to be peculiarly adapted for vocal use. Hence "Ut" was artificially replaced by "Do." Guido of Arezzo was the first to adopt them in the 11th century, and Le Marie, a French musician of the 17th century added "Si" for the seventh note of the scale, in order to complete the series."

Further research states that, "Pope Johannes later became a saint - Saint Iohannes - and then the scale was changed. The seventh note "Si" was added from his name. "Si" later became "Ti." These changes significantly altered the frequencies *sung by the masses*. The alterations also weakened the spiritual impact of the Church’s hymns. Because the music held mathematic resonance, frequencies capable of spiritually inspiring mankind to be more "Godlike," the changes affected alterations in conceptual thought as well, further distancing humanity from God." In other words, whenever you sing a Psalm, it is music to the ears. But it was originally intended to be music for the soul as well or the "secret ear." Thus by changing the notes, high matrices of thought and to a great extent well being, was squelched. Now it is time to recover these missing notes."¹

I’d heard of do, re, me, fa, so, la, ti, do. I particularly responded to it whenever I hear that song by Julie Andrews from "The Sound of Music." I literally have a "brain cell firing" as it is engraved into my brain, and I see her coming over the mountain in the movie. I didn’t realize this was actually a second, modified scale. The original Solfeggio scale was actually: UT, RE, MI, FA, SO, LA.

Looking at the definitions of each of the original syllables, using hidden entries from Webster’s Dictionary and the Original Greek Apocrypha, I have determined that these original frequencies can be used for: Turning grief to joy, helping the person connect with their Source to bring forth miracles, DNA repair, connecting with spiritual family, solving situations & expressing yourself and finally, becoming

more intuitive.² Through music these tones can assist all the channels in staying open and keep the life force (the Chi) literally flowing thru the Chakra System quite freely. Is this is what the six electromagnetic frequencies were to accomplish that were put into "lost" hymns and Gregorian chants?

I think we are living in a tremendously wonderful time, and rather than seeing the glass as "half empty," I see it as "half full." Rather than accepting "CNN's perspective" of the world view, it's about finding perspective thru the vision of your own heart. It is about change and transformation of mankind to the next level of evolution. We, as Spiritual Light Workers, have made ourselves accessible at this time, by Divine Appointment, to be here to help those in humanity who choose (it's all based upon irrevocable choice) to stay, or to go. Those who have chosen to stay will come into our lives, and we have already agreed to assist them.

It's all about assisting other people. It's not to be their "Healer," but to assist them in knowing who they are and connecting with their true Source. It is about providing an atmosphere of non-judgement, a Sacred Space, for the purpose of healing themselves. We should be continuously teaching while assisting people. The old paradigm teaches us to keep the information among the professionals. The new paradigm is to share the information, and empower the client. Everyone you work with—whether it's Reiki, Massage, Tuning Forks or other modalities you are using, you should feel that you've empowered that person, so they can extend this information to someone else. Healing has become about our evolution by reconnecting our additional strands of DNA. Healing is also about assisting the person in restoring themselves to a state of "Spiritual Wholeness."

¹ "Healing Codes for the Biological Apocalypse" by Dr. Leonard Horowitz, p. 345-6

² Ibid.

³ From "Man's Cosmic Game" by Guiliana Conforto

The 3, 6, and 9

As we look at the six original Solfeggio frequencies, using the Pythagorean method, we find the base or root vibrational numbers are 3,6, & 9. Nicola Tesla tells us, and I quote: "If you only knew the magnificence of the 3, 6 and 9, then you would have a key to the universe."

John Keely, an expert in electromagnetic technologies, wrote that the vibrations of "thirds, sixths, and ninths, were extraordinarily powerful." In fact, he proved the "vibratory antagonistic thirds was thousands of times more forceful in separating hydrogen from oxygen in water than heat." In his "Formula of Aqueous Disintegration" he wrote that, "molecular dissociation or disintegration of both simple and compound elements, whether gaseous or solid, a stream of vibratory antagonistic thirds, sixths, or ninths, on their chord mass will compel progressive subdivisions. In the disintegration of water the instrument is set on thirds, sixths, and ninths, to get the best effects."

In the book of Genesis it states that there are six days of creation. Yet many talk about the creation week – or seven days, and the Christian Bible views the number seven as the number of completeness. Why Seven? It is due to the influence of the Near Eastern culture at the time in which Jesus lived, when it was believed that there were only seven planets.

When wrestling with adding a 7th number, I was mystically drawn to an article in Discover Magazine. In his newest book, *Just Six Numbers*, Rees argues that six numbers underlie the fundamental physical properties of the universe, and that each is the precise value needed to permit life to flourish. In laying out this premise, he joins a long, intellectually daring line of cosmologists and astrophysicists (not to mention philosophers, theologians, and logicians) stretching all the way back to Galileo, who presume to ask: Why are we here? As Rees puts it, **"These six numbers constitute a recipe for the universe."** He adds that **if any one of the numbers were different "even to the tiniest degree, there would be no stars, no complex elements, no life."** (From Discovery Magazine). As some authors have speculated, could these tones have played a role in the miraculous shattering of Jericho's great wall in six days before falling on the seventh day? **Some scientists are now stating that if we have been created, we most likely would have been sung into existence. Is it possible that the six days of creation mentioned in**

Genesis represent six fundamental frequencies that underlie the universe? Religious scholars believe both events occurred as a result of sounds being spoken or played.

Other scientists, including the geniuses Nikola Tesla, Raymond Rife, as well as Mozart, Haydn, Beethoven, and Chladni, all must have known about, and used the concept of, the inherent power of threes, sixes, and nines. So we are dealing with three powerful numbers: 3-6-9. Everyone of the six Solfeggio Tuning Forks all add up, individually to the Pythagorean scheme of 3-6-9. In fact, because there are two sets of 3-6-9 (anagrams) in the solfeggio, they are even more powerful as these combinations serve as "portals" to other dimensions!

Just Intonation – 12 Tone Equal Temperament

As I observed earlier, another reason these Ancient Solfeggio frequencies became "lost" was because of the change in tuning practices throughout history. The standard tuning method for the past 200 years is quite different from the tuning practices dating from antiquity through about the 16th century A.D. These ancient tuning practices used a system of tuning known as Just Intonation. The tuning practice adopted for western cultures during the 16th, 17th, and 18th centuries, and used today, is known as **Twelve-Tone Equal Temperament**. The explanation of the fundamentals of these tuning systems is far too complex for this agenda, but the following quote from a book written by David B. Doty, titled The Just Intonation Primer, should give an idea of the confinement that music has been relegated to. **"Essentially, music has been placed in a box of limitations"**— as the result of the rigidity imposed by the Twelve-Tone Equal Temperament tuning standards in use today.

"Although it is difficult to describe the special qualities of Just (Intonation) intervals to those who have never heard them, words such as clarity, purity, smoothness, and stability come readily to mind. The supposedly consonant intervals and chords of (12-Tone) Equal Temperament, which deviate from simple ratios to varying degrees, sound rough, restless, or muddy in comparison."

Just Intonation can be found in many of the great Fathers of Classical Music – Beethoven and Hyden, just to name a few. They did not use this 12-tone temperament and I think that is why we have a richer experience when we hear music that was composed several hundred years ago. Classical Music based on Just Intonation gives us a different rapport with time and space and brings us into our higher chakras.

Native American chanting is many times based on Just Intonation. The chanting seems to sound monotone, but we are finding out that within the monotone sound is multi-dimensional harmonics.

How these different types of tones affect our health

Consequently, since all music in our contemporary world (from commercials, to modern hymns and symphonies) has been composed utilizing the 12-Tone Equal Temperament Scale, they all have vibrational limits. As a result, vibrational frequency of the tones of modern music can create situations such as "boxed-in thinking," stuffed and suppressed emotions; and fear-based "lack" consciousness—all of which then tend to manifest into physical symptoms of "dis-ease."

This is in contrast to music created from the Ancient Solfeggio Scale, which stimulates the vibration of expanded creativity, easier problem solving and holistic health.

Again, it should be noted that although there are contemporary notes that approximate the Solfeggio tones, they are not the same frequencies as the ancient tones. Example: The Solfeggio tone, Mi, vibrates to 528 Hz. The **closest**, comparable, contemporary tone is C, above Middle C, which vibrates at 512 Hz. Our research indicates that **the vibrational frequencies contained in the Solfeggio tones hold these original healing potentials.**

What are the Ancient Solfeggio Frequencies?

Transformational Tuning Forks and CD's based on the ancient Solfeggio Frequencies.

Download Printable version of the full booklet: Forgotten In Time: The Ancient Solfeggio Scale (.pdf 233kb)

Other Resources:

- John Beaulieu, "Music and Sound in the Healing Arts." Station Hill Press, 1987
- Giuliana Conforto, "Man's Cosmic Game," Edizioni Nowisis, 1998
- David B. Doty, "Just Intonation Primer"
- Jonathan Goldman, "Healing Sounds: The Power of Harmonics," Element Books, 1992
- Leonard Horowitz and Joseph Puleo, "Healing Codes for the Biological Apocalypse," Tetrahedron Publishing Group, 1999
- Candice Pert, PhD, "Molecules of Emotion"
- Michael Talbot, "The Holographic Universe"
- Dr. Rees, "Just Six Numbers"

Article by David Hulse, D.D. - www.somaenergetics.com

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The Use of Tonal Frequencies to Enhance, Heal, & Rejuvenate

[Editor's Note: This is an important article to read and study carefully. I suggest that you print it out so you can review it at your leisure and allow the full implications of this information to sink in. One of the 'secrets' of the universe, is the *creative application of sound frequencies*. John Worley Keely discovered this creative use of musical frequencies in the late nineteenth century and accomplished amazing feats that defied conventional physics and confounded the academicians of his day.

A film was made in the Himalayas in the 1930's showing a group of Tibetan monks, who with the use of ordinary Tibetan musical instruments, would gather into a pie-shape configuration and direct their playing towards a huge boulder that was located on the ground roughly one hundred fifty feet away and at the base of sheer rising mountain wall. About three minutes after the 'concert' began, the boulder began to vibrate and *lift off the ground*. A moment later, it *shot up about 150 feet into the air* and landed on a ledge above it, where other monks were using the boulders to seal the entrance of meditation enclaves that they had cut into the sides of the mountain.

Today, many people are enjoying a brisk business over the internet selling supplemental products or liquids that are 'encoded' with "special energies". Those "energies" are usually *very specific* sound, light, or color frequencies, or sometimes a combination of same. You can do your own "encoding" of food, water, or *even gasoline*, and reap the benefits without shelling out \$40, \$50, or \$60 bucks for a 16 oz bottle of *Wonder Elixir*. You can also do many *other things* in a creative vein using the appropriate sounds or combination of sound frequencies. But first, you need to acquire a basic understanding of the **principles involved** in the creative application of sound energies and this article will serve as a good primer in that regard. In addition to Philip Ledoux's info, I'll be adding some additional explanations from the book, [*Healing Codes for the Biological Apocalypse*](#) referenced below, to further expand your education on this subject.

If you don't already own a frequency generator, you can get a free software download from NCH called the [NCH Tone Generator](#). I'll be uploading another article soon which will explain the different types of frequency generators available and how to use them.

As synchronicity would have it, I was talking with a very helpful woman yesterday who I'll identify as "DRE". She put me onto a healing Shinto chant from Japan that was producing remarkable results for her. Using *specific* vocal sounds, uttered in a *specific* order, is another way to access the creative power inherent in sound. You can find her e-mail to me about the Shinto chant at the bottom of this article.

You should notice that as the Dark Side attempts to draw in their net and consolidate their New Order agenda, the Light Side counters with more and more "new stuff" to help you meet the challenge. This is one of the biggest reasons you should avoid wasting your time with people who peddle Doom & Gloom scenarios or attitudes of defeatism. The Law of

Attraction is *always* at work, as the recent video "[The Secret](#)" makes clear. You attract to yourself, the *same* energy which you put out. Think negative, you get negative. Think positive, you get positive-and bounty.

Solfeggio, when used by musicians, means the ability to sight read music and sing the notes accurately (pitch wise) without the use of a musical instrument. For the purpose of this article, Solfeggio refers more to the notes of the diatonic music scale, known by everyone as "Do, Re, Mi, etc. ..Ken]

By Philip N. Ledoux

<http://educate-yourself.org/pnl/solfeggio01dec06.shtml>

December 1, 2006

Ken,

I have been a musician most of my life, and math has been one of my favorite subjects since primary school days. As a 26 year old man, the Navy taught me that there is more to electricity and electronics than the "on-off" switch. When I read Dr. Len Horowitz & Dr. Joseph Puleo's "*Healing Codes for the Biological Apocalypse*" which introduced the **Solfeggio Frequencies**, I was hooked.

Just recently, I encountered the **extended** Solfeggio Frequencies (I'm not certain whether it was a joint Horowitz & Puleo effort, or individual effort) and the suggested health possibilities are astounding. Gradually, other possibilities developed in my mind (and maybe others have done the same). I try not to plagiarize others, yet I seem to get inspirational ideas beyond the work of others whom I've encounter. Do realize that all the presentations I make here are the work of Horowitz & Puleo and others. All that I am currently attempting to do is to extend the application of the Solfeggio Frequencies.

TPTB give me a difficult time via the internet; thusly these pages will be sent to you as #1 of 6, #2 of 6, etc. I seem to have less failed deliveries this way. The Solfeggio "wheels" of necessity cannot be sent as a text file. They were developed in MS Word. Sometimes Word-documents deliver without a problem, other times they are garbled. Kindly give me some feed-back as to success or failure of delivery. Do realize that the "wheels" are not of my generation, I merely re-invented the wheel in MS Word so that my archival system is consistent.

Part 1 is this cover letter; part 2 is the background as I understand and collected information about; part 3 is the dowsing verification of ideas I had about the Frequencies (in the dowse, the format is: my original text with dowse-answers in braces and hopefully those dowse-answers are in a contrasting color); parts 4 and 5 are the redrawing of the Solfeggio wheel in MS Word; and part 6 is nothing more than the math work of developing the primary harmonics developed. Parts 4 through 6 are as an attachment because it is the only means I have of forwarding the drawings.

I shared preliminary ideas with friends, who in turn suggested that I forward the materials to specific individuals. It has taken a bit of time to put it all together logically. Tim, the dowser does not reflect my opinion about the difficulty of beating TPTB at their game of

control. I personally have had close encounters with the enforcers of TPTB and am still "gun shy." My logical mind says that if we are able to apply the Solfeggio Frequencies as my original dowse lead me to, those individuals could be prime targets and live miserable lives should they take the results into high profile. The reason I try to get wide publication for even preliminary information is the relative safety of many minds and individuals working on similar (if not identical) solutions; TPTB have no clues as to whom picked up on the ideas presented when published, thusly nothing to work with as counter-actions until the end results surface.

Respectfully,
Philip N. Ledoux

In *Healing Codes for the Biological apocalypse* Dr. Leonard G. Horowitz and Dr. Joseph S. Puleo published the **Secret Solfeggio Frequencies**. Basically it is the "Doe, Rae, Mi, Fa, So, La, Ti, Doe" diatonic scale which we all learn in the first few grades of school.

Over time, the pitch of this diatonic scale has *changed* and somehow Horowitz and Puleo *found the original pitch frequencies*.

In the Solfeggio, "Ti" is missing and what we call "Doe" was known as "Ut". Here are the **original** pitch frequencies of these six notes:

1. Ut = **396Hz** which reduces to 9 [reducing numbers: $3+9 = 12 = 1 + 2 = 3$; $3+ 6 = 9$]
2. Re = **417Hz** which reduces to 3
3. Mi = **528Hz** which reduces to 6
4. Fa = **639Hz** which reduces to 9
5. Sol = **741Hz** which reduces to 3
6. La = **852Hz** which reduces to 6

They also state that Mi is for "Miracles" or **528Hz** - is the exact frequency used by genetic engineers throughout the world [to repair DNA](#).

Another interesting tidbit that the authors included as a musical scale with words, from the work of John Keely; where Keely related the hues (not pigment colors) of light related to musical notes. On the "G-Clef" with "C" being the first line below the staff and continuing up the scale and up the staff:

C = Red = Tonic
D = Orange = Super Tonic
E = Yellow = Mediant
F = Green = Sub Dominant
G = Blue = Dominant
A = Indigo = Super Dominant, Sub Mediant
B = Violet = Leading Tone, Sub Tonic
C = Red = Octave

Also included with this chart was another from the Dinshah Health Society:

Red = 397.3Hz Closest Note: G = 392Hz
 Orange = 430.8 Closest Note: A = 440
 Yellow = 464.4 Closest Note: A# = 466
 Lemon = 497.9 Closest Note: B = 494
 Green = 431.5 Closest Note: C = 523
 Turquoise = 565.0 Closest Note: C# = 554
 Blue = 598.6 Closest Note: D = 587
 Indigo = 632.1 Closest Note: D# = 622
 Violet = 665.7 Closest Note: E = 659
 Purple = 565.0 (reverse polarity) Closest Note: A# and E = 562 (both reverse polarity)
 Magenta = 531.5 (reverse polarity) Closest Note: G and E = 525 (both reverse polarity)
 Scarlet = 497.9 (reverse polarity) Closest Note: G# and D = 501 (both reverse polarity)

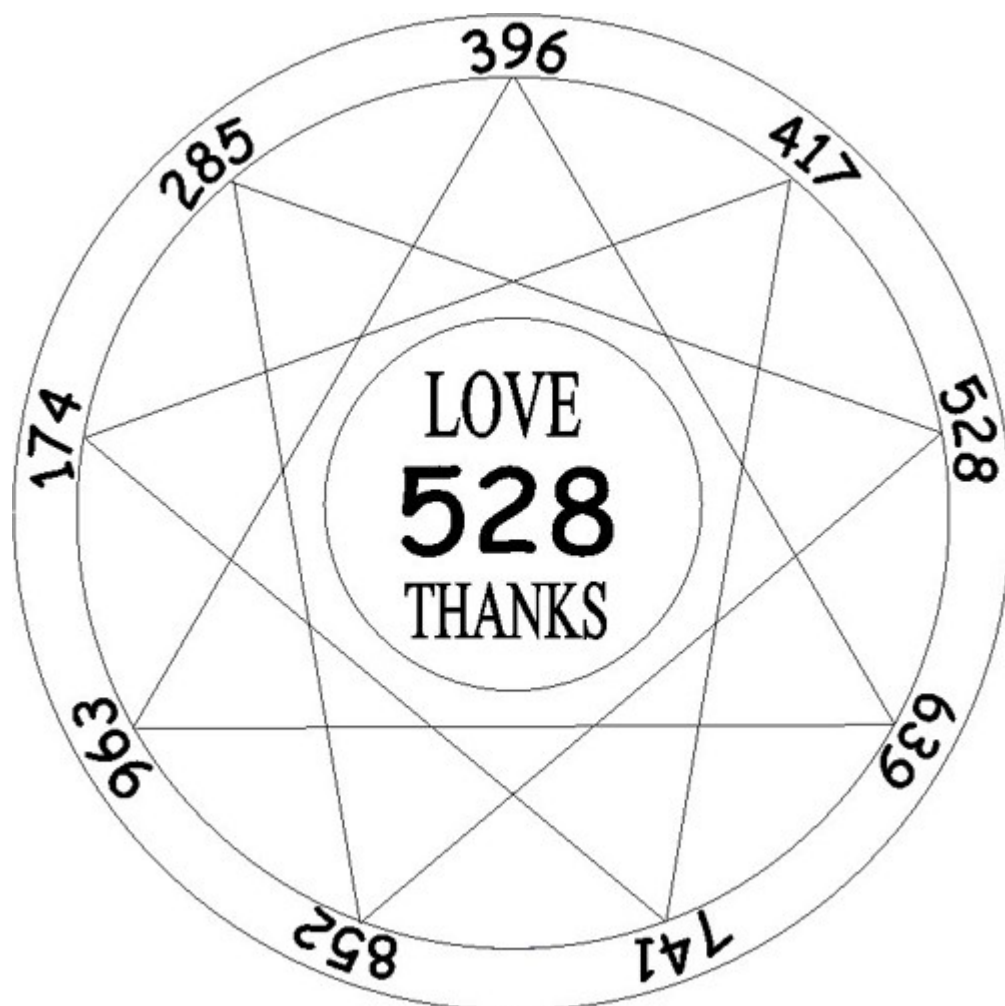
From www.lightwithin.com this additional information is gleaned:

The Six Solfeggio Frequencies include:

UT - 396 Hz - Liberating Guilt and Fear
 RE - 417 Hz - Undoing Situations and Facilitating Change
 MI - 528 Hz - Transformation and Miracles (DNA Repair)
 FA - 639 Hz - Connecting/Relationships
 SOL - 741 Hz - Awakening Intuition
 LA - 852 Hz - Returning to Spiritual Order

[Larger print out of this graph](#)

The **basic Solfeggio frequencies totaled six (6)**. Horowitz continued his search through the years and **extended it to 9 frequencies**. 'Most everyone is familiar with the Star of David which uses two triangles (inverted to each other)



inscribed within a circle. If one uses the same approach for **three triangles** overlapping (no inversions) and space them approximately 40 degrees apart around a circle, some amazing relationships appear. Orient the circle with one triangle apex at North or zero degrees. Label that 396. At the next clockwise point label 417, the next 528, the next 639, the next 741 and the last 852. You now have the basic six Solfeggio frequencies.

