

# 100

## FREQUENCIES FOR HEALING

A Compilation of the 100 Most Commonly  
Used Frequencies in Sound Healing



This guide brings together the 100 most widely used healing frequencies across modern and traditional sound-healing systems – from Solfeggio and Brainwave tones to Tesla, Angelic, Planetary, Meridian, Rife, and Special Frequencies.

Each frequency resonates with specific aspects of the body, mind, and spirit, offering unique benefits such as grounding, emotional release, energetic balance, and spiritual awakening.

Use this guide as both an educational reference and a practical tool for meditation, music creation, or frequency therapy practice.



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*Mirzaei Narek*

# Solfeggio Frequencies



## **396 Hz**

### **Release & Grounding**

Frees fear and guilt, restoring emotional stability  
and inner strength

## **417 Hz**

### **Renewal & Change**

Clears negative patterns and invites  
transformation and fresh beginnings

## **528 Hz**

### **Love & Healing**

Promotes harmony, DNA renewal, and heart-  
centered consciousness

## **639 Hz**

### **Connection & Harmony**

Strengthens relationships through empathy,  
forgiveness, and understanding

## **741 Hz**

### **Cleansing & Expression**

Detoxifies energy, clears the mind, and supports  
honest self-expression

## **852 Hz**

### **Intuition & Awakening**

Enhances inner awareness, spiritual clarity, and  
connection to higher wisdom

# Extended Solfeggio Frequencies

**174 Hz**

## **Relief & Stability**

Eases pain, relaxes tension, and grounds you in physical comfort and safety

**285 Hz**

## **Regeneration & Vitality**

Supports cellular healing, tissue repair, and the body's natural renewal process

**963 Hz**

## **Awakening & Unity**

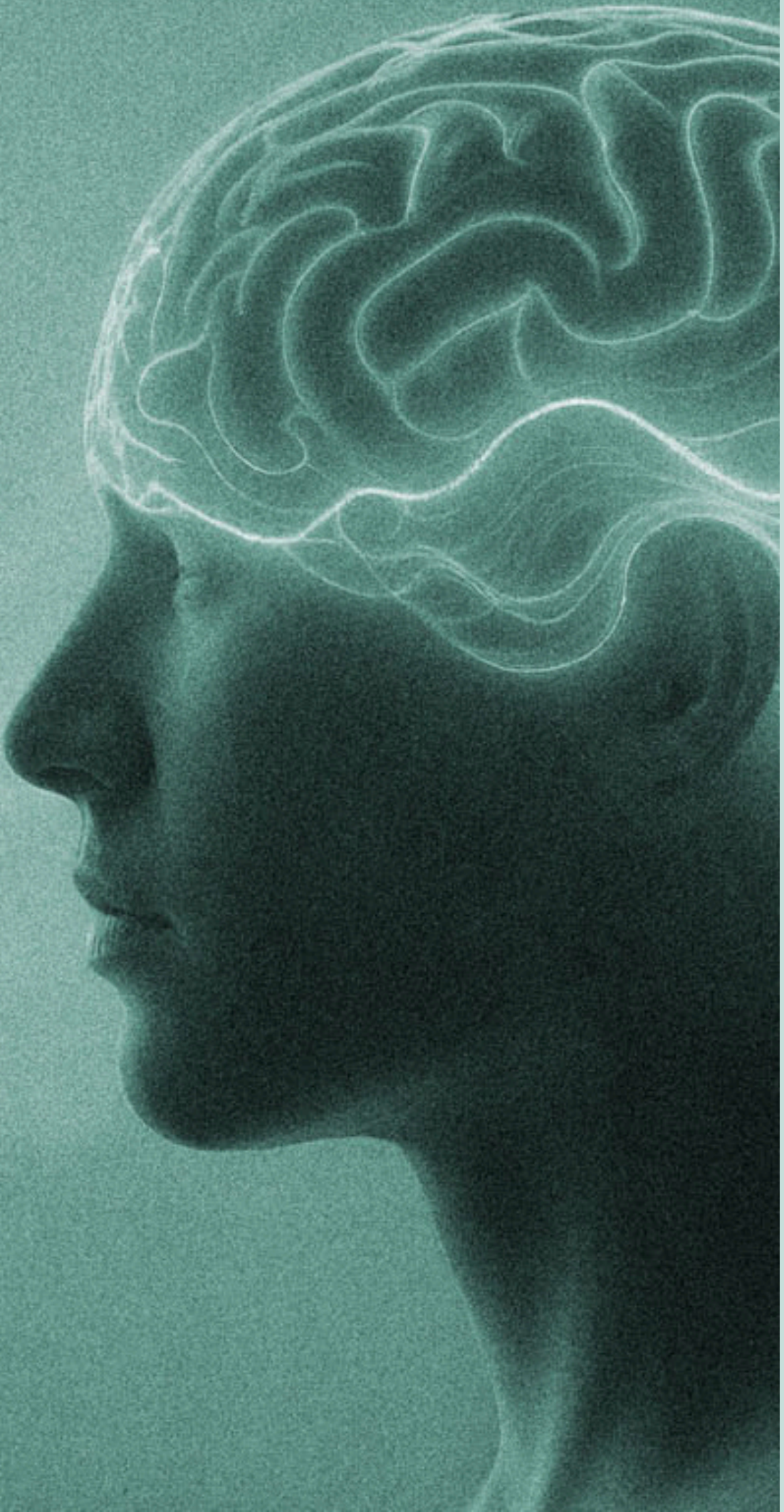
Activates divine consciousness, opening the crown chakra to higher awareness and oneness

