

## Healing with Tones and Frequency In The Comfort of Your Home

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About 11 years ago I discovered Binaural Beats Music! I was so excited about this right brain, left brain hemisphere idea, had no real clue what it actually was at the time and I knew that meant I was going to have to find out first hand! ***You can find a few of my favs below!***

I can also say that I have experienced a myriad of benefits by testing out tones, frequencies and different brainwave states. When I listen to the sounds that speak to me consistently, I have had amazing results. I wake up feeling pretty blissful more often than not and when I need to focus, there's a sound for that and it's not me dehydrating with extra coffee.

### What are Binaural Beats?

Binaural Beats are an illusion created by your auditory system and are perceived by the brain as one frequency tone when your right ear and left ear receive a slightly different frequency via an oscillation. Think how a fan oscillates back and forth from side to side, binaural tones do the same thing from ear to ear. Pretty cool huh?!

This is why it's important to have the right ear bud in the right ear and the left ear bud in the left ear when using headphones, which is recommended for optimal effects.

### What Are Isochronic Tones?

You do not need headphones for these. They give benefit with or without.

These tones are defined by a single tone being turned on and turned off in rapid succession, like pulses. Imagine putting on a headset and listening to regular beats of a single tone. This is known as isochronic.

While it might sound monotonous, if done correctly and if emitted within the most successful parameters, listening to this simple set of sounds can reduce your stress, boost your immune system, and help you achieve [a meditative state](#).

Isochronic tones are part of a compelling trio that also includes binaural and monaural beats" - gaia.com

## What Are Solfeggio Frequencies?

"The **solfeggio frequency** at **432 Hz** aligns with our planet's heartbeat. Medical doctors have stated that brain waves resonate perfectly at around 8 Hz. ... It is a **frequency** that encourages the synchronicity between both brain hemispheres, which increase intuition, insight, and creativity." - naturalhealingsociety.com

"The **528 Hz frequency** is the most significant of the ancient **Solfeggio Frequencies**. Known as the "love" **frequency**, it has a deep-rooted relationship with nature, and is present in everything from Chlorophyll to human DNA. It also has mathematical significance and proven healing potential. " mindvibrations.com

"**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." - attunedvibrations.com

## What Are The Benefits?

The benefits range from improving cognitive function, quelling anxiety, deeper sleep, astra travel, manifestation, abundance creation, weight loss, and other functions that are said to improve you wellbeing. I personally love the 528hz for Love and Relaxation and I enjoy falling asleep to a few different sets of music. At night I don't always use the headphones, and yet I still wake up feeling blissful!

There are different brainwave states, different beat frequencies and tones, Solfeggio Tones, and Isochronics that I have really enjoyed throughout the years.

## Try these and see how you feel!

<https://www.youtube.com/watch?v=HqaHNVgFTv4&t=3952s>

I love this for falling asleep or relaxing, feeling into my heart.

[https://www.youtube.com/watch?v=0s1kh\\_IK5el](https://www.youtube.com/watch?v=0s1kh_IK5el)

Sweetest Angelic Music. Get ready to feel surrendered, loved and let go.

<https://www.youtube.com/watch?v=KNuoGeD9Qeo>

This is one of my favs when I need to get things done or focus and I'm not feeling motivated.

This is a motivator!

## Different Brainwave States produce Different Feelings.

MindValley.com had a great explanation for the states so I am going to quote them!

### 38hz-42hz – Gamma

#### **Spiritual awakening, universal love, harmony.**

Gamma brainwaves are actually a bit of a mystery. They're the highest frequency you can achieve, but scientists are a little dumbfounded by them.

Unlike Alpha and Beta, Gamma brainwaves don't really translate to feeling active and alert. Rather, what's been discovered is that in Gamma, **neurons are firing so harmoniously that people often feel like they have a spiritual experience.**

This brainwave state has been associated with expanding consciousness and understanding the value of universal love and harmony.

### 12hz-38hz – Beta

#### **Reaction, engagement, sensory experiences.**

These brainwaves take a lot of energy to produce, and you'll feel really productive and focused when you're in this state.

**Your brain in Beta is actively engaged, aware, and reactive.** This is a great state for short-term problem solving or being engaged in exciting activities. But it's not a great state for long-term decision making or really thinking through your actions.

### 8hz-12hz – Alpha

#### **Present, focused, aware.**

If you're operating in Alpha mode, **you'll feel very present and in the moment.** You might be somewhat reactive to the world around you, but you'll feel like you have time to process what's going on rather than just react on instinct. This is a wonderful state to achieve when meditating or doing something that requires coordination, focus and learning.

### 3hz – 8hz – Theta

**Dreamy, otherworldly, surreal.**

You may have experienced [Theta](#) right before drifting off to sleep, [during a lucid dream](#), or during a deep meditation.

In Theta, you no longer sense the outside world, but **you are aware and conscious of your internal world.**

All of your subconscious fears, hopes and judgments are hidden in the Theta state. Theta is a difficult state to achieve because you often drift out of it very quickly either becoming conscious in Alpha or moving on to the deeper state of Delta.

**By staying in Theta, you can learn endless information about yourself and your consciousness.**

### 5hz – 3hz – Delta

**Asleep, regenerative, healing.**

You won't recall ever being in this state, but it's an incredibly important brainwave for your health.

In this state, you will be deeply asleep, but not actively dreaming. Your body needs this state to heal and regenerate.

On a daily basis, you'll need to achieve this state when you sleep at night to make sure your body can heal itself. When you're feeling really sick, or your body and mind are working hard, you'll want to stay in this state a little longer.

If you haven't tried these before, check them out and tell me what you think!

*Enjoy!*

*Much Love and Gratitude*

*xx Julia*