



The Intuitive Healing Voice Course

with Dominique Oyston

SOLFEGGIO FREQUENCIES AND WELL-BEING

Let's look at how Sound Healing balances the brain and the nervous system through binaural beats and solfeggio frequencies.

Rhythm and frequency in particular affect the brain. Solfeggio frequencies are based on sacred geometry and the mathematical ratios that exist in sound. There are 6 solfeggio frequencies that are supposed to correspond to the chakras. When sung in harmony, they balance the frequencies in the body.

The Earth has her own frequency which we call the Schumann resonance after the scientist who 'discovered' this. However, the glyph for the sacred sound of OM looks like the Schumann resonance wave so he didn't really discover it did he?

Binaural beats and isochronic tones are used as Sound Healing tools which are pulses of sound and align with these frequencies that are measurable.

What are the Solfeggio frequencies?

Solfeggio frequencies make up the ancient 6-tone scale thought to have been used in sacred music, including the beautiful and well known Gregorian Chants. The chants and their special tones were believed to impart spiritual blessings when sung in harmony. Each Solfeggio tone is comprised of a frequency required to balance your energy and keep your body, mind and spirit in perfect harmony.

History of Solfeggio Frequencies

A mathematical approach to sound healing emerged in Ancient Greece. The intellect exploded. We have all the 'ologies', sciences, philosophy and arts.

This is where Pythagoras, the famous mathematician/philosopher began teaching music as medicine in relation to our modern concept of mathematics. Pythagoras had a school of mathematics that was not disconnected from spirit. Everything in existence was seen as connected to spirit in ancient times.

Mathematics was intimately connected to the teaching of sacred geometry. This was where the science of sound unfolded. Music as medicine was spiritually and intellectually interwoven with the science of sound.



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Pythagorean toning describes the solfeggio frequencies, the balance of colour and light and how this relates to mathematics and sacred geometry. The structure of music was explored, and the modal scales emerged to stimulate different healing experiences and alter states and moods. Music and its relationship to mood, emotion and mindset evolved. Alchemy was developed in the realm of psychology. How do we transmute the darker emotions into joy and bliss? Alchemy was core practice in Egypt, but everything starts to come together in a more human way in Ancient Greece. The resonance of the universe was explored through science and human endeavour. The Age of Heroes emerged. Before this there were only Gods and goddesses, kings and queens.

The emotional body became a focus of healing practices. The physical, mental, emotional bodies were healed through sound, voice and particularly music played by the lyre. The lyre as a healing instrument took over the voice in Ancient Greece. It was almost as if the potency of the voice gradually receded from this time on. I believe this is because the Feminine was shackled in Ancient Greece. Music became a primary healing tool beyond the voice.

The Solfeggio frequencies that had their origin in Egypt and Pythagorean teaching were forgotten, and then reappeared in the 10thC by a Benedictine monk. Many ancient documents were stored in monasteries and religious libraries.

The Solfeggio Frequencies Re-emerge

(Much of the following material is from <https://attunedvibrations.com/solfeggio>)

The original (revived) Solfeggio scale was developed by the monk, Guido d'Arezzo (c. 991 AD – c. 1050 AD). It was used by singers to learn chants and songs more easily.

Today we know the Solfeggio scale as seven ascending notes assigned to the syllables Do Re Mi Fa So La Ti.

The original scale was six ascending notes assigned to Ut-Re-Mi-Fa-Sol-La. The syllables for the scale were taken from a hymn to St. John the Baptist, Ut Queant Laxis, written by Paulus Diaconus.



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Then in the mid-1970's Dr. Joseph Puleo, a physician and America's leading herbalist, found six electro-magnetic sound frequencies that corresponded to the syllables from the hymn to St. John the Baptist.

According to the documentation provided in 'Healing Codes for the Biological Apocalypse', Dr. Joseph Puleo was introduced, through an open vision, to the Pythagorean method of numeral reduction. Dr. Joseph Puleo studied the Book of Numbers and saw into the magical secrets of the universe through this. The ancient Mysteries were unveiled!

The secret meanings of the ancient syllables

Each tone has its own unique potential.

As you already know, the syllables used to denote the tones are: Ut, Re, Mi, Fa, Sol, La. They were taken from the first stanza of the hymn to St. John the Baptist:

Ut queant laxis **R**esonare fibris

Mira gestorum **F**amuli tuorum

Solve polluti **L**abii reatum

Sancte Iohannes

The literal translation from Latin is:

"In order that the slaves might resonate (resound) the miracles (wonders) of your creations with loosened (expanded) vocal chords. Wash the guilt from (our) polluted lip. Saint John."

In other words, so people could live together in peace and communicate in harmony about the miracle in their lives, and how God blessed them to produce this 'magic', people's true unpolluted spiritual natures required revelation. The above text seems to suggest that Solfeggio notes open up a channel of communication with the Divine.