The numbers we have so far added to our circle of numbers have a **pattern** to them: Any number connected by a line, for example 396 and 639, if you take the smaller number and move the last digit to the first position, you have created the line-linked number. [move the 6 of 396 to the front and you have 639] Likewise 417 by moving the 7 creates 741, both numbers are line linked. And 528 by moving the 8 creates 852 both numbers line linked.

As created so far, we have 3 missing numbers, but they can easily be created by applying this moving of digits positions. Take the triangle that has 396 and 639. If we take the 9 and move it to the first position we have 963, which is one of the extended Solfeggio frequencies! Thusly we can now continue the circle one more position by adding 963. Applying this same logic to the 417 and 741 triangle to fill in the missing number we move the 1 to the first position to develop 174 which is another extended Solfeggio number. Continuing clockwise add 174 to the number sequence. And the 528 and 852 triangle if we move the 2 to the first position we have 285, the final missing extended Solfeggio number. So elegantly simple.

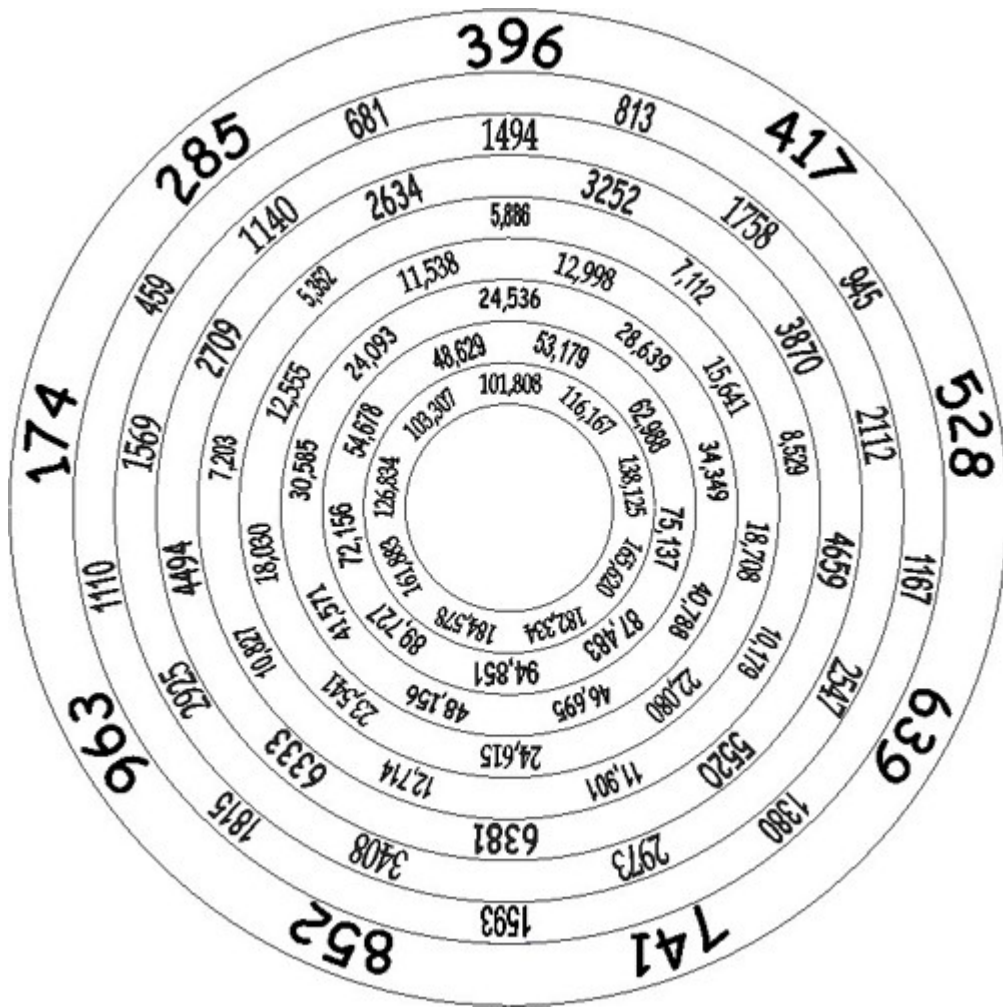
Take a piece of paper and lightly grid it off for a large "tic-tac-toe" game. Across the top place the smallest number in the upper left corner; continue horizontally with the line-linked (triangle) numbers 417, 741. In the middle line, left position place the second in clockwise numbering (285), continue horizontally with its line-linked numbers 528, 852. The last horizontal line starts 396 and continues 639, 963. Now for some surprises. Compute the difference between all the vertical row numbers; they are all 111. Compute the differences between the horizontal row numbers; left row and center row all = 243 and center row to right row differences are all 324. And here we go again with the move the last digit to the first position move the 3 of 243 to the front and we have 324.

174 <- dif: 243 -> 417 <- dif: 324 -> 741
 dif: 111 dif: 111 dif: 111
 285 <- dif: 243 -> 528 <- dif: 324 -> 852
 dif: 111 dif: 111 dif: 111
 396 <- dif: 111 -> 639 <- dif: 324 -> 963

The end result of all this or summation is *the simple fact that you need to remember only two numbers: 174 and 111*, and remember the principle of **3 overlapping triangles** so that their points are about 40 degrees apart creating nine points around a circle and moving the last digit to the first position.

Harmonic Sums

Once the diagram is set, and 174 is placed in any starting position, move the last digit to the first position creating 417 which is the next number (clockwise) in the triangle, then move 7 to the first position creating 741 which is the last number in the triangle. This connects 174, 417 and 741.



The next step is to *add* 111 to 174 which gives 285; this becomes the next clockwise number from 174. Now move the last digit to the first position creating 528 of this triangle and so on to complete the total **9 frequencies** and their relative positions. Logical, sequential and amazingly simple!

One does not need to be a number genius, nor a math PhD to recognize that there must be something special to this numbering sequence of the extended Solfeggio numbers. Horowitz places 528 in the center of the circle with the words "LOVE" and "THANKS." I am not thoroughly conversant with the application of these numbers. Horowitz and Puleo state that these numbers are the key to creation and destruction. On other sites, it is implied that one should apply the real frequencies to the corresponding points on the circle we constructed, I assume a metallic plate. With the equipment that most people have available, only one frequency at a time can be generated. Thusly, 9 different frequencies at their appropriate points for equal amounts of time. I personally wonder what would happen if one would apply 9 frequency generators to their respective points all operating simultaneously.

Philip N. Ledoux

[Larger print out of this graph](#)

[From Ken Adachi: The following note was sent by Philip Ledoux to Tim H. who cross checks Phil's dowsing answers. The bracketed answers (or comments) shown in **blue** are those of Tim H.]

Tim,

I hope you have the time to put into a big request from me. I am sending you a basic introduction for anyone who hasn't read Horowitz and Puleo and their Solfeggio research. As it continues, some amazing relationships become visible (at least to me). I'm doing a bit of guess work, because I have not kept up to date on their research and latest books; I'm only up to their 1999 publications. In a site I landed onto about their work, it implies that these Solfeggio frequencies heal, energize water, etc. etc. Horowitz is operating a healing spa in Hawaii apparently which uses the frequencies on the water he uses.

When I recognized the inter-relationships of numbers (which the intro points out), my brain engaged. Because I was guessing, I did some dowsing and my guessing was confirmed; and per usual, on and on the dowsing went. Actually, only about 10 minutes, but I stopped because I realized what the incoming answers were leading to! So, please can you dowse in your own manner, working around some of my outline and questions.

Apparently you take a metallic disk and apply the written numbers frequency to that point (The wheel is supposed to arrive as an attachment to a message). That would be simple enough if one had the generators and the frequency checkers – I would assume that it has to be accurate as “close enough” is not going to cut it for this work. And apparently nobody has tried to use 9 frequency generators *simultaneously*.

I would imagine that there are some simple chips and by using precision parts along with adjustable variables (that lock) could be fabricated for the job and not be overpriced (minus the labor cost). What I got for an answer was that very little power was needed via 9 generators simultaneously (AG?) [Anti Gravity]

Is this the key mechanism to make AG work? **[yes]**.

Can disks be impressed with only one or a few frequencies to generate “good fortune,” happiness, counter depression, add energy, etc.? In other words can a disk be designed via the frequencies for a specific desired end result? **[yes]**

And what might the combinations be? **[A very precise word to help identify the intended purpose of the frequency for the maker/user.]**

Would a specific end result disk require the center to be a different freq. than the wheel? **[yes]**

Can this “disk” be incorporated into an orgonite creation? **[yes]**

Does it have to be preprogrammed, or be programmed while curing? [**programmed while curing is the only method that will work properly**]

Are we onto something that can bypass the gas pump? [**yes**]

Can such a disk be “programmed” **to increase mileage** 10x, 100x??? [**yes**]

Is it placed on the carburetor or fuel injection pump, or where? [**it should be in the fuel line near the point of usage, needs to contact the fuel to enhance the fuel and the mechanical aspects of the engine, in a synergistic manner**]

What method of attachment is used? [a very small programmed disk could be inlaid into the fuel line,] Can these special purpose disks be used like magnet therapy? [**yes**]

I visualized a 6 foot to 10 foot disk with 9 generators using a central wet battery and a seat; was I day-dreaming or is it plausible with sweat and frustration? [**I check that this is usable for the purpose you have in mind**]

Or is all this merely an “overly active imagination” which many think I am working with.? [**I check this is not wasteful thinking**]

I don't want to distribute info prematurely, but neither do I want to give TPTB very much time to organize. [**Distribute as soon as you feel confident about it.**]

In the book I have and the sites I've visited they emphasize that the (basic and extended?) Solfeggio frequencies have been used down through history to create and destroy, and the Almighty used them for creation. Can the correct combination of frequencies be used like Keely did with his disintegrator? [**yes, there is protection now in the heart of mankind to prevent the destructive use of this tech. by a few bad men, and so it safe to make public**]

[**Very good work, Philip. Keep it up!..Tim**]

Date: Sat, 02 Dec 2006

From: DRE

To: Editor

Subject: That Magical Healing SingingChant

Greetings Ken,

Here are the words to the ancient magical-like HEALING chant-song-prayer my friend shared with me several days ago. Given to her by Shinto priest **Hideo Izumoto** in a recent gathering. It is powerful! You SING the words slowly, deliberately. First time I sang it, I felt a very labored strained feeling in my chest, like a very heavy weight, a pulling, like lifting a thousand pounds. It was soooo HARD to just get through it. In two



days that labored, almost painful feeling was gone. Checking with my friend, I found she had the same experience, except she also felt pains in her back, knee and other places. We did a 3-way conference and called priest Hideo about it. He congratulated us and confirmed what we figured out: that the pain was a sign that the singing was healing us, clearing away imbalances within.

On the 3rd day, while I was in a park doing my daily SunGazing at sunrise, a tiny (humming?) bird chimed in with me. Perching itself on a nearby branch close to me, singing out its leetle heart. By my 4th day of singing the chant (I do it throughout the day; it is so pleasurable), I noticed to my amazement *I no longer needed to wear my glasses when driving*. Plus my nearsighted vision has become perfect. The same thing occurred with my friend! She no longer needs to wear her glasses. Before we even knew about this chant, we both had prayed daily for "Clarity," amongst other things.

Since I started chant-singing 6 days ago, I now wake up feeling completely rested and alert. The chant-singing apparently diminishes / removes anxiety. I am confident that as I continue, my imbalances on all levels will be smoothed away. The words seem to HELP EVERYTHING. You can direct the energy to any part of your body, or any situation. I read on one of the sites that the words were brought to humanity as a gift, brought by angels.

Call her up and she can play it for you while you record it on your machine, etc. He has I think at least two dvds. You may call him too; his cell number is published:

Here are the words (The dashes --- indicate take a breath. The last syllable, ³Kay² is drawn way out):

Hi Fumi --- Yo I Mu Na Ya --- Kotomo Chi Lo Lane
Shi Ki Lu --- Yu I Tsu Wanu --- So O Ta Ha Kumeka
U O E --- Nisali Hete --- Nomasu A Se E Holeke

Pronunciation (spelled the way it sounds in Japanese):

Hee FuMee -- Yo Eee MuUu Na Ya -- KoToMo Chee Lo LahNay
Shee Kee Lu -- Yu Eee TsuU WaNu -- So O Ta Ha KuMayka
U O Ay --NeeSahLeEee HayTay --NoMaSu Ah Say Ay Holay-KAYYY..

Meaning of the Chant PrayerSong

(Hi Fumi --- Yo I Mu Na Ya --- Kotomo Chi Lo Lane):

We are gods and creators. We create everything in the Universe for us and it belongs only to us and forever.

(Shi Ki Lu --- Yu I Tsu Wanu --- So O Ta Ha Kumeka):

We practice Freedom, Truth, Love, Beauty and Happiness, Advancement and actually becoming God Beings.

(U O E --- Nisali Hete --- Nomasu A Se E Holeke):

We live together forever, for our happiness and advancement. Thank you God, for every

one, every thing, and for me.

Here are some related links

<http://www.quantumretreat.com/hideo/pages/Hideo%27s%20Prayer.aspx>

<http://www.coloradoacupuncture.com/shinto.html>

.. and a free downloadable booklet (interviews Hideo)

<http://www.drjakefratkin.com/pdf/hfm.pdf>

and Hideo's book, "The 47 words of GOD" chant

<http://www.amazon.com/47-words-GOD-chant/dp/B00000IBKD>

Hideo's Prayer

<http://educate-yourself.org/cn/hideoizumotoprayer03dec06.shtml>

Off the subject, here is that other site I mentioned When I was looking up info on Hideo, I came across the following site, which groups on one page, the unusual dramatic things silently occuring with all the planets in our solar system. The implication being that something MASSIVE is happening; things are moving to some climax. Just WHAT? And izzit related to all the talk about the Mayan-year 2013?:

http://www.divinecosmos.com/index.php?option=com_content&task=view&id=13&Itemid=27

Sincerely,

DRE

Date: Mon, **11 Dec 2006**

From: Philip N. Ledoux <oldmanfromnh@yahoo.com>

To: Editor

Subject: The Japanese Healing Chant addition

Hideo Izumoto desires to change the world (for the betterment of mankind); somehow he discovered the secret. One starts with changing an individual who in turn changes a family which in turn changes a community; and thusly seeds planted throughout the world eventually changes the world. So simple, yet so profound. In bringing about this change Hideo utilizes an ancient Shinto chant which in Western Culture brings about miraculous cures. This is all part of a necessary change in an individual. If we are sick, ill or diseased, how can we make changes in ourselves say nothing about changing our families?

Here is the chant as published at many internet sites:

"The 47 Words of God" Chant -

HI FUMI... YO I MU NA YA... KOTOMO CHI LO LANE

"We are Gods and Creators. We create everything in the Universe for us and it belongs only

to us and forever."

SHI KI LU... YU I TSU WANU... SO O TA HA KUMEKA

"We practice Freedom, Truth, Love, Beauty, Happiness, Advancement and actually becoming God Beings."

U O E... NISALI HETE... NOMASU A SE E HOLEKE

"We live together forever for our happiness and advancement. Thank you, God, for everyone, everything and for me."

If one has translated languages, that person is well aware of linguistic problems that are as old as mankind itself. How do you write another language to sound correctly in your own language? We pride ourselves in our English language, and rightfully so; but we should also consider how our language developed and its uniqueness. Among linguistics there is the old joke: German has a thousand rules with only a dozen exceptions, but English has only a dozen rules with a thousand exceptions. Yes, we indeed have a unique language, and even our phonetic pronunciation is unique. All the romance languages (basically European, or nearby to Europe) pronounce the vowels A, E, I, O and U the same yet is different than for us English speaking people; thusly there has developed (via this majority) an international phonetic alphabet or sound-bites used to convert non-romance based languages into near equivalent sounds. The problem is that it is used universally, yet English speaking people rarely are aware of this difference. I will attempt to "translate" the translated sounds in the "47 Words of God" chant so that the average American-English speaking person can recreate the Japanese words more correctly.

HI FUMI... YO I MU NA YA... KOTOMO CHI LO LANE

Hee Foo-Me. . Yoh E Mu Nah Yah . . . Ko-Toe-Moh Chee Low LahNay

SHI KI LU... YU I TSU WANU... SO O TA HA KUMEKA

She Key Lou . . . You E t'Sue Wah-Noo . . . Soh Oh Tah Hah Koo-May-Kah

U O E... NISALI HETE... NOMASU A SE E HOLEKE

You Oh Ah . . . Knee-Sah-Lee Hay-Tay . . . No-Mah-Sue Ah Say Ah Ho-Lay-Kay

I think the reader can quickly recognize why I take the time to re-translate the translation-sounds. Obviously we English speaking people do pronounce very uniquely the written language as compared to the remainder of our romance-language brethren.

If we somehow were to be "dropped" into Japan and entered a school or a monastery which started its day with the ancient Shinto "47 Words Of God" chant, even though we had no clues as to its meaning, we would receive healings. This is because of the tones, overtones and harmonics of the chant AND the word sounds combining. Apparently this is why all the sites which publish this special healing chant, include the international phonetic translation. The only missing ingredient are the musical clues or "sheet music" to correctly "sound" the Japanese words. Is there any reader who knows the chant, who will send me the musical notes or scale tones that go with this chant? When I receive that, I'll try to write up something for the average person to "hen-peck" on some kind of keyboard or instrument to correctly intonate this healing chant correctly. (I have some musical training so don't worry

about style, correctness, etc.) And if I've made phonetic errors in my translation of the translation, kindly let me know.

Philip N. Ledoux
oldmanfromnh @ yahoo . com

Comments

----- Original Message -----

From: Services4Health@aol.com

To: Philip Ledoux

Cc: Ken Adachi

Sent: Monday, December 04, 2006

Subject: Solfeggio Frequencies

Hey Phil and Ken,

I'm reading and thoroughly enjoying the post on Solfeggio Frequencies.

You guys might want to check out my Len Horowitz thread on The Women Warriors.

I have uploaded the **Holy Harmony CD** as an mp3 file which has all those frequencies in the music, while the monks are chanting out the Creator's name.

Len also has his 3e symbol, along with that which he describes as **The Perfect Circle of Sound**.

<http://thewomenwarriors.net/phpbb2/viewtopic.php?t=453>

I have his newest book there in PDF format in the thread for download too. Scroll on further down, and you'll see the 3e symbol and MP3 download of Holy Harmony. After playing that Holy Harmony several times, I can still hear it in my head even when it's not physically playing.