**1074 Hz**

## **Expansion & Integration**

Deepens spiritual connection and helps integrate higher wisdom into everyday life

# Brainwave Frequencies



## **Delta (0.5 – 4 Hz)**

### **Deep Healing & Restoration**

Promotes profound sleep, physical regeneration,  
and inner stillness

## **Theta (4 – 8 Hz)**

### **Intuition & Creativity**

Opens access to the subconscious, enhancing  
emotional release and inspiration

## **Alpha (8 – 12 Hz)**

### **Calm Focus & Clarity**

Encourages relaxed awareness, mental balance,  
and stress relief

## **Beta (12 – 30 Hz)**

### **Focus & Productivity**

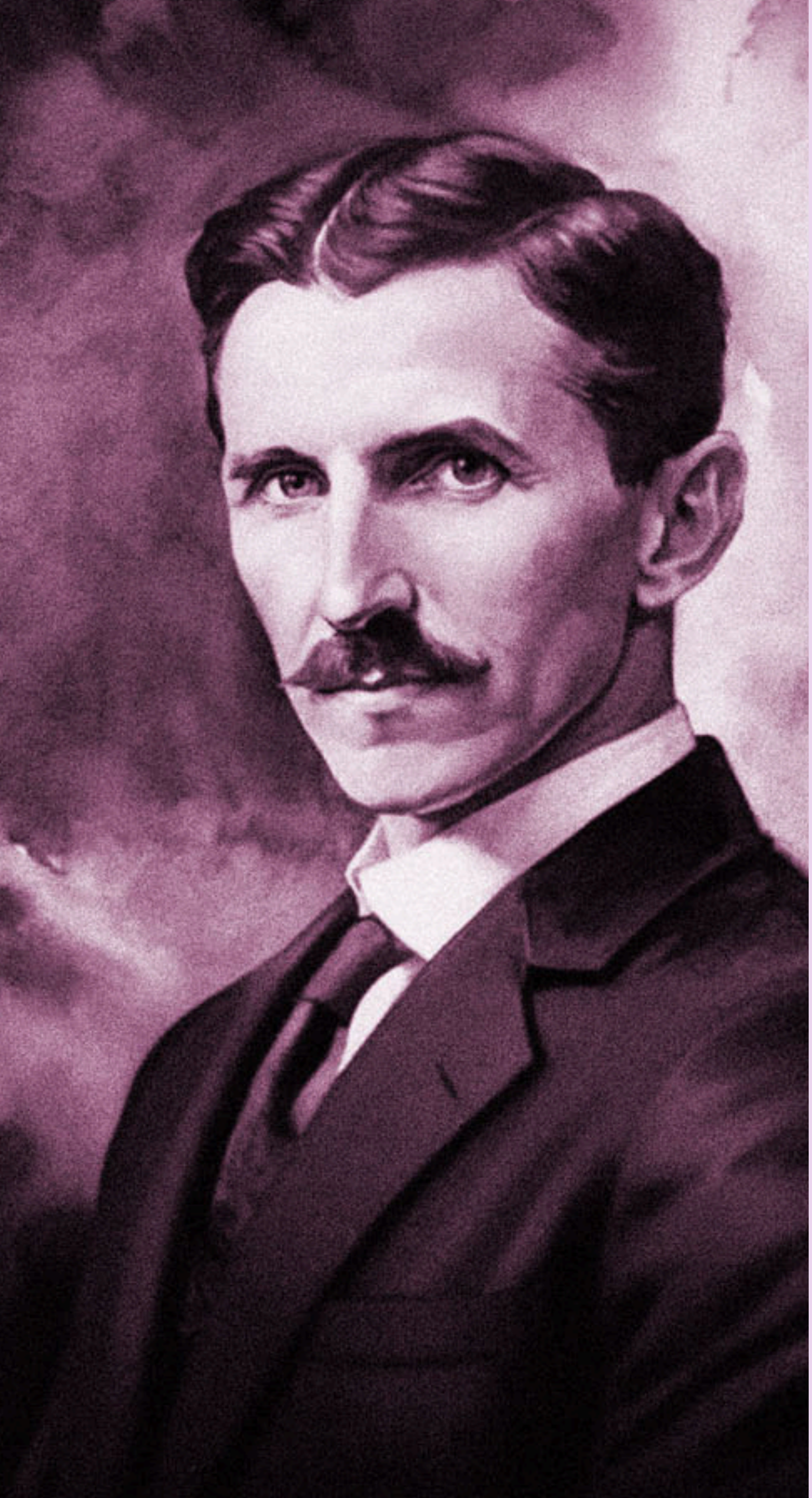
Supports alertness, problem-solving, and effective  
daily functioning

## **Gamma (30 – 100 Hz)**

### **Insight & Integration**

Enhances cognitive processing, unity of  
perception, and expanded consciousness

# Tesla Frecuencias



## **333 Hz**

### **Creation & Expression**

Awakens creativity, confidence, and authentic self-expression through mind-body-spirit harmony

## **369 Hz**

### **Energy Flow & Transformation**

Balances energy channels, clears blockages, and promotes spiritual awakening and renewal

## **999 Hz**

### **Purification & Completion**

Supports emotional release, energetic cleansing, and alignment with higher spiritual truth

# Angel Frequencies



# 111 Hz

## **Alignment & Manifestation**

Sharpens focus, aligns intention, and amplifies manifestation energy

# 222 Hz

## **Balance & Trust**

Calms the mind, nurtures patience, and restores faith in divine timing

# 333 Hz

## **Support & Expression**

Inspires authentic communication and reminds you of universal guidance

# 444 Hz

## **Grounding & Protection**

Strengthens stability, resilience, and a sense of safety during change

# 555 Hz

## **Transformation & Growth**

Encourages renewal, releasing the old to embrace new beginnings

# 666 Hz

## **Realignment & Responsibility**

Grounds scattered energy and promotes mindful, balanced action

## **777 Hz**

### **Wisdom & Intuition**

Enhances spiritual awareness, insight, and trust in  
your soul's guidance

## **888 Hz**

### **Abundance & Flow**

Opens the channels of prosperity, harmony, and  
effortless energetic flow

## **999 Hz**

### **Completion & Release**

Facilitates closure, forgiveness, and transition into  
a new phase of life

# Higher Angel Frequencies

## **1111 Hz – 9999 Hz**

### **Amplified & Intensified**

Intensifies the vibration of their core angel counterparts (111–999 Hz)