Each syllable was thoroughly studied by Dr. Puleo and other professional researchers. David Hulse, a sound therapy pioneer, with over 40 years of experience, described the tones as the following:

UT – 396 Hz – turning grief into joy, liberating guilt & fear

RE – 417 Hz – undoing situations & facilitating change

MI – 528 Hz – transformation & miracles, repairing DNA



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FA – 639 Hz – relationship, connecting with spiritual family

SOL – 741 Hz – expression/solutions, cleaning & solving

LA – 852 Hz – returning to spiritual order

These are the main six Solfeggio frequencies. They were used in over 150 Gregorian Chants. These have been extended to:

Solfeggio healing frequencies

174 – reduce pain

285 – influence energy fields

396 – turn grief into joy

417 – facilitate change

528 – transformation & miracles

639 – reconnecting, relationships

741 – expressions/solutions

852 – return to spiritual order

963 – awaken perfect state

Pure Tones and Modern False Tones!

The Solfeggio frequencies were lost because throughout history different tuning applications have been used.

Ancient tuning practices used a system of tuning known as 'Just Intonation'. The method of Just Intonation featured pure intervals between every note that were mathematically related by ratios of small whole numbers leading to a much purer sound.

But then things changed.

The spiritual sense of pure mathematics was lost. Materialism entered music.

The tuning practice adopted for western cultures from about the 16th century and used today is known as 'Twelve-Tone Equal Temperament'. The 12-Tone Equal Temperament mistunes ALL consonant intervals except the octave.

Our modern scale, that we listen to daily, can create situations such 'boxed-in' thinking, stuffed and suppressed emotions, fear-based or lack



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consciousness, all of which then tend to manifest into physical symptoms called 'dis-ease' or disease.

Our modern day musical scale is out of sync when compared with the original Solfeggio scale. If we want to bring harmony in our lives, we need to replace the dissonant western scale with a web of subtle and clear intervallic relationships of the Solfeggio music. Let the music become once again a tool to raise human nature and a method to connect you with the Source.

Your Secret Key to the Universe

You can tune yourself back to those perfect mathematical and sacred vibrations.

Nikola Tesla, the great genius and father of electromagnetic engineering, had once said, "If you only knew the magnificence of the 3, 6 and 9, then you would hold a key to the universe". The 3, 6, and 9 are the fundamental root vibrations of the Solfeggio frequencies.

Albert Einstein 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." All matter beings vibrate at specific rates and everything has its own melody. The musical nature of nuclear matter from atoms to galaxies is now finally being recognized by science.

That is why these frequencies are so powerful. They can literally bring you back to the original tones of the heavenly spheres and put your body into a balanced resonance.

Solfeggio music is the key to the Universe.

You can either throw it away or you can use it to find healing and harmony, health and well-being. Just play the music!

Brain Wave States

Our brain has different brain wave states. There are five brain wave states that enable us to experience different states of awareness. Gamma, Beta, Alpha, Delta and Theta.



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- **Gamma** is associated with pure compassion and sense perception and processing.
- **Beta** is the normal everyday waking state. Beta frequency is logical thinking, analysis and attention. Stress can really disrupt these frequencies.
- **Alpha** is the frequency between 8 and 13 Hz where we find daydreaming, fantasising, creative visualisation is activated.
- **Theta** which is 4 – 8 Hz is intuition and it allows you to access the subconscious mind.
- **Delta** is the sleep consciousness.

Binaural Beats and Brain Waves

There are many sound therapies out there using binaural beats and tones, rhythms and frequencies to bring the brain out of one state into another state of awareness and frequency to relax, destress and heal. They have nothing to do with the voice but can be a useful addition to your Sound Healing tool kit.

‘Binaural Beats’ is a term given to a measured change in brain activity when presented with audio stimulus. When a person is presented with a stereo sound with two different tones – the brain produces a response (binaural beat) which is hearing and responding to the difference between the tones, not the actual tones themselves.

Binaural beats can influence the brain to entrain to a different state. The waves that are known are: (see next page)



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> 40Hz	Gamma waves	Higher mental activity, including perception, problem solving, fear, and consciousness
13–39Hz	Beta waves	Active, busy or anxious thinking and active concentration, arousal, cognition, and or paranoia
7–13 Hz	Alpha waves	Relaxation (while awake), pre-sleep and pre-wake drowsiness, REM sleep, Dreams
8 -12 Hz	Mu waves	Sensorimotor rhythm Mu rhythm, Sensorimo Sensorimtor rhythm
4-7 Hz	Theta waves	Deep meditation/relaxation, NREM sleep
< 4 Hz	Delta waves	Deep dreamless sleep, loss of body awareness

Relaxation or alertness are the usual objectives.

The creative and transformative potential of sound has been scientifically verified. Sound vibration actually changes the structure of matter.

As you increase the frequency the matter keeps forming more complex patterns. These patterns are considered strictly the result of physical vibration. But the ancients told us the mind of god ordered the universe through sound. This action of vibration on matter is known as Cymatics. Hans Jenny (1904-1972), the father of Cymatics, claimed that physical healing could be aided by vibrational tones.

Now we are remembering that he is right.