I had a special HHG made for Len, by one of the orgone vendors, using his technology.

I had a 3-sided tetrahedron pyramid made with orgone charged water on the CB, Holy Harmony playing while it was curing, and then the 3e symbol put on the sides.

I'll be making all of my orgone this way now, except when charging on the CB, I'll have a 3e symbol on the container as well as being charged with orgone.

Also, check out the pics on my post where Len Horowitz had Dr. Emoto take pictures of the 3e and Holy Harmony charged water, you'll see how powerful it really is. Now take that charged water and put in orgone. WOW!!

Before I gave Len his HHG, I still had it in the car, when my husband and I got pulled over by a cop. A headlight had shorted out. By all indications, my husband could have gotten in

serious trouble because he still had an out-of-state license. The cop assumed we were new to the area, when in fact we had been here over three years now. We had current plates and by running them, the cop would have known that we have been here longer. But.... he didn't catch that at all. Totally overlooked it. The power of the orgone blinded him. My husband also didn't have a current copy of insurance to show him either.

The cop just gave him a warning which didn't have a fine on it, but to take it in with proof of insurance and no money was ever spent on fines. We did have current insurance, but my husband didn't put it in the car yet.

The POWERFUL orgone coming Len's special HHG was putting out purple auras. That cop was really extra nice to us. We both were shocked. He was very talkative and friendly, which is rare these days. My husband could have gone to jail, honestly.

This is just one of my experiences with powerful orgone.

Anyhow, check out the post on The Women Warriors, okay? Download the Holy Harmony and enjoy!

~Donna C.

Date: Mon, 04 Dec 2006
From: lukasz@1x9.ca Canada
To: Editor

I saw the "The Use of Tonal Frequencies to Enhance, Heal, & Rejuvenate" article.. and right away thought of brainwaves (which goes even a step further than tonal frequencies)... take a look at <http://bwgen.com> as well as <http://centerpointe.com/>

Through brainwave entertainment of theta and delta waves, you can go into a deeper meditative state than an experienced meditator.. Threshold of the Mind (<http://www.amazon.com/Thresholds-Mind-Bill-Harris/dp/0972178007>) written by the creator of the Holosync (Centerpointe) Program is a really good look into various studies of brainwave entertainment as well as meditation in general. (sorry for the very "point form" like email.. just @ work and trying to say as much as possible in as little time as possible.. if you have any questions.. email me..)

Lukasz.

<http://educate-yourself.org/pnl/solfeggio01dec06.shtml>

Ener gy/W ater B alanci ng S ymbol Expe rimen t

Here is an interesting experiment.



Experimental Symbol 1



Experimental Symbol 2



Experimental Symbol 3

The above symbols are made with specific ancient geometry principals and contains resonating mathematical sequencing number patterns and word intentions.

- Symbol 1 contains a powerful higher harmonic frequency, Tibetan Buddhist colors, and one of the most powerful symbols we have ever tested, the 12-Pointed Tesseract (see the book "Shape Power" by Dan A. Davidson), and the standard 9 Solfeggio Frequencies.
- Symbol 2 also contains a powerful higher harmonic frequency, Tibetan Buddhist colors, the symbol for Nuclear Evolution, and the 12-Pointed Tesseract along with the complete set of 12 Solfeggio Harmonic Frequencies.
- Symbol 3 is a simplified version of the pattern. You can try either or both symbols and compare results.

If you print the patterns out and place them under or on your drinking water container they may, have a beneficial effect on the water. When you drink the water it might be different (and better) than ordinary water without this energetic patterning treatment. This could be amplified by thanking the water and loving the water directly from your heart/mind/being during a silent moment.

We printed several copies of Symbol 2 with our color laser printer, laminated them, then cut them out like circular coasters and place them under water bottles and glasses. We also carry them in our pocket to use under cups, glasses, and food plates in restaurants. As an added boost, we sprinkled magnetite (black sand) on the back side of some of the symbol coasters, and then laminated; on others, we placed a miniature flat disc magnet on each of the 12 points on the front side of Symbol 2 and then laminated all together.

Dr. Emoto in Japan has done extensive research with this type of symbolism which produces results that cannot be denied. When you drink the charged water, the benefits may be noticeable. It could be good for pet water, plant water, swimming pools, and so forth. Use your intuition and imagination. Now who wouldn't drink to that!

For your convenience, we have placed four of the primary symbol on a single sheet of paper in Adobe .pdf format so you can easily print a full sheet of symbols at one time in high quality on any color printer. Download the .pdf file [HERE](#). (Right-click and choose "Save Target As...")

The Use of Tonal Frequencies to Enhance, Heal, & Rejuvenate by Philip Ledoux

In Healing Codes for the Biological apocalypse Dr. Leonard G. Horowitz and Dr. Joseph S. Puleo published the Secret Solfeggio Frequencies. Basically it is the "Doe, Rae, Mi, Fa, So, La, Ti, Doe" diatonic scale which we all learn in the first few grades of school.

Over time, the pitch of this diatonic scale has changed and somehow Horowitz and Puleo found the original pitch frequencies.

In the Solfeggio, "Ti" is missing and what we call "Doe" was known as "Ut". Here are the original pitch frequencies of these six notes:

1. Ut = 396Hz which reduces to 9 [reducing numbers: $3+9 = 12 = 1 + 2 = 3$; $3+ 6 = 9$]
2. Re = 417Hz which reduces to 3
3. Mi = 528Hz which reduces to 6
4. Fa = 639Hz which reduces to 9
5. Sol = 741Hz which reduces to 3
6. La = 852Hz which reduces to 6

They also state that Mi is for "Miracles" or 528Hz - is the exact frequency used by genetic engineers throughout the world to repair DNA.

Another interesting tidbit that the authors included as a musical scale with words, from the work of John Keely; where Keely related the hues (not pigment colors) of light related to musical notes. On the "G-Clef" with "C" being the first line below the staff and continuing up the scale and up the staff:

- C = Red = Tonic
- D = Orange = Super Tonic
- E = Yellow = Mediant
- F = Green = Sub Dominant
- G = Blue = Dominant
- A = Indigo = Super Dominant, Sub Mediant
- B = Violet = Leading Tone, Sub Tonic
- C = Red = Octave

Also included with this chart was another from the Dinshah Health Society:

- Red = 397.3Hz Closest Note: G = 392Hz
- Orange = 430.8 Closest Note: A = 440
- Yellow = 464.4 Closest Note: A# = 466
- Lemon = 497.9 Closest Note: B = 494
- Green = 431.5 Closest Note: C = 523
- Turquoise = 565.0 Closest Note: C# = 554
- Blue = 598.6 Closest Note: D = 587
- Indigo = 632.1 Closest Note: D# = 622
- Violet = 665.7 Closest Note: E = 659
- Purple = 565.0 (reverse polarity) Closest Note: A# and E = 562 (both reverse polarity)
- Magenta = 531.5 (reverse polarity) Closest Note: G and E = 525 (both reverse polarity)
- Scarlet = 497.9 (reverse polarity) Closest Note: G# and D = 501 (both reverse polarity)

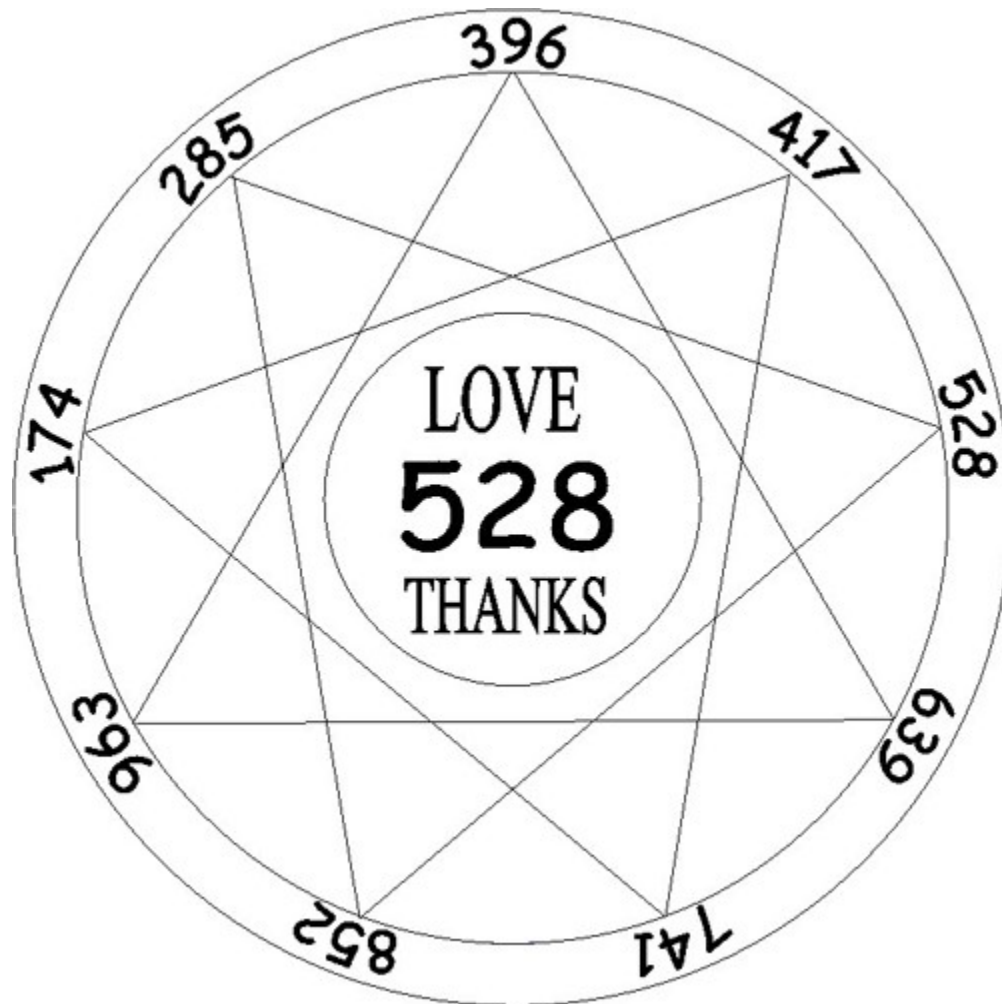
From www.lightwithin.com this additional information is gleaned:

The Six Solfeggio Frequencies include:

- UT - 396 Hz - Liberating Guilt and Fear

- RE - 417 Hz - Undoing Situations and Facilitating Change
- MI - 528 Hz - Transformation and Miracles (DNA Repair)
- FA - 639 Hz - Connecting/Relationships
- SOL - 741 Hz - Awakening Intuition
- LA - 852 Hz - Returning to Spiritual Order Larger print out of this graph

The basic Solfeggio frequencies totaled six (6). Horowitz continued his search through the years and extended it to 9 frequencies. 'Most everyone is familiar with the Star of David which uses two triangles (inverted to each other) inscribed within a circle. If one uses the same approach for three triangles overlapping (no inversions) and space them approximately 40 degrees apart around a circle, some amazing relationships appear. Orient the circle with one triangle apex at North or zero degrees. Label that 396. At the next clockwise point label 417, the next 528, the next 639, the next 741 and the last 852. You now have the basic six Solfeggio frequencies.



The numbers we have so far added to our circle of numbers have a pattern to them: Any number connected by a line, for example 396 and 639, if you take the smaller number and move the last digit to the first position, you have created the line-linked number. [move the 6 of 396 to the front and you have 639] Likewise 417 by moving the 7 creates 741, both numbers are line linked. And 528 by moving the 8 creates 852 both numbers line linked.

As created so far, we have 3 missing numbers, but they can easily be created by applying this moving of digits positions. Take the triangle that has 396 and 639. If we take the 9 and move it to the first position we have 963, which is one of the extended Solfeggio frequencies! Thusly we can now

Take a piece of paper and lightly grid it off for a large "tic-tac-toe" game. Across the top place the smallest number in the upper left corner; continue horizontally with the line-linked (triangle) numbers 417, 741. In the middle line, left position place the second in clockwise numbering (285), continue horizontally with its line-linked numbers 528, 852. The last horizontal line starts 396 and continues 639, 963. Now for some surprises. Compute the difference between all the vertical row numbers; they are all 111. Compute the differences between the horizontal row numbers; left row and center row all = 243 and center row to right row differences are all 324. And here we go again with the move the last digit to the first position move the 3 of 243 to the front and we have 324.

The end result of all this or summation is the simple fact that you need to remember only two numbers: 174 and 111, and remember the principle of 3 overlapping triangles so that their points are about 40 degrees apart creating nine points around a circle and moving the last digit to the first position.

A circular diagram with concentric rings of numbers. The outermost ring contains 12 large numbers: 396, 417, 528, 639, 741, 852, 963, 174, 285, 396, 417, 528. The inner rings contain smaller numbers, some of which are repeated or related to the outer numbers. The diagram is a complex geometric representation of numbers.

Once the diagram is set, and 174 is placed in any starting position, move the last digit to the first position creating 417 which is the next number (clockwise) in the triangle, then move 7 to the first position creating 741 which is the last number in the triangle. This connects 174, 417 and 741. The next step is to add 111 to 174 which gives 285; this becomes the next clockwise number from 174. Now move the last digit to the first position creating 528 of this triangle and so on to complete the total 9 frequencies and their relative positions. Logical, sequential and amazingly simple!

One does not need to be a number genius, nor a math PhD to recognize that there must be something special to this numbering sequence of the extended Solfeggio numbers. Horowitz places 528 in the center of the circle with the words "LOVE" and "THANKS." I am not thoroughly conversant with the application of these numbers. Horowitz and Puleo state that these numbers are the key to creation and destruction. On other sites, it is implied that one should apply the real frequencies to the corresponding points on the circle we constructed, I assume a metallic plate. With the equipment that most people have available, only one frequency at a time can be generated. Thusly, 9 different frequencies at their appropriate points for equal amounts of time. I personally wonder what would happen if one would apply 9 frequency generators to their respective points all operating simultaneously.

<http://www.quantumbalancing.com/waterbalance.htm>

Evolving consciousness with the frequency of love in 528

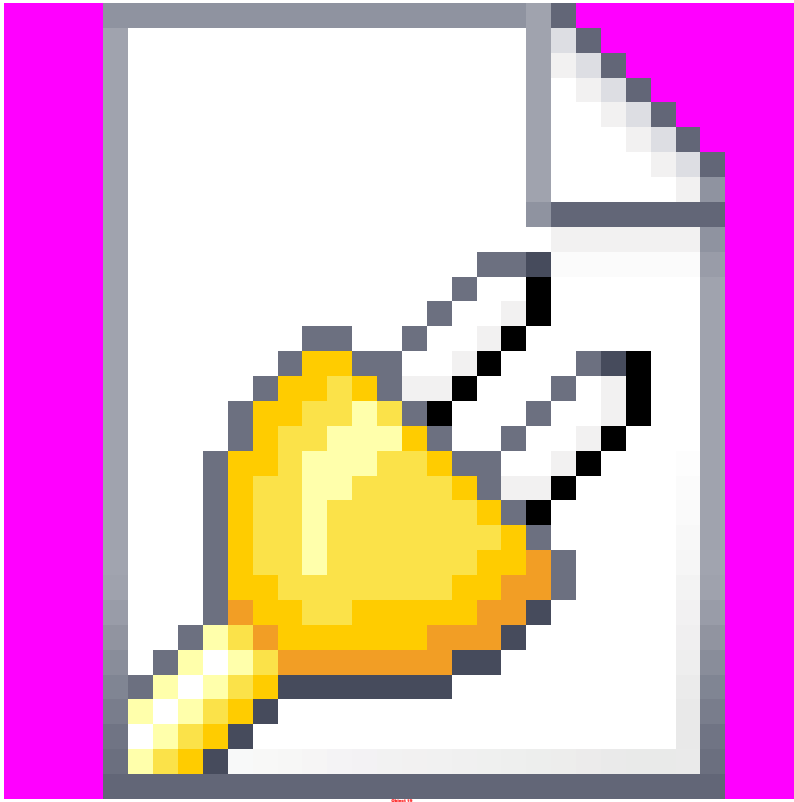
Music is the “universal language.” LOVE is the “universal healer,” and Water is the “universal solvent.” Put them all together and you have the best kept secret in history--a truth so freeing to human conscientiousness that it will hasten the Spiritual Renaissance.

Here you will learn what everyone seeks yet few find. Master musicians and vocalists experience it--a Oneness with the Source of creation and creative inspiration--when they perform optimally. But they haven't yet figured out how to get “the world to sing in perfect harmony.”

Here you will learn how and why this must all be done using your “inner ear” or the “heart of music;” the LOVE and joy connection that you can evolve yourself to master, as with any art or science in which one fully engages.

528 is the supreme musical gift of enlightened intelligence and divine sustenance from your creative Source. Here you will learn more than how and why you need

to retune your instruments to 528Hz.



528 is a simple number that is central to the “musical mathematical matrix of creation.” This LOVE vibration harmonically resonates in your heart inaudibly connecting your spiritual essence to the spiraling reality of heaven and earth. Even the parallel universes connect to the center of your heart by this LOVE channel broadcasting matter and energy according to the laws of physics. In fact, 528 is fundamental to these laws. This frequency, more than any other, epitomizes the unified field of musical metaphysics in the matrix of the spiraling fractal universe.

Indeed,

528Hz is at the heart of everything. It is the difference between making love not war. It is the energy driving universal prosperity; the bioenergy of health and longevity. It is the harmonic vibration of self-esteem or self-love that lifts your heart and Divine voice in harmony with heaven. There is nothing missing or broken in this loving perfection. When you are in it, you are in tune with your creative spirit, and everything just flows in perfect rhythm and rhyme.

listen here love frequencie:



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This LOVE528.com website is published to benefit music makers and planetary well-wishes based on works by Dr. Leonard G. Horowitz, Don Nicoloff, Jonathan Goldman, and many others. Dr. Horowitz is an internationally renowned health science investigator, author, and speaker. Don Nicoloff is the Executive Producer of Tetrahedron Records, a radio talk show host and author, as well as a technical genius who began experimenting with the “LOVE tone”—528Hz frequency—long before Dr. Horowitz made famous his exquisite 528Hz determinations.

To introduce this subject of music played in “the frequency of LOVE” (some say “key” of LIFE), what Dr. Horowitz believes is the “key to the house of David” heralded in the Bible, [CLICK HERE](#). This link takes you to an article authored by Dr. Horowitz that regards opening the portals to spiritual transformation while transitioning into the Age of Peace.

Study Dr. Horowitz’s book, LOVE the Real Da Vinci CODE, and do the exercises provided therein. Watch the LOVE CODE DVD for more insight, facts, and recent revelations in science paralleling ancient prophesy, including recent Bible decodings. Consider Dr. Horowitz’s decryption of Leonardo Da Vinci’s most famous drawing, the “Vitruvian [Wo]Man,” and you will better understand why 528 is love.

<http://web.mac.com/len15/LOVE528/HOME.html>

528 Discoveries & theories

Could 528Hz frequency of sound be the: 1) Central creative vibration of the universe; 2) Most potent healing sound; 3) Creator’s main broadcasting channel transmitting LOVE and JOY to everyone and everything eternally; 4) the MIRacle note of the original musical scale; 5) DNA repair mechanism science has long sought; 6) Green-yellow color of your heart “chakra;” and much more . . . ?

Could 528Hz frequency of sound be the: 1) Central creative vibration of the universe; 2) Most potent healing sound; 3) Creator’s main broadcasting channel transmitting LOVE and JOY to everyone and everything eternally; 4) the MIRacle note of the original musical scale; 5) DNA repair mechanism science has long sought; 6) Green-yellow color of your heart “chakra;” and much more . . . ?

Is 528HZ THE ESSENCE OF love ?

