

Resilience

Healing Energy by Sue Aumer

Healing Frequencies: The Solfeggio Scale



Music has always been a fundamental part of our existence. From ancient drumming to complex modern compositions, music seems to resonate with human life. Its frequencies have the power to affect us deeply, to lift us up.

What is the Solfeggio scale?

Used in music since biblical times, the original Solfeggio scale is made up of six frequencies: 396, 417, 528, 639, 741 and 852 Hz. The scale is probably best known for its use in soothing Gregorian chants. Its notation (UT RE MI FA SOL LA) was created by an Italian monk in the 11th century to make it easier to teach the chant melodies and harmonies to monastic choirs.

Since then, three frequencies have been added to the original scale: two to the lower end (174 and 285 Hz) and another (963 Hz) to the upper end of the scale. These frequencies are mathematical extensions of the original six. This nine-frequency updated Solfeggio scale is considered by many musicologists and scientists to have particularly positive impacts on our minds, bodies and spirits.

Through experience, each frequency of the Solfeggio scale has become associated with a general healing effect as summarized in the table below.

Many sound therapists generate these frequencies to support healing using tools such as tuned pipes and tuning forks.

SOLFEGGIO SCALE		
Frequency (Hz)	Notation	General Effect
174	N/A -newer	releasing pain
285	N/A -newer	releasing wounding
396	UT	dealing with guilt and fear
417	RE	facilitating change
528	MI	transformation
639	FA	connections and relationships
741	SOL	awakening intuition
852	LA	spiritual return
963	N/A -newer	being at one with all

Supplemental sound healing using Solfeggio calibrated tuning forks is offered at Resilience. This form of healing works synergistically, beautifully and unobtrusively with Reiki energy during healing sessions.

If you would like to try this form of sound healing during your Reiki session, just schedule as usual and let me know after you arrive. As with other supplemental healing modalities offered, there is no additional charge to receive it. It's all part of the Reiki healing experience at Resilience!



Thank you for your business! I wish you all the best on your healing journey.

Sue Aumer

Usui Holy Fire III Reiki Master
practitioner / energy worker

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