## **1010 Hz**

### **Divine Order & New Beginnings**

Clears mental clutter, restores trust in divine timing, and supports confident transitions

## **1212 Hz**

### **Expansion & Spiritual Timing**

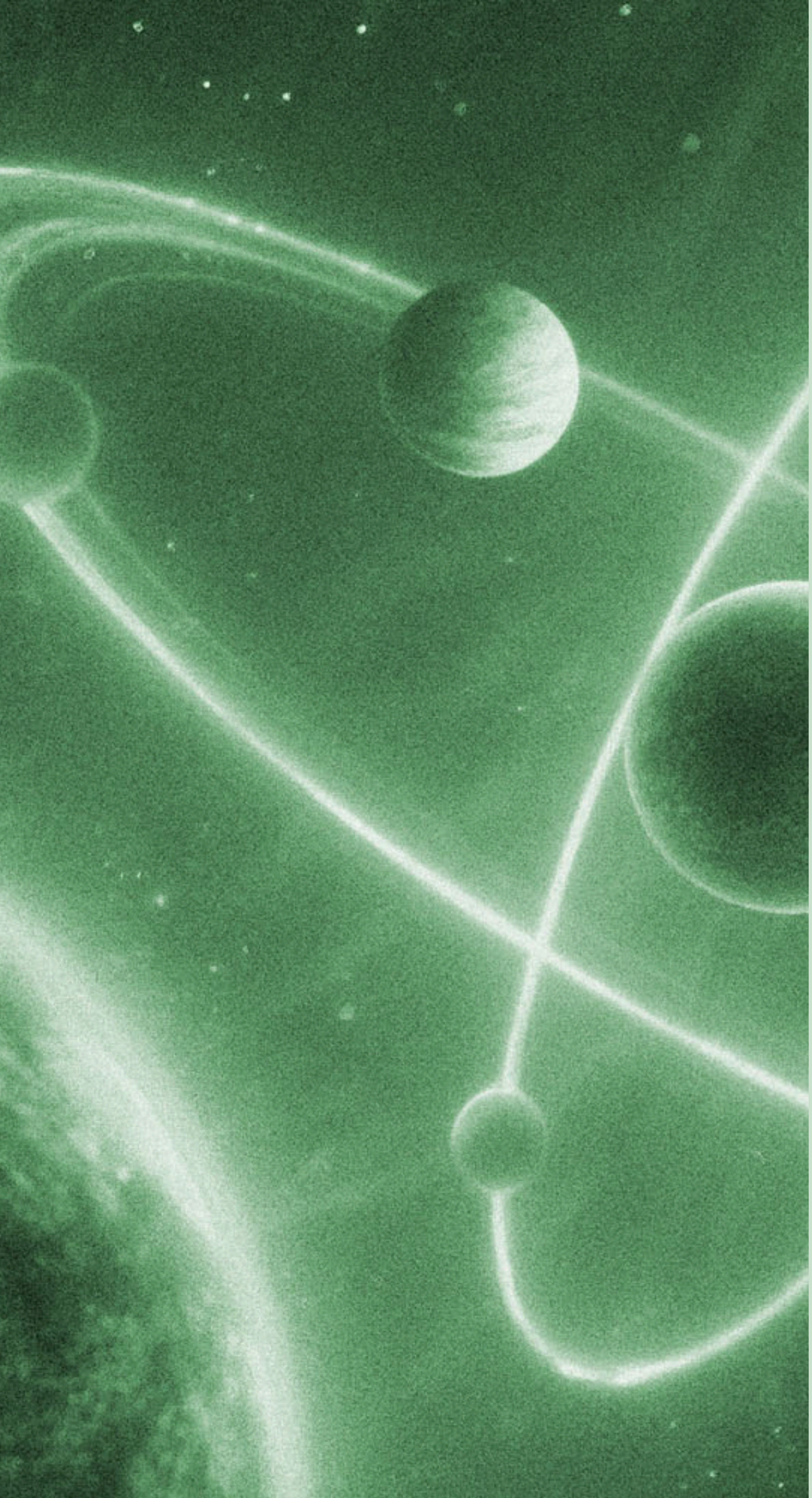
Encourages patience, balance, and alignment with the natural flow of spiritual growth