Rediscovering the Art & Science of Sound Healing

Feb 18, 2009

This article by veteran sound healing investigator, John Stuart Reid, illustrates how sound is fast regaining its place as the pre-eminent healing modality. Having been first used by the ancients, sound therapy has undergone a period of re-discovery and is now poised to reveal the intricacies of...

[Read more...](#) |

Dr. Horowitz's letter to Jonathan Goldman

Nov 1, 2008

Dear Jonathan,

You asked me about the validity of 528 as the frequency of DNA Repair and other attributes; and if there is any scientific data regarding this research.

Dr. Emoto and I learned about 528Hz frequency from Dr. Lee Lorenzen, who was a serious investigator and first commercial clustered...

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528

Although many scientists, health professionals, and energy researchers were using 528Hz frequency in their works prior to 1998 when *Healing Codes for the Biological Apocalypse* was published by authors Joseph Puleo and Leonard Horowitz, that book triggered a 528 revolution now impacting musical intelligence, and probably the future of civilization. The main thesis of this work in 528Hz frequency resonance, or what Dr. Horowitz prefers to call "hydrosonics," is that LOVE—the "universal healer"—is central to the resonance of the "universal solvent" water. Furthermore, when combined with the "universal language"—music—humanity holds the capacity to evolve everything beyond unloving and degenerative reality into the vision of perfection that the prophets and saints projected for self-actualization and planetary transformation.

This blog presents articles and communications from world leading 528 truth-seekers in service to the manifestation of this grand vision. . . .

Your submissions are welcome, and are best advanced by making use of the Healing Sounds blog established by toning and natural healing expert Jonathan Goldman. You may wish to read Jonathan's article on "The Sound of Light" and then peruse what others have written on this fascinating subject prior to making your own contributions and sending communications:

<http://healingsoundsblog.com/2008/10/06/the-sound-of-light/#comments>

Author: Timothy

I can see exactly why the [controlling cryptocracy] was afraid of these sounds, just like they were afraid of women.

These sounds have so much power and are so empowering. I've never recorded such wave cycles.

The wave forms that are made when you combine a few sounds are more magical than Mr. Emoto's crystal that formed in the water.

These are the most incredible looking wave patterns that I've ever seen in all my years of recording digitally.

Thank you for turning me on, tuning me in, and I'm not going to drop out on this one!

Timothy

Reply:

You bet. This is what my colleagues and I have been saying. These frequencies are The CORE CREATIVE FREQUENCIES of reality. If you want to recreate yourself and remedy what ails this planet, you MUST use these frequencies and no other.

Make sure you read online: HYDROSONICS: The Journal of Hydrosonic Creationism.

Look at the 36-pointed unprecedented CymaGlyph researched and filmed by hydrosonics authority and CymaScope pioneer John Reid.

As an inspired veteran musician, you encourage me by your grasp of the magnitude of this Divine revelation that comes in the nick of time for humanities physical salvation and spiritual evolution.

Much 528 in the Spirit of health,

Leonard G. Horowitz

Executive Producer,

LIVE H2O—Concert for the Living Water!

Author: Tish

This number 528 gets some special attention with regard to the Solfeggio and the tonal creation of a golden-mean spiral as well. To wit: 528 is the center of the 9-tone Solfeggio musical scale. It is also the paired center of the 18-tone Solfeggio and the end of the first range of 9 in that series (acknowledging the 9 position as the numerological signal of completion of a life cycle).

I noticed in Judy Lynne Cole's formula for building the energetic vortex to revitalize rivers (which themselves are the water systems that generate infinite vortexes that revitalize and cleanse "the" earth energy, whether you call that chi, orgone, prana, or whatever), she completes the building of the vortex with a golden mean spiral that is generated of only 528 and its mirror 825, plus the divine compliment 693 (and its mirror 396). [Editor's note: the frequencies 852, 963, and 396 are included in "The Perfect Circle of Sound" advanced by Dr. Horowitz.]

This was very curious to me, for in Marko Rodin's toroidal math and models, the 5-2-8 series of numbers is but one "direction" or path for the flow that composes a torus and the 4-1-7 series is the other, while the 6-3-9 series is the Divine "void" between (from which the power is derived).

It puzzled me to find 528 being used to close the building of this energetic vortex, unbalanced by 417 in some way. Until more information comes forth, all I can do is add another to your list of citations emphasizing that there is apparently "something about 528" here.

Tish

Author: MarySol Gonzalez Sterling

Tish, . . . I am not a musician, I am a sculptress artist . . . researching with sound and light. . . . [While painting a dome in Europe] I obtained perfect resonance for sound experiences with harmonics in the centre, meanwhile the paint of the dome around has taken most of the resonance, so music sounds perfect too.

About the frequency 528hz, I would say that it is GreenYellow in radiating light, while absorbed light or pigment it would be deep scarlet red. If we multiply by two 32 times from middle C octave, C is Green Blue in color which is the complementary of Red in absorbed color or pigment, which relates more with sound. This is the way it is in the BiosonicFFT software that I have created to do voice

analysis.

Much love to all of you,

MarySol

Author: Barbara Hero

I just played the eight rows of the 8 by 8 matrix of my Lambdoma Keyboard that generated the frequency of 528 (C) at ratio 1:1. The entire harmonic matrix field generated Lissajous figures of beautiful colored and curved geometries on my monitor. I felt wonderful experiencing the purification of the liquids and solids in my body.

I have been looking for a frequency that would encompass DNA, purification of water, etc. The frequency of 396 (G) on the Solfeggio scale was found at a ratio of 3:4 on the Lambdoma Keyboard.

Barbara Hero

Author: Courtney Milne

In July of 2006, I produced an eighteen inch replica of The Water Resonator by Dr. Horowitz, and then had it laminated on both sides. The most visible aspect was the 528 in the centre and the large words, and THANKS. I used waterproof glue and attached the entire symbol just below the surface, on the side of the deep end of my large (70,000 gallon) pool.

It took about three weeks for the results to be seen and felt by my family and friends. Our friends exclaimed that the water didn't feel like water anymore but rather more like liquid velvet. Another person remarked it was like swimming in satin.

A local physician and I did some research with sophisticated technology that . . . the water would reach its ultimate vibration on August 8th, 2006. Since my wife and I had our wedding Anniversary on August 6th, I went back and retested our research findings using the Hawkins' Scale of Human Consciousness, thinking my results might be an artifact of the love and goodwill surrounding our wedding day influencing the vibration and water resonance, but the result was the same - August 8th. The measurements amazed me. The water at that time was resonating as high as the most powerful energy vortexes on the planet, as measured on the Hawkins' Scale.

Soon thereafter I received a new creative calling from this pool of amazing water. In November of 2006, as the water in the pool froze, I detected hundreds of tiny islands of gorgeous crystallization, reminiscent of the ice crystals photographed by world famous Japanese water researcher, Dr. Masaru Emoto. Dr. Emoto pioneered water crystalography after giving jars of water much love and gratitude and photographing before and after prayer.

Some islands had ornate designs, others looked like exotic fern forests. When I tried to photograph the crystals, oddly, both of my highly reliable digital cameras malfunctioned. Thankfully, I finally got some of these crystal creations recorded with my old film camera. . . .

Since that time many marvels have occurred and are continuing to happen as we stay open to the miracles of this "Pool of Possibilities."

I have literally taken more than 45,000 photographs of this water, and have for nearly two years been awestruck by what I am witnessing daily in this pool. The messages in this water have inspired me to share this blessing with the world.

My research is ongoing, so stay tuned. I plan to publish a book soon of my favorite photographs. I was also moved to create a photo calendar e-mail service currently available by clicking the photo below.

Cheers, Courtney Milne

Internationally renowned award-winning Canadian artist, author, and photographer

Author: Dr. Len Horowitz

I just returned from a LIVE H2O planning conference in Sedona, AZ during which time I was invited to do an experiment using The Water Resonator that features the 528Hz frequency graphically and energetically. The frequency has been permanently placed into the technology using sound, light, prayer, and an iron oxide ink that theoretically operates like audio recording tape. "Playback" is theoretically accomplished by water molecules moving over the face of the technology, or the crystalline glass or plastic bottle on which The Water Resonator adheres (as in Courtney Milne's mailed message above).

Below is the result of this experiment conducted at Your Healthwalk Center that even surprised me due to the profoundly different and widespread color of LOVE that no one could have anticipated. This may have something to do with MarySol's report (above), "About the frequency 528hz, I would say that it is GreenYellow in radiating light, while absorbed light or pigment it would be deep scarlet red."

The results of this experiment appear to validate MarySol's determinations, as well as the power of the 528Hz broadcast by The Water Resonator to radiate LOVE externally from within each of us.

This experiment and knowledge reinforces the thesis, and results anticipated, for LIVE H2O, The Concert for the Living Water.

In addition, this information is consistent with "the sound of the sun" recording advanced by NASA and researcher David Sereda that was recently posted on the www.liveh2o.org website. (Click the photo on the right to link to this page.)

Author: Joseph Mark Cohen

. . . The 528 is fascinating. The gematria harmonic is the 33/66/132/264/528/(1056) strand. 33 we know as the 1 in the centre of 32, the Master of the Heart, the Unified Field of the Merkavah (a la Drunvalo). 66 is the gematria of Gilgal, the Wheel, the double oscillating wave, the two hemispheres of the brain, hohhmah & binah, (remember Galgothha from Gilgalot, the place of the Skull, but not the Crystal One!). 132 is the gematria of the Word Kabbalah, which means to receive, to receive the light, cosmic consciousness in the Holy Harmony of the Heart (Toward the One, the Only Being...)

So 528 is a Medicine Wheel with 132 emanating out in 4 directions. Or a waveform spiralling out in 8 directions.. Or microcosmic heart masters broadcasting from the Star (17) in 16 directions. (Perhaps Nassim Haramein would be kind enough to illustrated this as a 3d or 5d geometric form.)

What about 264, you may ask. That gematria is the word Seder, samekh-dallet-raysh. It means divine order, the secret of the Universe, the foundation of Breath. (It is probably for our time, a hint at some superfoods for the Lightbody, the mono or manna atomics!),

Ok, one last number . . . on the Solfaggio sequence. 741. Amayn. Amen. Yes, even Amun, the hidden god... Aleph-Mem-Nun , the Source of All in the Great Galactic River of Being, you know the Nun, the Nile, the Great Star River.(I was once visiting one of the tombs on the West Bank at Luxor & counted 741 stars on the ceiling of the tomb...)

So may we emanate & amp; resonate with the inrush of stellar frequencies on the Summer Solstice of 2009!

Cheers,

Joseph-Mark Cohen

Author: Tish

Note of thanks to you, My Guides!

I was very lately asked by my spirit guides to go to Peru to “continue the work with water that I began in Egypt.” Being that this came as a giant surprise with just two weeks preparation, it has been a very compressed time. When I saw Jonathan’s latest invitation and prompt to come to the blog I told myself I don’t have time for distractions... but something about Jon and Andi made me come along just for a peek, and then the brilliance of your energies here engaged me. Each day I told myself, okay, that’s enough, got to focus on arrangements to be away. After a weekend workshop with Randy Masters and Jan Cercone and David Wilson with his new trailer for Close Encounters II and Erik Larson with videos of his new generation Cymascope (unbelievably beautiful dances of images produced by the tones in water!) I thought for sure, it’s heads-down now. But this morning it hit me as the discussion of 528 hertz (which also carried into the workshop) played to the tune of “All You Need is Love”. I was informed that for this trip I need take only one tuning fork. I wondered how I would know which it was to be. Thank you, thank you all for the answer, every one of you who provided yet another shade of depth and meaning until it came together for me this morning! The heart of the Solfeggio is the one. “Love is all you need.” Perfect! Mwah!

Author: Elise

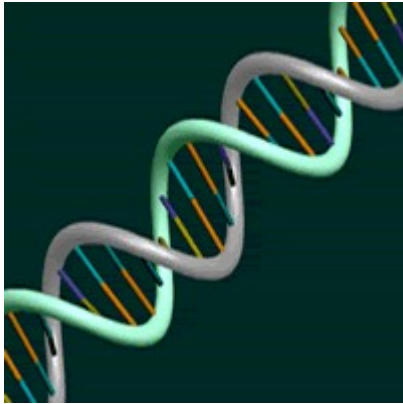
Google...what a wonderful tool! [Here is a] LOVEly 528hz video [to share with the world!]

<http://video.aol.com/video-detail/love-signal-music-and-solfeggio-5...>

Beautiful life everyone. . . .

http://web.mac.com/len15/LOVE528/528_Blog/528_Blog.htm

Music That Heals



Recently, the original sound frequencies used in Gregorian Chants sung by ancient Monks to St. John the Baptist were found by Dr. Leonard Horowitz while researching his book "Healing Codes for the Biological Apocalypse". The Monks chanted to a peculiar scale was said to manifest great miracles and bring the Monks closer to God.

The reason the frequencies were lost are not clear. It appears that sometime about 800 years ago the original Solfeggio Frequencies were replaced with the scale you know today by the Pope. An additional note was added and the frequencies were changed slightly (the 'C' note you hear on a piano differs from the original frequency by about 32 Hz).

Albert Einstein said that all matter is nothing more than vibration of energy. That matter that you can see and feel simply has its vibration set to a frequency that you can sense. So, it stands to reason that, if all matter is vibrational then God resonates through all things on His own vibrational frequency. It seems likely that if an individual could get his own cell structure vibrating on the same frequency as God, he could then commune with God more easily.

People who have listened to these frequencies report intense feelings of peace, calm and physical strength combined with an abundance of almost child-like energy.

I have personally listened to a chant called 'Holy Harmony' which employs all 6 of the individual frequencies mixed with a beautiful and melodious chant of "Yod Heh Shin Vav Heh" (which is the Hebrew name of Jesus Christ). I can say that my energy levels have increased, my mind is clearer and my Restless Leg Syndrome has disappeared.

Rather than the Do, Re, Mi, Fa, Sol, La, Ti that you know, the Monks chanted to the six Solfeggio Frequencies - which are:

UT – 396 Hz – Liberating Guilt and Fear

RE – 417 Hz – Undoing Situations and Facilitating Change

MI – 528 Hz – Transformation and Miracles (DNA Repair)

FA – 639 Hz – Connecting and Relationships
LA – 852 Hz – Returning to Spiritual Order

<http://www.astrovera.com/philosophy/new-age/43-new-age/44-solfeggio-frequencies.html>



Solfeggio Bliss Frequency Generator freeware download

Vibrational medicine is based on the idea that all illness or disease is characterized by a blockage of the energy channels on some level. When there is a blockage, the organ in question stops vibrating at a healthy frequency and thus it results in some kind of illness. So through sound and light one can break up, dissolve and release these blockages that initiate in our etheric body. With proper intent, the pure tones of The Sacred Solfeggio scale can be a powerful force in bringing conscious awareness and vibrational rebalancing to areas of our bodies that are "out of tune". When we lovingly and consciously attune our awareness to those places in our bodies that are wanting to be noticed, and use the power of sound to carry our loving intent, then we open the doorway for the emotional body to heal. When the emotional body is well so is the physical body! As we heal our selves we heal the world around us.

http://finaldownload.com/religion_spirituality_solfeggio_bliss_frequency_generator-68473-download.html

DNA & Genetic Healing With Frequency & Intention - Regenetics & SomaEnergetics

Our genetic patterns are basically patterns of information and intelligent blueprints for biological activity and behaviors. These are in essence PATTERNS OF CONSCIOUSNESS. Consciousness molds genetics, with DNA being biological antenna that respond to thoughts, emotions, and a wide range of frequencies such as light, sound, electromagnetic waves, nuclear radiation, microwaves, and radio frequencies. Which genetic program gets activated depends on our consciousness. A person with multiple personality may have present a disease such as diabetes that will disappear while the person shifts into an alternate personality. Scientists have successfully applied frequencies of sound and light and other EM spectrum wavelengths to foster healing of DNA and even shifts in species coding of eggs and embryos. How our consciousness perceives and reacts to our environment greatly determines our state of health. Dr. Bruce Lipton's book *The Biology of Belief* and research in epigenetics details how our emotions and attitudes regulate genetic expression. Dr. Leonard Horowitz's books such as *DNA: Pirates of The Sacred Spiral* and *Healing Codes For The Biological Apocalypse* offer insight on how sound and other frequencies can help heal our DNA and align us with the power of our Soul and the Creator.

SomaEnergetics is a healing modality using tuning forks tuned to the sacred Solfeggio Scale, found encoded in the Bible's book of Numbers by Dr. Joseph Puleo, a holistic doctor who received intuitive guidance to uncover this healing code. The Solfeggio tone of 528hz has been found to assist in healing damaged DNA, and the full set of 6 tones is a powerful tool to "tune-up" our subtle energy system. Adding in an OM tuner (Otto tuner) that tunes us to the natural rhythm of the Earth also helps ground and balance us.

Regenetics is another system of using these tuning forks. Regenetics applies the power of intention combined with tuning forks and sacred vowel chants/toning to activate transformation of our subtle energy system, repairing distortions in our auric fields and chakra system and helping us align with unity consciousness and our Creative Source, by whatever name we call it. Regenetics recognizes the research in quantum physics and mind-body medicine that demonstrates the fundamental nature of Consciousness as the basis of creating physicality. Working with consciousness through visualization, verbal language, and intention, combined with sound frequencies, offers great healing potential. The creator of Regenetics, Sol Luckman, in his book *Conscious Healing*, describes how he developed this

method as he worked to heal the severe autoimmune illnesses that he had been crippled by after travel-associated vaccinations triggered a sudden collapse of his previously robust health.

Researcher and famed intuitive David Wilcock has compiled extensive documentation on the relationship between consciousness, energy, and genetics. Wilcock has shared much of the Russian research on this topic that had been rarely publicized in the West. His website is www.divinecosmos.com

More information on SomaEnergetics is available at www.somaenergetics.com while those looking to explore Regenetics can visit www.potentiation.net, the website of The Phoenix Center for Regenetics.

Powerful healing sessions that include these resources are offered on site in Miami by Jed Shlackman, and distance healing sessions via phone are provided for those unable to see Jed in person. Jed may be contacted at jshlackman@comcast.net and is available by telephone at (305) 259-0013

Wednesday, February 18, 2009

Modern medicine has often gotten into the mindset of attributing genetics as the "cause" for a variety of health challenges. Genetic patterns often play a role in how illnesses manifest, yet having that awareness has often become a stumbling block to understand how to effectively treat these conditions. The reason for this is that researchers focus on manipulating DNA at the biochemical level, which is generally not the root level from which genetic disturbances are being generated. I will explain here how having a more accurate understanding of genetics and DNA can help us facilitate amazing healings.

swine flu - purification with sound frequencies



Dr. Masaru Emoto has documented molecular changes in water by means of exposing water to sound

frequencies and pictures.

http://www.youtube.com/watch?v=tAvzsjcBtx8&feature=player_embedded

here is a video claiming that sound frequencies can help against swine flu

http://www.youtube.com/watch?v=9tNcU6urQpY&feature=player_embedded

Listen to her.. Quite, listen to her, very carefully, especially the closing minute of the speech. This lady is on the side of freedom

http://www.youtube.com/watch?v=5pOaz0Bt4Gk&feature=player_embedded

he Principle of Resonance

"Matter is organized by waveforms and frequencies. We all know that if we have two violins that are tuned exactly the same, and we pluck a string on one of the violins, the plucked string will produce a field of sound energy, that will trigger the other violin's matching string to begin to vibrate, and produce the same sound. This is called "resonance," and it happens naturally.

Resonance is a basic principle that affects everyone and everything, all the time. This same principle applies for a person in need of physical healing, and/or mental and emotional transformation.

The correct frequency reminds the body's energy field of its original blueprint, and brings it into harmony. "

Download Solfeggio Tones

Download the Solfeggio Ascension Frequency Tones for Free!

Please view the instructions below **before** downloading the Frequencies:

DO NOT COVERT THIS TO MP3 FORMAT AS IT LOSES ITS EFFECTIVENESS ONCE CONVERTED TO OTHER FORMATS FROM ‘.WAV’ FORMAT. IT WILL NOT WORK IF IT’S NOT IN ITS ORIGINAL .WAV. FORMAT. Try and listen to it with out tinkering the equalizer as this changes the frequency’s effectiveness. Keeping the audio options in flat would be advisable.

NOTE / CAUTION:

- 1. When listening for the first time, it is advised that you lie down and get to the most comfortable state and switch on the track...or get to the most relaxed position on your chair before you start.**
- 2. Keep the volume at the maximum possible that you could handle.**
- 3. You could feel a pounding sensation at the back of the head starting from the top of the neck to**

gradually ending at the brow by the time the audio finishes.

4. You “might” feel nauseated after you finish listening to the audio and may also have a head ache and pounding for sometime later as you’re basically experiencing new Neural pathways being created between both halves of the brain. As this pounding and headache reduces in a little while you’ll feel better / fresher than you have ever felt before..Enjoy this feeling! your ascension process has started.

5. First timers should listen to this before taking a nap or going to bed in the night as the after effects of headaches and the rest are not felt during sleep and you wake up renewed.

6. **DO NOT TAKE ANY MEDICINE FOR YOUR HEADACHES...** this is very very important. You need to understand that the discomfort of headache and nausea is due to the natural healing process going on and nothing other than that.

7. You would normally sleep for 12 to 16 hours during the healing process till your body is totally healed. You would feel a little tired during the healing but you should be done with the process in about 5 to 6 weeks.

8. If anyone feels numbness in the head and feel very lost and extremely tired immediately after listening to this, they should get outside and take deep breaths. You’ll feel very very refreshed within no time!

9. Drink lots of water as your body would be discarding most of the toxins built up over time and you need to get as much protein as your body asks for.

10. Listen to the audio till the day you don’t feel the after effects any more after you’re done, as this is an indication that you have received the push needed for ascension and your body and mind would take care till you reach your maximum potential you are meant to.

11. Most of your chakras would be activated during the healing process... Including increased telepathic, clairvoyant and healing abilities(If you would feel a tingling and more than usual warmth in the center of your left palm if you are right handed and the other way round if you are left handed, you need to know that you have the ability to cure the 3-dimensional ailments or diseases of others)... there would be so many new things you would discover about your new abilities!! what I mention here are just a fraction of the whole.

12. **DO NOT** at any cost abuse these abilities as they are meant to help and to be shared with others and not for personal gain.

DOWNLOAD:

(NOTE: You do not need to download the file from all three links. The other links are merely back up links in case the first mirror link does not work.)

Download them at this site:

<http://solfeggiotones.com/download/>

frequency 528 (DNA repair freq)

Frequency 528 Hz, the miraculous frequency for transformation and DNA repair. There is a special sound and color of love according to Dr. Horowitz, a Harvard-trained award-winning investigator. Broadcasting the right frequency can help open your heart, prompt peace, and hasten healing. "We now know the love signal, 528 Hertz, is among the six core creative frequencies of the universe because math doesn't lie, the geometry of physical reality universally reflects this music; these findings ...

<http://www.dnatube.com/video/1412/frequency-528--DNA-repair-freq->

Swine Flu Immunity

<http://www.dnatube.com/video/3314/Swine-Flu-Immunity>

Sacred Sound ~ 528 Hz ~ The Frequency of Love

Sacred Tones – Solfeggio

January 31, 2009

[youtube width="450" height="300"]http://www.youtube.com/watch?v=EPsN_Y-wlNo[/youtube]

The Solfeggio Chakra Scale / Chime is based on the original research of Dr. Joseph Puleo of sacred manuscripts of an original Solfeggio scale of six tones used in Gregorian sacred music.

This chime extends the original tones of-396, 417, 528, 639, 741, 852, using the same mathematical sequence to include the following frequencies -174, 285 and 963 of the original 18-tone matrix, plus the extensions 1074, 1185, 1296, 1317, and 1428. (These tones as they are for experimental use only at the discretion of the user.)

The 528Hz frequency is used by some scientists to repair broken DNA. There are 5,280 feet in a mile and 396 is 1/10th the radius in miles of the Earth's Equatorial radius. Numerically, all of these numbers reduce to 3, 6, or 9. (For example, 5+2+8=15 and 1+5=6). This is a part of the "code".

The 9 Solfeggio frequencies are first played separately and then all together.

This can be used as

(:1:) MINI CHAKARA TUNE or

(:2:) A Tuning Reference.

- 174 Hz 285 Hz 396 Hz 417 Hz 528 Hz 639 Hz 741 Hz 852 Hz 963 Hz
- UT – 396 Hz -associated with releasing emotional patterns after: see RE-417Hz below.
- RE – 417 Hz -associated with breaking up crystallized emotional patterns
- MI – 528 Hz – relates to crown chakra; Dr. Puleo suggests an association with "DNA integrity" Transformation and Miracles
- FA – 639 Hz – associated with whole brain quadrant interconnectedness. Connecting [Relationships](#)
- SOL – 741 Hz – associated with intuitive states, non linear knowing. Awakening Intuition
- LA – 852 Hz – associated with a pure love frequency: unconditional love and returning to

Spiritual Order



Make up your mind that nothing is more important than how I feel now, because now is everything. Now is the whole enchilada. Now is the power of me. Now, now, now, now, now... You might as well start somewhere, and it might as well be now. Why not start improving your life now, now, now? Abraham

[Switch On The Light](http://www.youtube.com/watch?v=GnqK-4Cexm0) [youtube width="450" height="300"]<http://www.youtube.com/watch?v=GnqK-4Cexm0>[/youtube] Many of you are now feeling and...

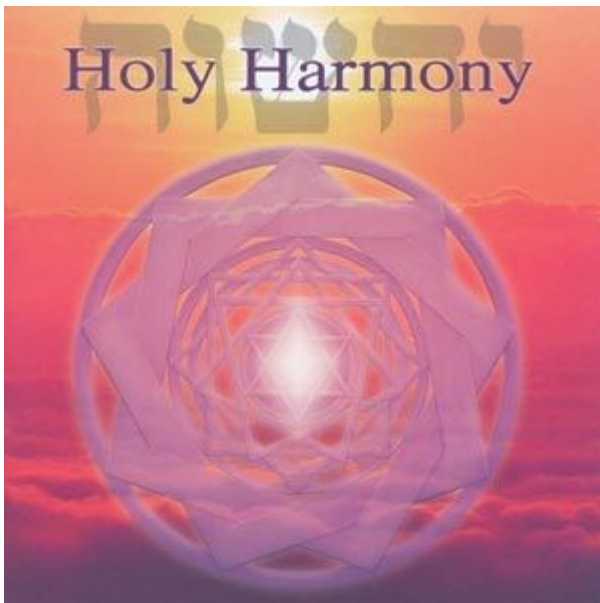
<http://positivefeeling.org/sacred-tones-solfeggio/>

528 HZ - Miracle

Solfeggio frequency 528 HZ accompanying, a multidimensional sound-scape of healing frequencies and symbols.

<http://www.dnatube.com/video/2124/528-HZ--Miracle>

HOLY HARMONY CD



by Jonathan Goldman with Sarah Benson

HOLY HARMONY contains two never before released Sacred Sound: Tuning Forks of the complete

HEALING CODES of the BIBLE combined with the chant of YHSVH (Yod Hey Shin Vav Hey), an ancient Name of the Christ. These 9 tuning forks are said to be the Divine frequencies of creation. Some believe the sounding of them is said to fulfill certain Biblical prophecies. Others believe these frequencies have extraordinary healing and transformational properties. The YHSVH Chant is a powerful word of prayer, or a mantra, that is composed of specific letters of the Hebrew alphabet that create a sacred name for the Christ. The Chant can be used for protection, for clearing, and to resonate with the Christ energy. As the Healing Code Tuning Forks sound together with Jonathan Goldman and Sarah Benson's beautiful and rich choral chanting, they create an extremely powerful, yet deeply calming sonic environment. The combination of the Tuning Forks with the YHSVH Chant is great for relaxation and meditation. These sounds may also be extremely healing and transformational.

HOLY HARMONY ON YOUTUBE

http://www.youtube.com/watch?v=JqK_TOCKo8c&feature=player_embedded

If you want to buy the cd at Amazon:

Canada

<http://www.amazon.ca/Holy-Harmony-Jonathan-Goldman/dp/B0006BGWSC>

U.S.

http://www.amazon.com/Holy-Harmony/dp/B000QQRSBM/ref=sr_1_2?ie=UTF8...

Love signal; music & frequency 528 Hz - Youtuber JezebelDecibel (VID 6' 43")

This love signal video is said to be a healing audio and visual meditation with music, sacred geometry and Solfeggio frequency 528 Hz, the miraculous frequency for transformation and DNA repair.

<http://www.youtube.com/watch?v=v2CvZ6MzMX0>

Here is another video by JezebelDecibel said to be using the frequency 528 Hz. This video seemed to give me a headache. What that means I do not know.

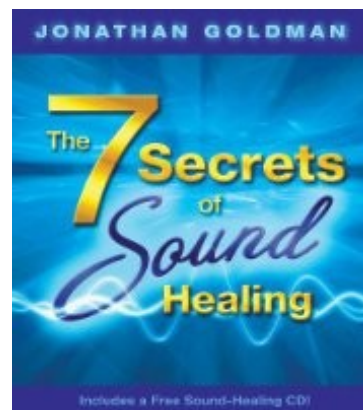
Frequency 528 Hertz (DNA repair frequency) - JezebelDecibel (Vid 5'33")

<http://www.youtube.com/watch?v=tgMQOAWeVs0&feature=related>

Tantra of Sound for Harmony and Balance

June 30th, 2009

One of the highest levels of tantric practice involves resonating and harmonizing oneself with sound! This is done in order to enhance and energize our physical, mental, emotional and spiritual essence. Both the



Cover via Amazon

Hindu and Tibetan Buddhist Tantra stress the power of sound. Sound, in fact, is the basis of much tantra—through working with advanced sound techniques, tantric practitioners are able to harmonize themselves in body, mind and spirit.

It was through our work at Healing Sounds, exploring various sonic practices from the Eastern traditions that we came upon the concept of TANTRA OF SOUND. We have discovered, through years of working together using sound, easy methods of achieving this harmonizing effect that the Eastern mystics described. This desired harmony and balance of body, mind and spirit can be both safely and efficiently practiced by utilizing specific techniques and exercises.

Our primary goal in sharing this work is to assist you in reaching deeper states of consciousness and self awareness; first with yourselves, and then, if appropriate, with a partner. We are currently at a crossroads in our evolutionary development. One road leads to an extraordinary new world of hopes and possibilities filled with love and compassion, caring and kindness. The other road does not.

This first road offers the potential of us becoming the true, extraordinary humans that so many of the mystics and spiritual teachers throughout time have suggested that we can be. In order to do so, we must indeed be able to achieve harmony and balance within ourselves and then with each other. In order to do so, we must be willing to gaze into the window of our soul, acknowledge who and what we are, and then agree to love and honor that being.

[Jonathan Goldman](#) is author and sound healing musician: [The 7 Secrets of Sound Healing](#) & [Holy Harmony](#).

<http://healingsoundsblog.com/page/2/>

The Secret Solfeccio

The 6 ascending notes (frequencies) of the ancient Solfeccio scale were rediscovered in the form of code by leading naturopathic Physician Dr Joseph S. Poleo. He found them in the book of Numbers Chapter 7 Verses 12-89. The syllables that describe each note were originally taken from a Gregorian chant written for John The Baptist called Ut Queant Laxis

**Ut queant laxis Resonare fibris
Mira gestorum Famuli tuorum
Solve polluti Labii reatum
Sancte Johannes**

So that the servants might freely resonate the miracles of your deeds, wash the guilt from their polluted lips, Saint John.

Unlike other bible codes this is easy to figure out (and you don't need a complex computer program). Armed with *Healing Codes for the Biological Apocalypse*, a copy of the original *King James Version of the Bible with the protestant Apocrypha and Websters Dictionary*, I followed the lessons in

the book. It is based on the Pythagorean skein and tends to result in multiples of 3, 6 and 9 (9 being the highest integer).

John Keely (1827-1898) an expert in electromagnetic technologies , wrote in his [Theory for Aqueous Disintegration](#) that the vibrations of threes, sixes and nines are extraordinarily powerful. "vibratory antagonistic thirds" are a "thousands of times more powerful in separating hydrogen from oxygen in water than heat!"

The Secret Solfeggio Frequencies are the sound vibrations for creation and destruction.

Ut: 396 Hz (=9) Loosen the axis
Prepare to receive (the next five tones)

Re: 417 Hz (=3) Amplification of sound
Open to the divine

Mi: 528 Hz (=6) An extraordinary Occurrence that surpasses
all known human powers or natural forces
Create remarkable Changes (miracles)

Fa: 639 (=9) The members of a group, attendants
Seek out limitation

Sol: 741Hz (=3) To clear up or explain
Release, resolve and solve

La: 852 Hz (=6) Using the lips, exerting a force of equal in
magnitude but opposite in direction to the applied force.
Open the voice and release the lips.

Si: 936Hz (=9) A universally accepted principle of a rule.
Becoming Law or truth

Sounds like a formula for making great change in the world.

Healing Heart Download

528 Hz: the exact frequency used by genetic engineers
throughout the world to repair DNA!
528=6

6.15 (left ear, right side of the brain) represents the heart
brings warmth to the body.
6.15=3

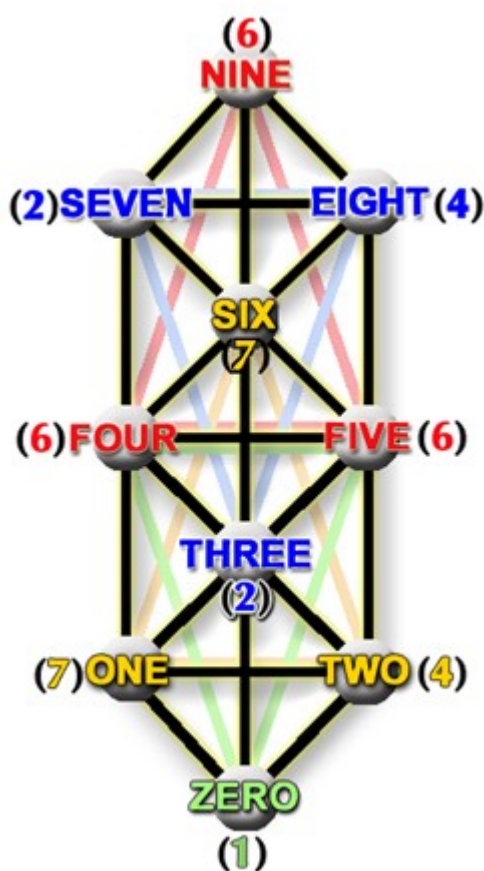
1.2 Hz is equal to 72 heartbeats per minute and is considered
the best frequency for the heart because of the numeric
value.
1.2 =3 and 72=9

Remember the power of 3, 6 and 9.

<http://www.mimisbrainwaves.com/Solfeggio.html>

A CryptoNumerology Analysis of

___The Code Tree & The Solfeggio Scale___



The idea for the "Code Tree", was inspired by the "Tree Of Life" from the Jewish Kabbalah. As with the rest of my work, the number "9" is a fundamental element here.

About The Tree:

The numbers in parentheses are the reduced alphanumeric values of the "alphanumbers". For example:

ZERO = 64 = 10 = (1)

ONE = 34 = (7)

TWO = 22 = 13 = (4)

SIX (7)

Note how the reduced alphanumeric values of the **FOUR FIVE NINE** triangle on the Tree produces the mystery number, **666**

The following equations strongly suggest that the letters of the alphabet are serially encoded to correspond with the numbers 0 through 9. (The color-coded numbers in this string are the reduced alphanumeric values shown in parentheses on the Tree):

$$1+7+4+2+6+6+7+2+4+6 = 45$$

$$0+1+2+3+4+5+6+7+8+9 = 45$$

The three AlphaNumber sets are identified on the Tree by color. The 3-Letter Set is Yellow. The 4-Letter Set is Red. The 5-Letter set is Blue.

It is interesting to note that each AlphaNumber set (ONE-TWO-SIX, FOUR-FIVE-NINE, THREE-SEVEN-EIGHT) forms a triangle as a natural function of their positioning along the paths of the Tree.

The Solfeggio Scale

There may be a connection between the structure of the Code Tree and an ancient musical scale called the Solfeggio scale. These frequencies are said to have been used in ancient Gregorian chants. The chants - when sung in harmony using these special frequencies - are thought to have produced remarkable spiritual blessings. Drs. Joseph Puleo and Len Horowitz reintroduced this scale to the general public in their book, *Healing Codes for the Coming Apocalypse*.

Below are the note names of this musical scale and their associated frequencies (measured in Hertz):

396 (Center Pillar of the Tree)

417 (Left Pillar of the Tree)

528 (Right Pillar of the Tree)

639 (Center Pillar of the Tree)

741 (Left Pillar of the Tree)

852 (Right Pillar of the Tree)

Each frequency contains the same digits that correspond with the AlphaNumbers on the three pillars of the Tree.

Is it possible that there is a connection between these six frequencies and the Biblical six days of Creation? CryptoNumerology would suggest this possibility:

$$(207 = 9)$$

The digits in the number 471 correspond with both the Left Pillar of the Tree and with the 5th note (SOL 741) of the Solfeggio scale. The question then arises: Does the idea of a "Day" somehow correspond with the idea of a "Frequency"? The application of CryptoNumerology to the question suggests this might be the case:

$$(207 = 9)$$

Note: RE (417) and SOL (741) are names associated with the sun. RE is the name of the ancient Egyptian sun god and SOL is the Latin name for the sun. Sol Invictus was the name of the Roman sun god. It was also the name of the sun goddess of Norse mythology.

(Singing or chanting requires Breath and Voice to produce Tone.)

$$(108 =$$

9)

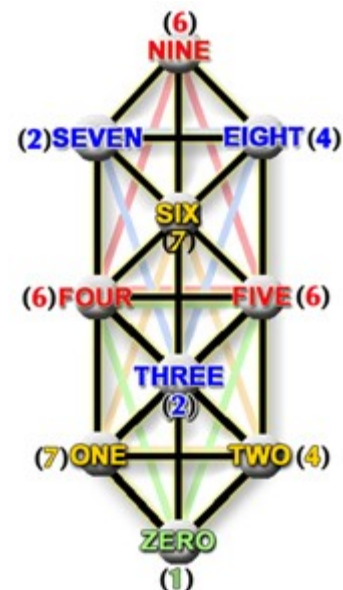
The sun is 93 million miles from the earth.

(The same digits as in the frequencies of MI [528] and LA [852] and also the Right Pillar of the Tree.

Interestingly, the geometry of the Tree incorporates three diamond-shaped sections. They are identified by these AlphaNumbers (starting from the top):

NINE-SEVEN-EIGHT-SIX

SIX-FOUR-FIVE-THREE



THREE-ONE-TWO-ZERO

Converted to numerals: 9_7_8_6 - 6_4_5_3 - 3_1_2_0.

The sum of the converted numerals is $9+7+8+6+6+4+5+3+3+1+2+0 = 54$

$$(261 = 9)$$

$$(144 = 9)$$

$$(252 = 9)$$

Notice 261 corresponds with the center of the Tree, reading the pillars from left to right, i.e. **FOUR**---**FIVE**. Interestingly - since the English Alphabet is the key to this deciphering system - this also corresponds with the following:

$$495 (495 = 9)$$

This is an accurate statement as the middle letters of the alphabet are M and N.