## **1234 Hz**

### **Progress & Purposeful Action**

Inspires steady advancement, grounding spiritual insight into practical movement

# Planetary Frequencies



## **Earth Day – 194.18 Hz**

### **Grounding & Presence**

Aligns with Earth's daily rhythm, promoting stability and mindfulness in the present moment

## **Earth Year – 136.10 Hz**

### **Balance & Harmony**

Encourages peace, unity, and alignment with nature's cyclical flow

## **Moon – 210.42 Hz**

### **Emotion & Intuition**

Enhances emotional balance, creativity, and connection to natural cycles

## **Sun – 126.22 Hz**

### **Vitality & Purpose**

Strengthens inner light, confidence, and life force energy

## **Mercury – 141.27 Hz**

### **Focus & Communication**

Sharpens intellect, clarity, and expressive flow of energy

## **Venus – 221.23 Hz**

### **Love & Harmony**

Opens the heart to compassion, beauty, and emotional connection

## **Mars – 144.72 Hz**

### **Courage & Motivation**

Ignites passion, willpower, and decisive action in  
life

## **Jupiter – 183.58 Hz**

### **Growth & Abundance**

Expands optimism, wisdom, and the energy of  
prosperity

## **Saturn – 147.85 Hz**

### **Structure & Discipline**

Builds focus, patience, and stability for long-term  
growth

## **Uranus – 207.36 Hz**

### **Freedom & Innovation**

Stimulates insight, creativity, and liberation from  
old patterns

## **Neptune – 211.44 Hz**

### **Imagination & Spirituality**

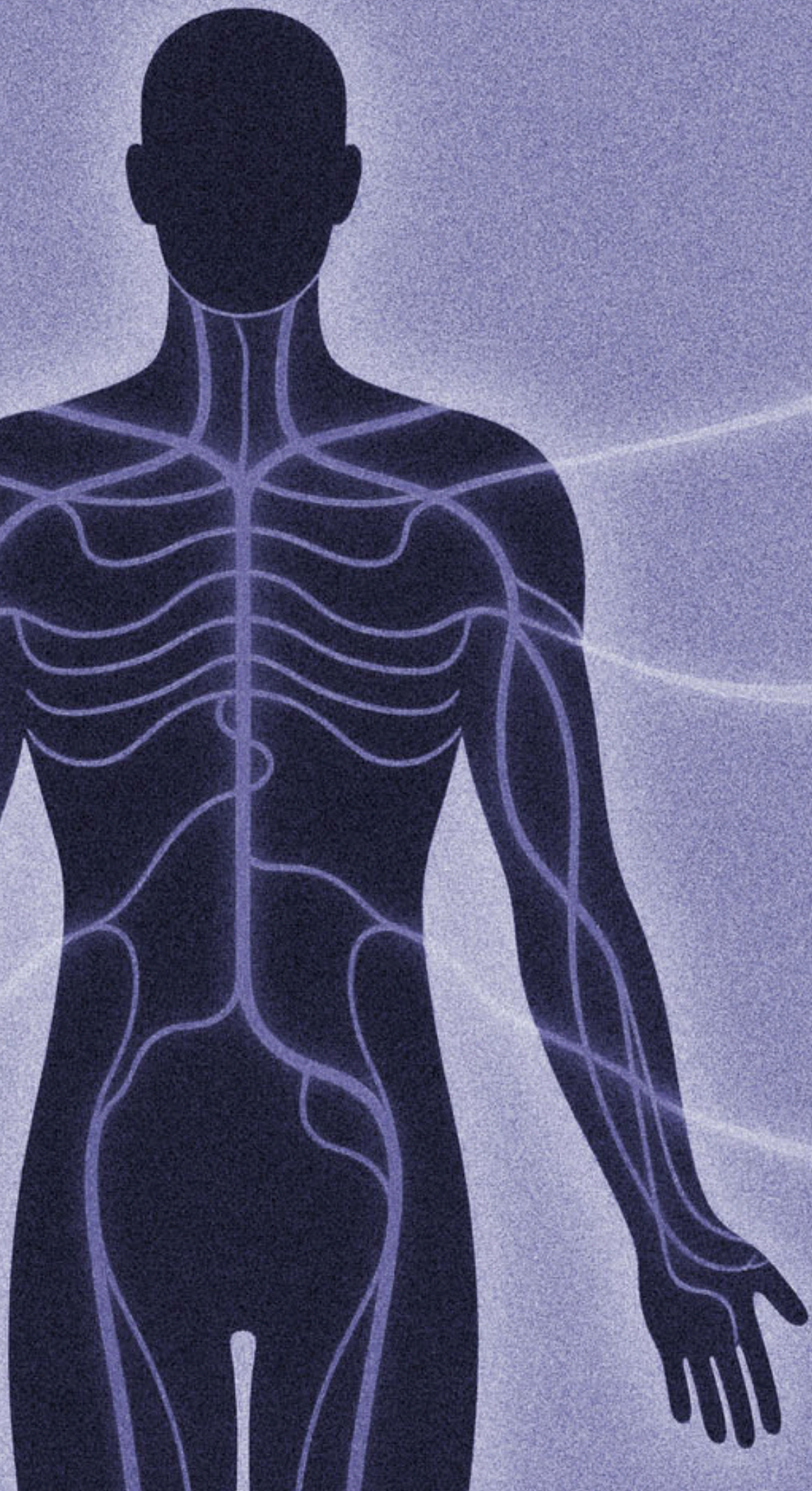
Deepens intuition, dreams, and transcendent  