4 and **5**

Is there a missing seventh note to the Solfeggio scale? ("On the seventh day, God rested.") Remember this equation:

The alphanumeric code of CryptoNumerology suggests there may be a seventh frequency yet to be discovered:

$$(207 = 9)$$

$$(396 =$$

9)

The digits **3**, **9**, and **6** are the Center Pillar of the Code Tree as well as the reduced values of the Solfeggio frequencies:

$$396 = 18 =$$

$$417 = 12 =$$

$$528 = 15 =$$

$$639 = 18 =$$

$$741 = 12 =$$

$$852 = 15 =$$

Furthermore, if the left column of the Tree (**ONE FOUR SEVEN**) is converted to numerals and summed(1+4+7) we get 12 which reduces to (1+2=3).

If we do the same with the middle column (**ZERO THREE SIX NINE**) we get a sum of 18 which reduces to .

If we do the same with the right column (**TWO FIVE EIGHT**) we get a sum of 15 which reduces to .

Thus the reduced values of the Solfeggio frequencies () are represented by the three pillars of the CodeTree although the sequence is different.

UPDATE:

10/10/06

There has been a new deveolopment regarding this work. It concerns the following data from the section above:

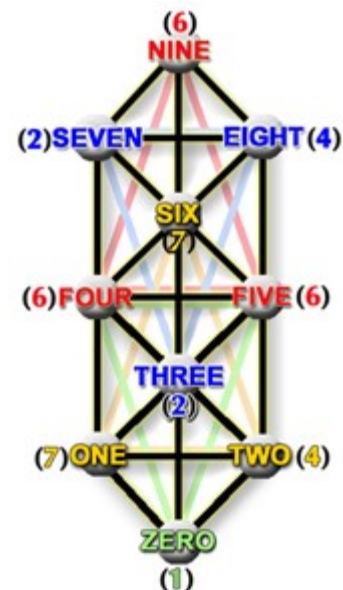
Interestingly, the geometry of the Tree incorporates three diamond-shaped sections. They are identified by these AlphaNumbers (starting from the top):

NINE-SEVEN-EIGHT-SIX

SIX-FOUR-FIVE-THREE

THREE-ONE-TWO-ZERO

Converted to numerals: **9_7_8_6 - 6_4_5_3 - 3_1_2_0.**



The sum of the converted numerals is $9+7+8+6+6+4+5+3+3+1+2+0 = 54$

Joseph Turbeville

TRAFFORD PUBLISHING

Note: This line is from your article "The Code Tree & The Solfeggio Scale"

"The sum of the converted numerals is $9+7+8+6+6+4+5+3+3+1+2+0 = 54$ "

Compare it with the last two lines from my "Conjoined Values of the Royal Cubit & the Golden Ratio "Unearthed" from First Twelve Terms of Fibonacci's Series "

i.e. $1 + 2 + 6 + 6 + 4 + 5 + 3 + 3 + 7 + 8 + 9 = 54$,

and the Golden Mean $\cong \sqrt{(54 / 20.618)} = 1.618354$
 $\cong 1.618034$ true value - (0.02% error)

My numbers are the same as yours except mine has no zero and the order is altered.

My 1st # is your 10th # that distills to (1)

My 2nd # is your 11th # that distills to (2)

My 3rd & 4th # is your 4th & 5th #'s that sum to (12 each

My 5th # is your 6th # that sum to (8)

My 6th # is your 7th # that sum to (10)

My 7th& 8th # is your 8th & 9th #'s that sum to (6 each).

(not much here, but continue)

Here I added in the order received and distilled

$$\begin{array}{r} 9+7+8+6+6+4+5+3+3+1+2+0 = 54 \\ 1+2+6+6+4+5+3+3+7+8+9 = 54 \\ \hline 1\ 9\ 5\ 3\ 1\ 9\ 8\ 6\ 1\ 9\ 2\ 0 = 54 \end{array}$$

$$1 \times 9 \times 5 \times 3 \times 1 \times 9 \times 8 \times 6 \times 1 \times 9 \times 2 = 1,049,760 = (54)_2 \times 360$$

I replied:

Here's something else:

Your number series forward and reversed with column sums and distilled values:

Forward... 1 9 5 3 1 9 8 6 1 9 2 0

Reversed.. 0 2 9 1 6 8 9 1 3 5 9 1

Sums..... 1 11 14 4 7 17 17 7 4 14 11 1

Distilled... 1 2 5 4 7 8 8 7 4 5 2 1

The first six sums $(1+11+14+4+7+17) = 54$

The second six sums $(17+7+4+14+11+1) = 54$

The distilled values are that series of numbers where the 3, 6, and 9 are missing. Like when some numbers are divided by 7. Example: $32/7 = 4.571428571428571428571428.....$

This same phenomenon occurs in the AlphaNumber groups except that instead of the numerals 3, 6, and 9, it's the words THREE, SIX, and NINE. Pretty amazing "coincidence". Click here and see [, about half way down the page.](#)

Marko Rodin notes that this phenomenon is related to the phi spiral (see again [this page.](#)

PHI SPIRAL = 108 = GEOMETRY (108 = 54x2)

GEOMETRY OF THE PHI SPIRAL = 270 = 54x5

ONE POINT SIX ONE EIGHT IS THE CURVE OF THE UNIVERSE = 540 = 54x10

THE SHAPE OF THE NUMBER NINE IS THE GOLDEN MEAN SPIRAL = 477 = 18 = 9

By the way, I was looking through your book (New Tabular Evidence) and noticed the 88-cell table. The number 88 is interesting as it is the alphanumeric value of IESOUS (Greek spelling for JESUS). It is also the alphanumeric value of IMMANUEL (translated as "God with us") and of the phrase I AM THE LIFE.

EIGHTY EIGHT IS A CODE NUMBER = 252 = CHRIST CONSCIOUSNESS

DOUBLE EIGHT = 108 = 54x2

The sum of the table is 828.

EIGHT HUNDRED TWENTY EIGHT = 279 = ALCHEMICAL TRANSMUTATION
CODE = GEOMETRY OF THE DOUBLE HELIX

More phrases that might lead to further revelations:

THE SEVENTH SUN = 180 = THE SEVENTH TONE (180 = 9)

THE SEVENTH DIVINE SUN = 243 = THE SEVENTH DIVINE TONE (243 = 9)

THE SEVEN SUNS = 171 = THE SEVEN TONES (171 = 9)

THE SEVEN DIVINE SUNS = 234 = THE SEVEN DIVINE TONES (234 = 9)

THE EIGHTH SUN = 144 = THE EIGHTH TONE = THE DIVINE CYCLE = THE
CYCLE OF NINE = NINE IS THE KEY = THE SECRET KEY = THE CYCLE OF NINE
= THE LEFT PILLAR = SIX NUMBERS = REVERSE SIX (144 = 9)

THE EIGHTH DIVINE SUN = 207 = THE EIGHTH DIVINE TONE = ONE DAY IS A
FREQUENCY = THE SIX FREQUENCIES = SIX DAYS OF CREATION (207 = 9)

THE DIVINE OCTAVE = 162 = THE THREE TONES = THE HEALING NUMBER
(162 = 9)

THE HEALING NUMBER CODE = 189 = SPIRIT OF CHRIST = CHRIST
CONNECTION = THE BEGINNING AND THE END = I AM FIRST AND I AM LAST =
JESUS IS THE SUN (189 = 9)

BODY OF CHRIST = 144 (144 = 9)

189 + 144 = 333 = TWENTY SEVEN IS THE CODE NUMBER = THE VIBRATIONAL FREQUENCY OF NINE (333 = 9)

<http://www.secretofnine.com/codetree2.html>

Could It Be That Sound Frequency Has the Power To Heal Our DNA?

+12 more

"If you only knew the magnificence of the 3, 6 and 9, then you would have a key to the universe."
Nicola Tesla

Biochemists are using the frequency 528Hz to repair human DNA. The article stated that it was a "C." When I read that I thought, "All I would need to do is go to a piano or other instrument and play a "C" and then, in the DNA workshops we would be able to repair DNA."

Well, it wasn't that simple, because I discovered that the regular "C" that we all know of in this culture (which is from the diatonic scale of do, re, mi, fa, so, la, ti, do) was not the 528 Hz frequency "C", as described in the article. Instead, I discovered that a regular "C" vibrates to a frequency of only 512 Hz, and that the "C" of 528 Hz used in DNA repair had been a part of an ancient scale called the Solfeggio Scale. Moreover, the difference in the scales existed because of different tuning methods that were utilized in ancient times, vs. those in general use today. Later, we will explore that difference between how we create music today vs. how we used to create it, and how that simple change has made all of the difference in the world.

The Six Solfeggio Frequencies include:

UT – 396 Hz – Liberating Guilt and Fear

RE – 417 Hz – Undoing Situations and Facilitating Change

MI – 528 Hz – Transformation and Miracles (DNA Repair)

FA – 639 Hz – Connecting/Relationships

SOL – 741 Hz – Awakening Intuition

LA – 852 Hz – Returning to Spiritual Order

For example, the third note, frequency 528, relates to the note MI on the scale and derives from the phrase "MI-ra gestorum" in Latin meaning "miracle." Stunningly, this is the exact frequency used by genetic biochemists to repair broken DNA – the genetic blueprint upon which life is based!

A Little History

At the turn of the century the awareness of DNA entered the collective consciousness of the world. We have incarnated into this human experience as divine beings with a blueprint, a set of instructions. We know that a very small percentage (3%) of those instructions make up our physiology.

Carl Sagan writes that most of our genetic information (about 97%) is unused DNA. He refers to this as "genetic gibberish." Is it possible that most of who we are still lies dormant as our human potential?

In the old paradigm of religion, "potential" remained a mystery to the human mind, therefore we coined a mystical term called "SPIRIT." "Spirit" was something that was detached from who we were, something we didn't have and could only be gained through the systems of most religions.

www.redicecreations.com...

[The Crop Circle Music Wheel](http://www.greatdreams.com/numbers/music/joemusic.htm)

<http://www.greatdreams.com/numbers/music/joemusic.htm>

A lot of information has come about a DNA "repair," or healing, or something of that nature. Part of the information has to do with "Solfeggio Frequencies." The primary healing frequency involves a central "C" note of 528 cycles per second. One of the other frequencies is 396. These numbers are on the "Music Wheel" mentioned above. I did not know about the Solfeggio Frequencies when I developed the wheel, which is based on the earlier work of others.

Note that the above numbers are part of the ancient system. The number 528 relates to 5280 feet in a mile. The number 396 relates to 3960 miles, the radius of the Earth. The diameter of the Earth can be expressed as $(11 + 11) \times 360 = 7920$ miles. The word Gematria means measuring the Earth.

This graphic is a wheel with the Solfeggio numbers:

<http://www.rangeguide.net/3elogo.gif>

Note how the same numbers appear repositioned.

528, 852, 285
396, 639, 963
417, 741, 174

See: <http://www.greatdreams.com/11coin12.htm>

[Sacred Circle of Sound - Solfeggio](http://www.rangeguide.net/freewaves.htm)

<http://www.rangeguide.net/freewaves.htm>

[Forgotten In Time: The Ancient Solfeggio Frequencies \(lightwithin.com\)](http://www.lightwithin.com/SomaEnergetics/2About_Solfeggio.htm)

http://www.lightwithin.com/SomaEnergetics/2About_Solfeggio.htm

[Forgotten In Time: The Ancient Solfeggio Frequencies \(redicecreations.com\)](http://www.redicecreations.com/specialreports/2006/01jan/solfeggio.html)

<http://www.redicecreations.com/specialreports/2006/01jan/solfeggio.html>

[New Bible Codes Discovered!](http://www.elfe.com/bible_codes.html)

http://www.elfe.com/bible_codes.html

New Bible Codes Discovered!

**The Secret Solfeggio Frequencies:
Sound Vibration Rates for Creation and Destruction**

"Healing Codes for the Biological Apocalypse"

by Dr Leonard Horowitz and Dr Joseph Puleo

Book Review by Stephanie Relfe

In 1999 my husband and I were living in Dallas Texas. By chance we decided to attend a small Body, Mind and Spirit exhibition. There wasn't much of interest until we attended an incredible lecture by Dr Len Horowitz. Dr Horowitz is an incredibly good speaker. He looks the part, and with his degrees from Harvard and in Public Health, what he says about the medical establishment packs a lot of punch. It was great to see someone so courageously, and effectively, standing up to the establishment.

His talk was so good that we decided to attend the evening lecture he gave that night. At that lecture we learned about newly discovered secret codes in the bible. These codes produce a brand new type of music which uplifts people spiritually and is related to the physics of creation. They were discovered by Dr Puleo who was guided to discover these codes through visions from Jesus Christ.

The new bible codes, found in the Book of Numbers, include a mathematical electromagnetic frequency code for "miracles" that experts say has already been shown to help repair damaged DNA, the genetic blueprint of life.

These bible codes are totally different from any previously written about, and certainly don't need a computer to decode them (as previously discovered codes were supposed to).

According to the documentation and analyses provided in "Healing Codes for the Biological Apocalypse" principal investigator Dr. Joseph Puleo was intuitively guided to find the pattern of six repeating codes in the Book of Numbers, Chapter 7, verses 12 through 83. When deciphered using the ancient Pythagorean method of reducing the verse numbers to their single digit integers, the codes revealed a series of six electromagnetic sound frequencies that correspond to the six missing tones of the ancient Solfeggio scale.

These original sound frequencies were apparently used in the great hymn to St. John the Baptist that, along with many Gregorian chants, were lost centuries ago according to church officials. The chants and their special tones were believed to impart special spiritual blessings when sung in harmony.

Dr. Puleo, a naturopathic physician and minister of the gospel, and lead author, Dr. Leonard Horowitz-who holds a masters degree in public health from Harvard-spent three years researching the six tones that physicists and musicians alike recognize as "an extremely unique interrelated series of mathematical and electromagnetic sound frequencies that include harmonic sequences similar to those found in the 'wedding march.'" Additionally, the entire series appears to relate to the "144,000" predicted in the Book of Revelation to be gathered by God to sing a special song heralding the Messianic age.

The first note, "UT-quent laxis," is defined in Webster's Dictionary as "the Gamut of dramatic emotion from grief to joy," and "the whole series of recognized musical notes." It has a frequency of 396 cycles per second, and is also associated with a "magnetic field strength equal to 105 power gauss," or 100,000. The second tone, "RE", short for "resonare fibris" or resonance, also correlates mathematically to 144,000. The third note, frequency 528, relates to the note "MI" on the scale and derives from the phrase "MI-ra gestorum" in Latin meaning "miracle." Stunningly, this is the exact frequency used by genetic biochemists to repair damaged DNA the genetic blueprint upon which life is based. **FOR FULL DETAILS OF THESE FREQUENCIES SEE THE LINK BELOW.**

The authors speculate these six tones may have been played by the ancient priests during the miraculous shattering of Jericho's great wall in six days before falling on the seventh, and the creation of the universe in six days after which God is believed to have rested on the seventh. Bible scholars believe both events occurred as a result of sounds being spoken or played.

"I was intrigued when Dr. Horowitz first described the Bible frequencies," said Dr. Lee Lorenzen, a world renowned biochemist working with water crystallization methods to rejuvenate DNA. "The '528' frequency is well known to scientists working on DNA repair," he continued. "After studying the healing fountains of the world we decided to add that frequency to a Clustered Water(TM) preparation we recently patented. We believe it may be beneficial in delaying aging processes."

"I was spiritually guided to move to northern Idaho to meet and work with Dr. Puleo," Dr. Horowitz said. "I had prayed for a breakthrough on the level that Dr. Puleo was blessed to find. I simply became the communicator for Joey to reveal some of God's most special secrets." Likewise, Dr. Puleo explained, "I specifically prayed to meet Dr. Horowitz after I viewed his lecture video. I needed someone who could write and communicate this knowledge. About a month later, Dr. Horowitz showed up at my door."

Originally, Dr Puleo wanted to write under the pseudonym "Dr Barber", despite being warned that it would be safer to use his real name. However, after an attempt was made on his life he changed his name into the second publication to his real name of Puleo. Neighbours witnessed two men in black outside Puleo's house aim a lazer gun through Puleo's kitchen window. However, God protects his people. The lazer should have given Puleo a heart attack (at least). But at that moment he raised a glass bottle full of olive oil. The lazer went through the bottle and knocked Puleo over, but enough of the blast was absorbed by the olive oil bottle to save him.

Other attempts have been made on Dr Puleo's life. These attempts help to confirm the power in these bible codes.

(Note from Stephanie Relfe: I have seen photos of this bottle when we went to visit Dr Puleo. The photo clearly showed the weird shaped hole in it. We felt the story was totally true. The bottle itself is in safekeeping).

I had the above information on my site for about a year, when on July 20 2003 I felt guided to put all the information about the different tones on my site. This information is on pages 166 & 167 of the book. That was when things got weird. My husband Michael went to scan the pages for me. Nothing happened. All that came through was a blue screen with no words on it. This does not normally happen. He tried to scan a normal page from another book. It scanned perfectly. He alternated back and forth about eight times. Each time the pages from The Biological Apocalypse would be jammed, but pages from anything else scanned perfectly.

Michael even tried to scan the front page of The Biological Apocalypse. Again, it wouldn't scan. It became obvious to us that something energetic had been done to this book, and that someone on the dark side did not want this information published. I realised that I would have to type the pages manually.

That there is MUCH more to these frequencies than we now know, is shown from the following story in the book on page 70. Someone among "The Powers that Be" apparently does not want this information given to the public: Dr Puleo (Joey) was researching the tones, trying to find out what they meant:

"So Joey asked around for leads. Soon a friend directed him to a university, in Spokane, WA, where a monsignor became his contact. The clergyman was head of the Mediaeval department. "He knew all about the 'organs of Corti', Solfeggio, Guido of Arezzo, and the whole thing." Joey recalled.

Following twenty minutes on the telephone with the man, he asked Joey, "It's wonderful to speak to you, my son, but what exactly is that I can do for you?"

"Can you decipher Mediaeval Latin, Monsignor?"

"Absolutely!"

"And you know the musical scale and everything?"

"Absolutely!"

"Well then could you tell me what 'Ut-queant laxis' means?"

*After a brief pause the Monsignor quipped, "It's none of your business."
Then he hung up.*

Weeks later, the Spokane librarian who had (been searching for information for Joey on these notes, with regards to Mediaeval Latin) called him back. "I didn't forget you," she said. "I tried to find out more on the subject. Some people I contacted told me to drop it, to just forget it!"

"Are you serious?"

"Yes," she replied. "I'm very serious."

New Bible Codes Discovered!

Vibration Rates for Creation and Destruction!

From: "Healing Codes for the Biological Apocalypse" Pages 166 & 167
by Dr Leonard Horowitz and Dr Joseph Puleo

For background & explanations as to how this information was discovered, read my [book review](#) and [READ THE BOOK](#) - IT HAS MUCH, MUCH MORE AMAZING INFORMATION IN IT.

(From Page 60, Fig 2.5):

Evolution of the Gregorian Musical "Solfeggio" (Scale) form Initially Six (6) Notes

The Original Solfeggio

1.	Ut	-	queant	laxis
2.	Re	-	sonare	fibris
3.	Mi	-	ra	gestorum
4.	Fa	-	muli	tuorum
5.	Sol	-	ve	polluti
6.	La -0 biireatum			

The Earlier Modified Solfeggio

1.	Ut	-	queant	laxis
2.	Re	-	sonare	fibris
3.	Mi	-	ra	gestorum
4.	Fa	-	muli	tuorum
5.	Sol	-	ve	polluti
6.		La	-	biireatum
7.	SI - Sancto Iohannes			

The Current Modified Solfeggio

1.	Do	-	queant	laxis
2.	Re	-	sonare	fibris
3.	Mi	-	ra	gestorum
4.	Fa	-	muli	tuorum
5.	Sol	-	ve	polluti
6.		La	-	biireatum
7.	TI - Sancto Iohannes			

(From Page 177: Fig 5.6):

The Secret Solfeggio Frequencies: Sound Vibration Rates for Creation and Destruction:

1. Ut = 396 = 9

2. Re = 417 = 3

3. Mi = 528 = 6

4. Fa = 639 = 9

5. Sol = 741 = 3

6. La = 852 = 6

(From Pages 166 & 167):

Definitions of Tones in the Latin Solfeggio Including "Hidden Entries" From Webster's Dictionary

Note 1: There are typos on this page. Most of them come from the book, as I typed it exactly as in the book, as best as I was able.

Note 2: Emphasis added by italics in each definition denotes special relevance to the book.

UT-quent laxis

1. a syllable used for the first note in the diatonic scale in an early solminzation system and later

replaced by do. 2. the syllable sung to this note in a medieval hymn to St. John the Baptist. <Gk. -Gamut- 1. the entire scale or range; **the Gamut of dramatic emotion from grief to joy. 2. the whole series of recognized musical notes** [1425-75]; late ME (Middle English)><ML (Medieval Latin)-contraction, of Gamma, used to represent the first lowest tone of (G) in the Medieval Scale Ut, Re, Mi, Fa, So, La, Si. <Gk - Gamma- 1. the third letter of the Greek alphabet. 2. the third in a series of items. 3. a star that is usually the third brightest in a constellation. 4. a unit of weight equal to one microgram. 5. **a unit of magnetic field strength equal to 10 to the fifth power gauss.** (quent: needing), (laxis: loose; axis-an affiliation of two or more nations. Also Axis Powers.)

RE-sonare fibris (Res-o-nance)

1 a: the state of quality of being resonant. b(1) *a vibration of large amplitude in a mechanical or electrical system caused by a relatively small periodic stimulus of the same or nearly the same period as the natural vibration period of the system* 2. the prolongation of sound by reflection; reverberation. 3a. Amplification of a source of speech sounds, esp. of phonation, by sympathetic vibration of the air, eesp. in the cavities of the mouth, nose and pharynx. b. a characteristic quality of a particular voice speech sound imparted by the distribution of amplitudes among the cavities of the head, chest, and throat. 4a. **a larger than normal vibration produced in response to a stimulus whose frequency is close to the natural frequency of the vibrating system, as an electrical circuit, in which a value much larger than average is maintained for a given frequency.** 5a. a quality of enriched significance, profundity, or allusiveness; a poem has a resonance beyond its surface meaning. 6. the chemical phenomenon in which the arrangements of the valance electrons of a molecule changes back and forth between two or more states. (in percussing for diagnostic purposes) a sound produced when air is present [1485-95]; <MF (Middle French), <L Resonantia, Echo=Reson (are) to resound + Antia-nance. (Re-a prefix, occurring orig. in loan words from Latin, use to form verbs denoting action in a backward direction, **Action in answer to or intended to undo a situation, or that performance of the new action brings back an earlier state of affairs.** (fibris: fibre string, vocal cord.)

MI-ra gestorum (Miracle)

1. **an extraordinary occurrence that surpasses all known human powers or natural forces and is ascribed to a divine or supernatural cause esp. to God.** 2. a superb or surpassing example of something; wonder, marvel {1125-75}, ME<L Miraculum=Mira(Ri) to wonder at. *fr* (French): sighting, aiming to hold against the light. (gestorum: gesture; movements to express thought, emotion, any action, **communication**, etc. intended for effect.)

FA-muli tuorum (Famuls.)

... plural Famuli, 1a. **servant/s, or attendant/s, esp. of a scholar or a magician** [1830 - 40<L (Latin), servant, of family. (Tourum - quorum - 1. **the number of members of a group required to be present to transact business or carry out an activity legally. usu. a majority. 2. a particularly chosen group.** [1425-75];<L quorum of whom; from a use of the word in commissions written in Latin specifying a quorum.)

SO-lve polluti (So-lve')

1. to find the answer or explanation for; clear-up; explain; **to solve a mystery** or puzzle, to work out the **answer or solution to (a mathematical problem.)** [1400-50, Late ME<L Solvere to loosen, release dissolve=so-var, after velarl, of se-set-luere to wash; (see Ablution.) Ablution n. 1. a cleansing with water or other liquid, esp. as a religious ritual. [1350-1400]. (Pollutii-pollute-luted, 1. to make foul or unclean,)

LA-bii reatum (Labi-al)

1. of pertaining to or resembling a Labium. 2. of pertaining to the lips, 3. (of a speech sound) **articulated using one of both lips**. 4. of or designating the surface of a tooth facing the lips. 5. the labial speech sound, esp. consonant, [1585-95]; ML lingual. (reatum - reaction - 1. **a reverse movement or tendency; an action in a reverse direction or manner**. 2. **a movement toward extreme political conservatism**; 3. **a desire to return to an earlier system or order**. 3. action in response to some influence, event etc.; 4. a physiological response to an action or condition. b. a physiological change indicating sensitivity to a foreign matter.) 6. mech. **the instantaneous response of a system to an applied force**, manifested as the exertion of a force equal in magnitude, but opposite in direction, to the applied force [1635-45].

SI (Sancte Johannes)

1. a person of exceptional holiness, formally recognized by the Christian Church esp. by **Canonization**. 2. a person of great virtue or benevolence. 3. a founder or patron, as of a movement. 4. a member of any various Christian groups. 5. to acknowledge as a Saint. Canonize [1150-1200]; ME Seinte. Canon: 1. an ecclesiastical rule or law enacted by a council or other competent authority and, in the Roman Catholic Church, approved by the Pope. 3. a body of rules, principles, or standards accepted as **axiomatic** and universally binding, esp. in a field of study of art. 6. any officially recognized set of sacred books. 10. the part of the mass between Sanctus and the communion. 11. **consistent, note-for-note imitation of one melodic line by another, in which the second line starts after the first**. (axiomatic). 1. pertaining to or of **the nature of an axiom; self-evident**. 2. **a universally accepted principle or rule**. 3. **a proposition in logic or mathematics that is assumed without proof for the sake of studying consequences that follow from it**.

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UPDATE May 13 2009

A reader wrote to me saying that the above codes are incorrect. Here is are her notes:

I. Ch 3, and especially p 81--"...King James authorized a Bible which...encoded Masonic secrets..."

1) Six note Solfeggio frequencies found in Numbers 7:12-83 (seems to be right on target)

2) Psalm 119 code (not covering my disagreements with this)

3) Psalms 120-134 (see below)

II. According to the New York Public Research Library:

"I have examined a facsimile of the Wycliffe Bible, and can now answer your questions.

The Wycliffe Bible is divided into chapters, but not verses. Stephen Langton, Archbishop of Canterbury, devised the modern chapter divisions about 1227 A.D. The Wycliffe Bible was the first Bible to employ this chapter pattern.

The 1382 Wycliffe Bible used song of grees in relation to these Psalms; the 1388 revision of the Wycliffe Bible used song of greces." May 13, 2006 email

1) The Bible chapters and the titles for Psalms 120-134 predated the King James 1611 translation. So at least this particular code was not hidden by King James.

2) gree 1n [Archaic] to give satisfaction for an injury

2n [a step: see GRADE] [Scot.] superiority, pre-eminence or victory

3vt, vi to agree or make agree

grade step, degree, rank

Webster's Dictionary, 1980 publication

III. Psalms 120-134 Number Pythagorean skein

120 3

121 4

122 5 David
123 6
124 7 David
125 8
126 9
127 1 Solomon
128 2
129 3
130 4
131 5 David
132 6
133 7 David
134 8

IV. Ch 2, p 61--"...Jeshua had directed Joey to discover two stanzas of music encoded in Psalms 120 through 134."

[Claiming to quote Jeshua does not make something correct. Sorry.]

p 67--"Observe that 'A Song of degrees' changes to 'A Song of degrees of David' in Psalm 122 (or 5 using the Pythagorean skein), 124 (or 7), 131 (or 5) and 133 (or 7). Then in Psalm 127 (or 1), the stanza is broken with a 'A Song of degrees of Solomon'." [Psalm 127 does nicely divide the group in half, but never do Puleo or Horowitz again address the Pythagorean skein numbers derived from the noted Psalms. These numbers make up the real code just as they did for the Solfeggio frequencies found in Numbers 7:12-83.]

p 67--"This yields seven Psalms before and seven Psalms after the stanza break. If you deduct one 'Song of degrees of David' from either side of the break, due to the repeat, then you get six degrees above and six degrees below 'A Song of degrees for (King) Solomon'."

[That makes two 6's, not one. A complete reading of p 61 shows that an attempt is being made to have the number six refer to the Solfeggio scale.

a) Numbers 7 gives the six tones, therefore it would be redundant, and going to much unnecessary trouble, to have an entire code for saying there are six tones.

b) The entire Healing Codes book is based on the importance of Pythagorean mathematics. That is where the real code is hidden.

c) To come up with the number "6" you almost have to know what the answer is ahead of time.]

V. Ch 6, p 197--"...Thus, seven is the deception. The critical power number is six. The reduction from seven chapters to six here is accomplished by repeating 'A Song of degrees of David' in Psalms 122, 124, 131, and 132..."

[He meant 133 and not 132. What convoluted, and erroneous, reasoning. You have to know that six is the important number in order to realize someone is trying to trick you with a seven.]

VI. Back to Pythagorean Mathematics

1.) The first two numbers that come up are 5 and 7. Having used a Rife machine for experimental purposes, I knew that the frequency 57 effects our DNA (information came mostly from other experimenters).

2.) There has to be a reason why two 57's were given in the code and why the number 1 is listed with Solomon and not David. If the 1 is used, in numerical order, with the two 57's, we get 571 and 157.

3.) But if 57, 571 and 157 are the real code, then it wasn't necessary to use 15 chapters with the headings of song of degree. So let's add the 15.

4.) Under II, 2) the Archaic meaning for gree (and these headings were in place a long time ago) is to give satisfaction for an injury. Is it possible that the meaning at one time, or in some manner, applied to

a physical type of injury/illness that these frequencies could heal?

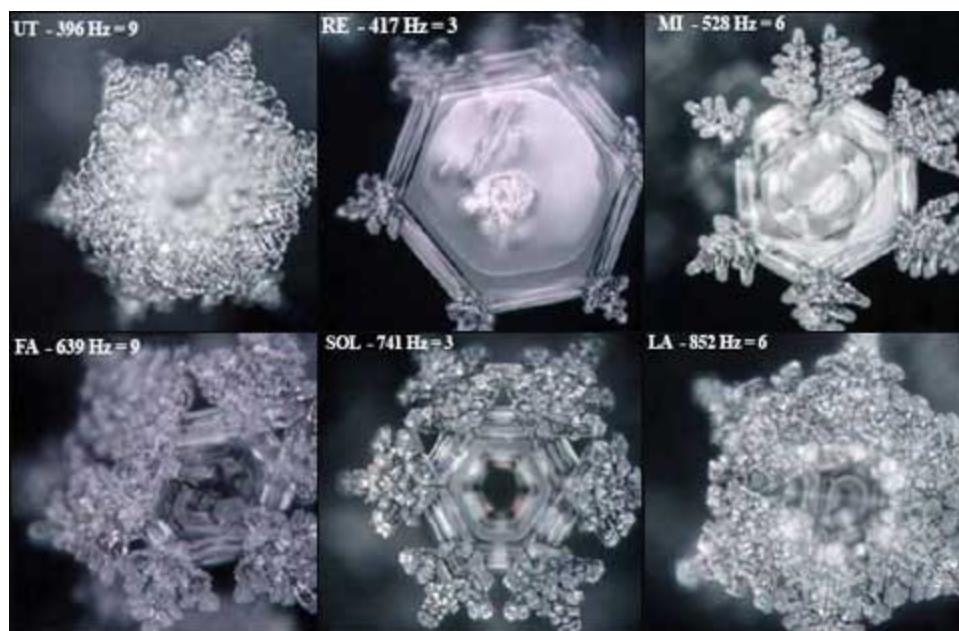
5.) I asked Yahweh if it mattered in which order the numbers were used and this is the answer I believe I received from Him (I do not discount the possibility that I either heard Him incorrectly or that I was hearing "another Jesus" scenario): Only order is 571,57,157,15 or 571-57-157-15. The "shape" is linear (the Illuminati love shapes; geometry and mathematics go together, always). Are these frequencies a type of harmonics to one another?

<http://www.relife.com/solfeggio.html>

Forgotten In Time: The Ancient Solfeggio Frequencies

2006 01 21

From: lightwithin.com/SomaEnergetics



Photos by From: powerofharmony.tripod.com

What Are The Ancient Solfeggio Frequencies?

These original sound frequencies were apparently used in Ancient Gregorian Chants, such as the great hymn to St. John the Baptist, along with others that church authorities say were lost centuries ago. The chants and their special tones were believed to impart tremendous spiritual blessings when sung in harmony during religious masses. These powerful frequencies were rediscovered by Dr. Joseph Puleo as described in the book [Healing Codes for the Biological Apocalypse by Dr. Leonard Horowitz](#). I give honor to both of these gentleman for the part they've played in helping return these lost frequencies back to humanity.

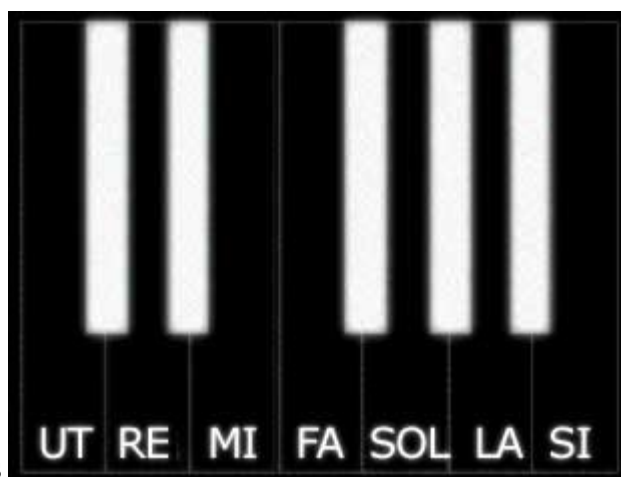
The Six Solfeggio Frequencies include:

- UT – 396 Hz – Liberating Guilt and Fear
- RE – 417 Hz – Undoing Situations and Facilitating Change
- MI – 528 Hz – Transformation and Miracles (DNA Repair)
- FA – 639 Hz – Connecting/Relationships
- SOL – 741 Hz – Awakening Intuition
- LA – 852 Hz – Returning to Spiritual Order

For example, the third note, frequency 528, relates to the note MI on the scale and derives from the phrase "MI-ra gestorum" in Latin meaning "miracle." Stunningly, this is the exact frequency used by genetic biochemists to repair broken DNA – the genetic blueprint upon which life is based!

A Little History

At the turn of the century the awareness of DNA entered the collective consciousness of the world. We have incarnated into this human experience as divine beings with a blueprint, a set of instructions. We know that a very small percentage (3%) of those instructions make up our physiology.



Carl Sagan writes that most of our genetic information (about 97%) is unused DNA. He refers to this as "genetic gibberish." Is it possible that most of who we are still lies dormant as our human potential?

In the old paradigm of religion, "potential" remained a mystery to the human mind, therefore we coined a mystical term called "SPIRIT." "Spirit" was something that was detached from who we were, something we didn't have and could only be gained through the systems of most religions.

The old paradigm and its premise stated that we began as biology in the womb of our mothers. Telliard deChardin tells us that **we are not a human being trying to attain a spiritual experience, but, rather, we are spiritual beings having a human experience.** This shift in perception causes a tremendous difference in the way we perceive ourselves in this third/fourth time-space continuum.

Being a student of "A Course In Miracles" in the late 80's, I was faced with a dichotomy in the idea that we are not a body. I never understood this statement fully until I read a quotation by Albert Einstein which stated: **"Concerning matter, we have been all wrong. What we have called matter is energy, whose vibration has been so lowered as to be perceptible to the senses. There is no matter."** I believe what is being stated is that at the deepest level we are not separate, as a body, as a spirit, as a soul — we are just energy-beings. This is the level of consciousness being opened to us from which a new paradigm is emerging for the purpose of healing all separation. The popular term, "The Divine, is in me"- makes "me" separate from the Divine. May I suggest a shift in the saying to: "The Divine, AS me" to remove the separation.

As we move from genetics and concepts like Soul, "Soul Mates" and "Soul work," we move beyond physical diagnosis, into a new field of quantum physics. In this new field, where consciousness is seen as a unified field where everything is everything else, (T.O.E. Theory - The Theory of Everything) — there are no boundaries. There is no "this" or "that;" no you or me. It is a pure field of awareness – consciousness. I solved the dichotomy about "we are not our body" by changing my perception of genetics to energetics - realizing that we are not meant to ignore our physiology, but recognize the body as energy, vibrating at a very dense frequency.

Repairing DNA

I was first introduced to DNA in 1988 when I was going through a transitional period, during which I felt that I had come to the end of everything that I believed. A tape was given to me of a gentleman speaking in an accent, (which I thought at the time, was rather boring), and I didn't understand what he was talking about. Then all of a sudden, as I was ready to turn it off, he said: ***"Quantum physics has found that there is no empty space in the human cell, but it is a teeming, electric-magnetic field of possibility or potential."*** That's all he said! But whatever frequency was contained in those words,

RESONATED something inside the CORE of my BEING — and I had a KNOWING in me that the NOTHING I thought I was looking at was the EVERYTHING. Much like in Zen, and the idea of becoming "as an empty bowl." Eastern Religions (including the Bible) refer to it as the VOID – The Nothing that is EVERYTHING – The Womb of Creation. I knew that I was experiencing a re-birth! The person on that tape was Dr. Deepak Chopra.

I had never heard of Deepak Chopra in 1988, as he was just coming on the scene about that time. I credit him for a very important transition in my life, just from the statement he made on that tape. Today, in retrospect, I would call my response to that statement a "cellular memory experience." We know that intelligence is stored within the cells of the body, and when the right resonance comes and releases that information to become inherent information or inherent KNOWLEDGE – that comes from the true Self. That is why so many of us seem to jump from one stimuli to another looking for what will resonate in us.

The work being done today with energy at the cellular level really excites me, since I had been very interested in DNA before it became a household word. In fact, I think it took me two years just to learn how to pronounce it (deoxyribonucleic acid did not roll off my tongue quickly). But, I was determined to understand this tremendously powerful energetic blueprint for life, as we know it, at the cellular level on this planet. DNA became a part of the collective consciousness when CNN produced a special on the Genome Project in 2000.

As I pursued my passion for the study of DNA, I attended a workshop by Dr. Robert Girard from California on DNA Activation. His work focused on using certain sounds and frequencies to activate DNA and I started doing DNA Activation workshops. Through those workshops, an article was given to me that reported how biochemists are using the frequency 528Hz to repair human DNA. The article stated that it was a "C." When I read that I thought, "All I would need to do is go to a piano or other instrument and play a "C" and then, in the DNA workshops we would be able to repair DNA."

Well, it wasn't that simple, because I discovered that the regular "C" that we all know of in this culture (which is from the diatonic scale of do, re, mi, fa, so, la, ti, do) was not the 528 Hz frequency "C", as described in the article. Instead, I discovered that a regular "C" vibrates to a frequency of only 512 Hz, and that the "C" of 528 Hz used in DNA repair had been a part of an ancient scale called the *Solfeggio Scale*. Moreover, the difference in the scales existed because of different tuning methods that were utilized in ancient times, vs. those in general use today. Later, we will explore that difference between how we create music today vs. how we used to create it, and how that simple change has made all of the difference in the world.

How I found out about the Ancient Solfeggio Frequencies

I found this ancient scale to be part of a 6-tone scale sequence of electro-magnetic frequencies called the Original Solfeggio Scale through the book "The Healing Codes of Biological Apocalypse" by Dr. Leonard Horowitz. These particular frequencies were rediscovered by Dr. Joseph Puleo, who received them in a wonderful experience that some would suggest was mystical. These frequencies are not something new, but they are something very old.

I shared the information about these frequencies with a musician friend who had a studio in her home. After reviewing the information, she decided that she would like to experiment with these frequencies in the form of meditation music. She was also in touch with Jonathan Goldman (author of the book, "Healing Sounds") and he knew of these frequencies, and was using them in some of his music such as "The Lost Chord" CD. Aryiana requested that he have the tuning forks made for her to research the frequencies. I asked if she could also have a set made for me.

After I received the tuning forks and began talking about them around the country, I noticed that people

were resonating with the information about these powerful frequencies. It felt as though something was going on in a much larger picture. We were connecting energetically to this information, and yet I didn't know what I was going to do with the tuning forks. Then people began to ask if I could use the tuning forks on them. From those experiences, and with information I had gathered, a method and technique began to develop. I called the technique SomaEnergetics™, which is designed to utilize the optimum energy of the Solfeggio frequencies using tuning forks. Soma, meaning "body" in the Greek, combines the *wholistic* idea of the body as an energy field - SomaEnergetics™.

When starting these first tunings, the main frequency that I knew the most about was 528 Hz – that biochemists are using for DNA repair. I realized that the right side of the body is controlled by the left-brain, and the left side by the right brain and that these correspond with our inner male and female energies. As I took the fork down each side of the body, I could get in touch with the dominate ancestral DNA that comes thru the Mother's side or Father's side of the chromosomes. I would many times get a tremendous imbalance in the sound between the two sides. The purpose of energy work, as many of you know, is to attain balance. For example, if everything is in balance, such as the pH level, the physical body can heal more naturally. It's the same way in our energy bodies. If we can find that energy balance, that equilibrium, where everything aligns or everything comes into synchronization into the rhythm of the dance of life – then healing becomes the natural state. It's nothing supernatural, or miraculous. I think a lot of spiritual texts have referred to this idea when they describe, "going home to heaven." Heaven, to me, is the complete synchronization with higher frequencies and vibrations of creation being totally entrained. In other words, being in a state of at-one-ment.

When I would continue to do the technique, the sound would begin to even out between the male and female sides of the body, and the client would indicate they were "feeling" a shift. As that would occur, I was totally amazed, and asked myself, "What is happening here?" Although I've been a speaker of spiritual things for over 40 years, I can't tell you that I've been the most intuitive person in the world. All of a sudden I started having certain feelings about what to do with the forks. I found that at some point in working with the client, I stopped "doing" the tuning forks (being the initiator of the technique), and they started "doing me" – seeming to direct the movement of the Forks! After hundreds of tunings and positive testimonies, I have learned to trust the Ancient Solfeggio Scale frequencies in the form of Tuning Forks as a legitimate modality.

Energy and Relationship

Everything is relationship. I remember Dr. Fred Wolf, who is a physicist stating on a tape "Everything is consciousness." He further noted, "When you are observing an object, on some level the object is observing you." As I listened to that statement, I thought it was strange. I then realized that because something doesn't have a human consciousness, as I do, that doesn't mean it doesn't have it's own consciousness. Apparently, observing something changes it on some level – that the observer, and the observed are one.

I treat the Solfeggio tuning forks as a conscious "entity." They are energy, they're vibration, they're frequency – the client is vibration, frequency and energy – I am vibration, frequency and energy. All of that coming together begins to produce a synergetic experience that takes place on many levels. The energy bodies that we focus on using the Solfeggio Frequencies are the physical, the etheric, the mental/emotional, and the astral.

Sound, Vibration and Form

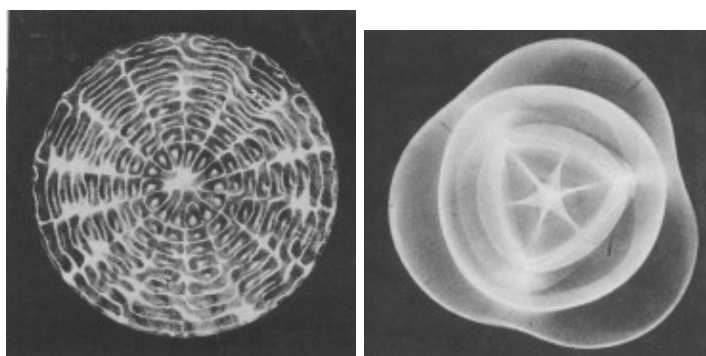
For more than 200 years, researchers have been validating the connections of Sound and Vibrations on physical form. The first to make that connection was German scientist Ernst Chladni, who, in 1787, detailed his research in his book "Discoveries Concerning the Theory of Music." In that pioneering work, he explained ways to make sound waves generate visible structures. He detailed how a violin

bow, drawn at a right angle across a flat plate covered with sand, produces patterns and shapes. Today, those patterns and shapes are called Chaldni figures. (Coincidentally, Chaldni died in 1829, the same year as Beethoven. Mozart, a Free Mason, heavily influenced Beethoven about the mathematics of music, and likely influenced Chaldni as well).¹

In 1815, Mathematician Nathaniel Bowditch followed up on Chaldni's discoveries. He concluded that the conditions for these designs to arise were because the frequencies, or oscillations per second, were in whole number ratios to each other—such as 1:1, 1:2, 1:3 and so on.²

The study of wave phenomena, the ability of sound to organize and repattern matter, is called **Cymatics**. According to John Beaulieu, in *Music and Sound in the Healing Arts*, "Form is the more elusive component of sound. Sound-forms can be seen by subjecting mediums such as sand, water, or clay to a continuous sound vibration." The following pictures taken by Dr. Hans Jenny are sound-forms. They were obtained by placing various mediums on a steel plate with a crystal sound oscillator attached to the bottom. The Oscillator creates a pulse, which vibrates the steel plate. The forms on the plate are examples of sound organizing matter." Jenny also "noticed that when the vowels of ancient languages like Hebrew and Sanskrit were pronounced, the sand took the shape of the written symbols for those vowels. "Modern languages, including English, failed to generate those patterns."

"Space is not empty. It is full, a plenum as opposed to a vacuum, and is the ground for the existence of everything, including ourselves. The universe is not separate from this cosmic sea of energy." David Bohm



Jenny concluded that were examples of cymatic elements everywhere—"vibrations, oscillations, pulses, wave motions, pendulum motions, rhythmic courses of events, serial sequences, and their effects and actions"—and they effected everything including biological evolution. The evidence convincingly demonstrated that all natural phenomena were ultimately dependent on, if not entirely determined by the frequencies of vibration. He argued that physical healing could be aided or hindered by tones. Different frequencies influenced genes, cells, and various structures in the body, he claimed.

Vibration of Music of the Spheres: "Every cell pulsates, reflects and interacts with acoustic oscillations of the medium. Even the earth and sun vibrate in unison based on a main rhythm of 160 minutes. Each musical note is therefore united to non-audible notes of higher octaves, and each symphony to other symphonies that we do not hear, and although they make our cells oscillate and possibly resonate. Even DNA has it's own melody. The musical nature of nuclear matter from atoms to galaxies is now recognized by official science."³ In "**Molecules of Emotion,**" by Candice Pert, Ph.D., she writes, "... basically, receptors function as scanners (sensing molecules, on a cellular level). They cluster in cellular membranes, waiting for the right ligand (much smaller molecules than receptors), to come dancing along (diffusing) through the fluid surrounding each cell, and mount them – binding with them and (tickling) them to turn them on and get them motivated to vibrate a message into the cell. Binding of the ligand to the receptor is likened to two voices, striking the same note and

producing a vibration that rings a doorbell to open the doorway to the cell."

Poet Cathie Guzetta summarized this science best when she wrote:

"The forms of snowflakes and faces of flowers may take on their shape because they are responding to some sound in nature. Likewise, it is possible that crystals, plants, and human beings may be, in some way, music that has taken on visible form."

How Did The Solfeggio Frequencies Get Lost?

I discovered that these powerful frequencies had been given to the church many years ago for a very spiritual purpose. This was back when the church was a wonderful place for the people in the villages to gather together. The church served as a social, political, and spiritual place. People came to Mass, which at that time, was done in Latin (until Vatican II came along). When people sing in Latin or musical tones, it is very powerful, because it gets through all of the limited thought forms, and into deeper levels of the subconscious – accessing insights beyond belief systems.

As described above by Dr. Candice Pert, PhD, energy and vibration go all the way to the molecular level. She states that we have 70 different receptors on the molecules and when vibration and frequency reaches that far they begin to vibrate. Moreover, she observed, "as they begin to vibrate they sort of touch each other, and tickle each other, and they play and mount each other." It's this whole energetic *dance* ritual, at the cellular level, that opens the chromosomes and exposes the DNA to the frequencies. When we do toning, drumming, chanting, or tuning forks – it can be a way to direct energy for transformational purposes.

Vibration and sound can be used, like most things, either with positive intention or negative intention. Used negatively, it's nothing more than control and manipulation. Most of the world has been built upon control and manipulation by the way we communicate thru language. A lot of different texts, such as the Bible, talk about the importance of just making Sound—whether it's chants, drumming, or speaking in tongues (such as the charismatic fundamentalists do), they are just different ways that people are accessing deeper levels of themselves. I suggest to you that the Solfeggio Tuning Forks are an even purer ways of doing that with positive intention.

When Dr. Joseph Puleo was researching the tones, he was directed to a Monsignor at a university in Spokane WA, who was head of the mediaeval department. Following a 20 minute conversation, the

"Can you decipher Mediaeval Latin?"

'Absolutely!'

'And you know the musical scale and everything?'

'Absolutely!'

'Well then, could you tell me what 'UT - queant laxis' means?'

After a brief pause, the Monsignor quipped, 'It's none of your business'

*Then he hung up."*¹

Additionally, as Dr. Puleo researched the tones further, he came across a book on Gregorian chants by Professor Emeritus Willi Apel who "argued that the chants being used today were totally incorrect, and undermined the spirit of the Catholic faith."¹ Moreover, Professor Apel reported that "one-hundred fifty-two chants were apparently missing. The Catholic Church presumably "lost" these original chants. The chants were based on the ancient original scale of six musical notes called the Solfeggio."¹ Trust me, nothing is lost, it's just neatly put away; however, they cannot hide from the masses what is energetically placed within the Soul.

According to Professor Willi Apel,¹ "The origin of what is now called Solfeggio...arose from a

Mediaeval hymn to John the Baptist which has this peculiarity that the first six lines of the music commenced respectively on the first six successive notes of the scale, and thus the first syllable of each line was sung to a note one degree higher than the first syllable of the line that preceded it. By degrees these syllables became associated and identified with their respective notes and as each syllable ended in a vowel, they were found to be peculiarly adapted for vocal use. Hence "Ut" was artificially replaced by "Do." Guido of Arezzo was the first to adopt them in the 11th century, and Le Marie, a French musician of the 17th century added "Si" for the seventh note of the scale, in order to complete the series."

Further research states that, "Pope Johannes later became a saint - Saint Iohannes - and then the scale was changed. The seventh note "Si" was added from his name. "Si" later became "Ti." These changes significantly altered the frequencies *sung by the masses*. The alterations also weakened the spiritual impact of the Church's hymns. Because the music held mathematic resonance, frequencies capable of spiritually inspiring mankind to be more "Godlike," the changes affected alterations in conceptual thought as well, further distancing humanity from God." In other words, whenever you sing a Psalm, it is music to the ears. But it was originally intended to be music for the soul as well as the "secret ear." Thus by changing the notes, high matrices of thought and to a great extent well being, was squelched. Now it is time to recover these missing notes."¹

I'd heard of do, re, me, fa, so, la, ti, do. I particularly responded to it whenever I hear that song by Julie Andrews from "The Sound of Music." I literally have a "brain cell firing" as it is engraved into my brain, and I see her coming over the mountain in the movie. I didn't realize this was actually a second, modified scale. The original Solfeggio scale was actually: UT, RE, MI, FA, SO, LA.

Looking at the definitions of each of the original syllables, using hidden entries from Webster's Dictionary and the Original Greek Apocrypha, I have determined that these original frequencies can be used for: Turning grief to joy, helping the person connect with their Source to bring forth miracles, DNA repair, connecting with spiritual family, solving situations & becoming more intuitive, and, finally, returning to spiritual order.² Through music these tones can assist all the channels in staying open and keep the life force (the Chi) literally flowing thru the Chakra System quite freely. Is this is what the six electro-magnetic frequencies were to accomplish that were put into "lost" hymns and Gregorian chants?

I think we are living in a tremendously wonderful time, and rather than seeing the glass as "half empty," I see it as "half full." Rather than accepting "CNN's perspective" of the world view, it's about finding perspective thru the vision of your own heart. It is about change and transformation of mankind to the next level of evolution. We, as Spiritual Light Workers, have made ourselves accessible at this time, by Divine Appointment, to be here to help those in humanity who choose (it's all based upon irrevocable choice) to stay, or to go. Those who have chosen to stay will come into our lives, and we have already agreed to assist them.

It's all about assisting other people. It's not to be their "Healer," but to assist them in knowing who they are and connecting with their true Source. It is about providing an atmosphere of non-judgement, a Sacred Space, for the purpose of healing themselves. We should be continuously teaching while assisting people. The old paradigm teaches us to keep the information among the professionals. The new paradigm is to share the information, and empower the client. Everyone you work with—whether it's Reiki, Massage, Tuning Forks or other modalities you are using, you should feel that you've empowered that person, so they can extend this information to someone else. Healing has become about our evolution by reconnecting our additional strands of DNA. Healing is also about assisting the person in restoring themselves to a state of "Spiritual Wholeness."

¹ "Healing Codes for the Biological Apocalypse" by Dr. Leonard Horowitz, p. 345-6

2 Ibid.

3 From "Man's Cosmic Game" by Guiliana Conforto

The 3, 6, and 9

As we look at the six original Solfeggio frequencies, using the Pythagorean method, we find the base or root vibrational numbers are 3, 6, & 9. Nicola Tesla tells us, and I quote: "If you only knew the magnificence of the 3, 6 and 9, then you would have a key to the universe."

John Keely, an expert in electromagnetic technologies, wrote that the vibrations of "thirds, sixths, and ninths, were extraordinarily powerful." In fact, he proved the "vibratory antagonistic thirds was thousands of times more forceful in separating hydrogen from oxygen in water than heat." In his "Formula of Aqueous Disintegration" he wrote that, "molecular dissociation or disintegration of both simple and compound elements, whether gaseous or solid, a stream of vibratory antagonistic thirds, sixths, or ninths, on their chord mass will compel progressive subdivisions. In the disintegration of water the instrument is set on thirds, sixths, and ninths, to get the best effects."

In the book of Genesis it states that there are six days of creation. Yet many talk about the creation week – or seven days, and the Christian Bible views the number seven as the number of completeness. Why Seven? It is due to the influence of the Near Eastern culture at the time in which Jesus lived, when it was believed that there were only seven planets.

When wrestling with adding a 7th number, I was mystically drawn to an article in Discover Magazine. In his newest book, *Just Six Numbers*, Rees argues that six numbers underlie the fundamental physical properties of the universe, and that each is the precise value needed to permit life to flourish. In laying out this premise, he joins a long, intellectually daring line of cosmologists and astrophysicists (not to mention philosophers, theologians, and logicians) stretching all the way back to Galileo, who presume to ask: Why are we here? As Rees puts it, **"These six numbers constitute a recipe for the universe."** He adds that **if any one of the numbers were different "even to the tiniest degree, there would be no stars, no complex elements, no life."** (From Discovery Magazine). As some authors have speculated, could these tones have played a role in the miraculous shattering of Jericho's great wall in six days before falling on the seventh day? **Some scientists are now stating that if we have been created, we most likely would have been sung into existence. Is it possible that the six days of creation mentioned in Genesis represent six fundamental frequencies that underlie the universe?** Religious scholars believe both events occurred as a result of sounds being spoken or played.

Other scientists, including the geniuses Nikola Tesla, Raymond Rife, as well as Mozart, Haydn, Beethoven, and Chladni, all must have known about, and used the concept of, the inherent power of threes, sixes, and nines. So we are dealing with three powerful numbers: 3-6-9. Everyone of the six Solfeggio Tuning Forks all add up, individually to the Pythagorean scheme of 3-6-9. In fact, because there are two sets of 3-6-9 (anagrams) in the solfeggio, they are even more powerful as these combinations serve as "portals" to other dimensions!

Just Intonation – 12 Tone Equal Temperament

As I observed earlier, another reason these Ancient Solfeggio frequencies became "lost" was because of the change in tuning practices throughout history. The standard tuning method for the past 200 years is quite different from the tuning practices dating from antiquity through about the 16th century A.D. These ancient tuning practices used a system of tuning known as **Just Intonation**. The tuning practice adopted for western cultures during the 16th, 17th, and 18th centuries, and used today, is known as **Twelve-Tone Equal Temperament**. The explanation of the fundamentals of these tuning systems is far too complex for this agenda, but the following quote from a book written by David B. Doty, titled *The Just Intonation Primer*, should give an idea of the confinement that music has been relegated to.

"Essentially, music has been placed in a box of limitations"— as the result of the rigidity imposed by the Twelve-Tone Equal Temperament tuning standards in use today.

"Although it is difficult to describe the special qualities of *Just (Intonation)* intervals to those who have never heard them, *words such as clarity, purity, smoothness, and stability come readily to mind. The supposedly consonant intervals and chords of (12-Tone) Equal Temperament, which deviate from simple ratios to varying degrees, sound rough, restless, or muddy in comparison.*"

Just Intonation can be found in many of the great Fathers of Classical Music – Beethoven and Hyden, just to name a few. They did not use this 12-tone temperament and I think that is why we have a richer experience when we hear music that was composed several hundred years ago. Classical Music based on Just Intonation gives us a different rapport with time and space and brings us into our higher chakras.

Native American chanting is many times based on Just Intonation. The chanting seems to sound monotone, but we are finding out that within the monotone sound is multi-dimensional harmonics.

How these different types of tones affect our health

Consequently, since all music in our contemporary world (from commercials, to modern hymns and symphonies) has been composed utilizing the 12-Tone Equal Temperament Scale, they all have vibrational limits. As a result, vibrational frequency of the tones of modern music can create situations such as "boxed-in thinking," stuffed and suppressed emotions; and fear-based "lack" consciousness—all of which then tend to manifest into physical symptoms of "dis-ease."

This is in contrast to music created from the Ancient Solfeggio Scale, which stimulates the vibration of expanded creativity, easier problem solving and holistic health.

Again, it should be noted that although there are contemporary notes that approximate the Solfeggio tones, they are not the same frequencies as the ancient tones. Example: The Solfeggio tone, Mi, vibrates to 528 Hz. The **closest**, comparable, contemporary tone is C, above Middle C, which vibrates at 512 Hz. Our research indicates that ***the vibrational frequencies contained in the Solfeggio tones hold these original healing potentials.***

<http://www.redicecreations.com/specialreports/2006/01jan/solfeggio.html>

1 - Professor Apel's and Dr. Puleo's remarks as reported in ["Healing Codes for the Biological Apocalypse"](#) by Dr. Leonard Horowitz. Pages 58-61

2- Hidden Entry Meanings from the book, "Healing Codes for the Biological Apocalypse" by Dr. Leonard Horowitz. Pgs. 166-67

[Transformational Tuning Forks and CD's based on the ancient Solfeggio Frequencies.](#)

[Download Printable version of the full booklet: Forgotten In Time: The Ancient Solfeggio Scale \(.pdf 233kb\)](#)

Other Resources:

- John Beaulieu, "Music and Sound in the Healing Arts." Station Hill Press, 1987
- Giuliana Conforto, "Man's Cosmic Game," Edizioni Nowsis, 1998
- David B. Doty, "Just Intonation Primer"
- Jonathan Goldman, "Healing Sounds: The Power of Harmonics," Element Books, 1992
- Leonard Horowitz and Joseph Puleo, "Healing Codes for the Biological Apocalypse,"

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- Candice Pert, PhD, "Molecules of Emotion"
- Michael Talbot, "The Holographic Universe"
- Dr. Rees, "Just Six Numbers"

Article from: http://www.lightwithin.com/SomaEnergetics/2About_Solfeggio.htm

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