awareness

## **Pluto – 140.25 Hz**

### **Transformation & Renewal**

Supports release, inner rebirth, and profound  
emotional healing

# Meridian Frequencies



## **Lung – 2287 Hz**

### **Breath & Renewal**

Expands life force, releases grief, and restores vitality through deeper breathing

## **Large Intestine – 4230 Hz**

### **Release & Clarity**

Encourages letting go of toxins, guilt, and emotional heaviness for a fresh start

## **Stomach – 126.9 Hz**

### **Calm & Stability**

Soothes worry, supports digestion, and grounds emotional energy

## **Spleen – 264.9 Hz**

### **Vitality & Nourishment**

Strengthens immunity, enhances absorption, and clears mental overthinking

## **Heart – 289 Hz**

### **Love & Harmony**

Opens the heart to joy, compassion, and balanced emotional flow

## **Small Intestine – 316 Hz**

### **Discernment & Integration**

Aids assimilation, clarity in decision-making, and emotional understanding

## **Bladder – 343.8 Hz**

### **Detox & Release**

Eases tension, supports elimination, and promotes emotional relaxation

## **Kidney – 383.7 Hz**

### **Strength & Courage**

Recharges core energy, restores balance, and releases fear

## **Pericardium – 447 Hz**

### **Protection & Peace**

Builds emotional resilience, relieves anxiety, and nurtures inner safety

## **Triple Burner – 496 Hz**

### **Balance & Regulation**

Harmonizes body systems, balances temperature and energy flow

## **Gallbladder – 506.8 Hz**

### **Clarity & Direction**

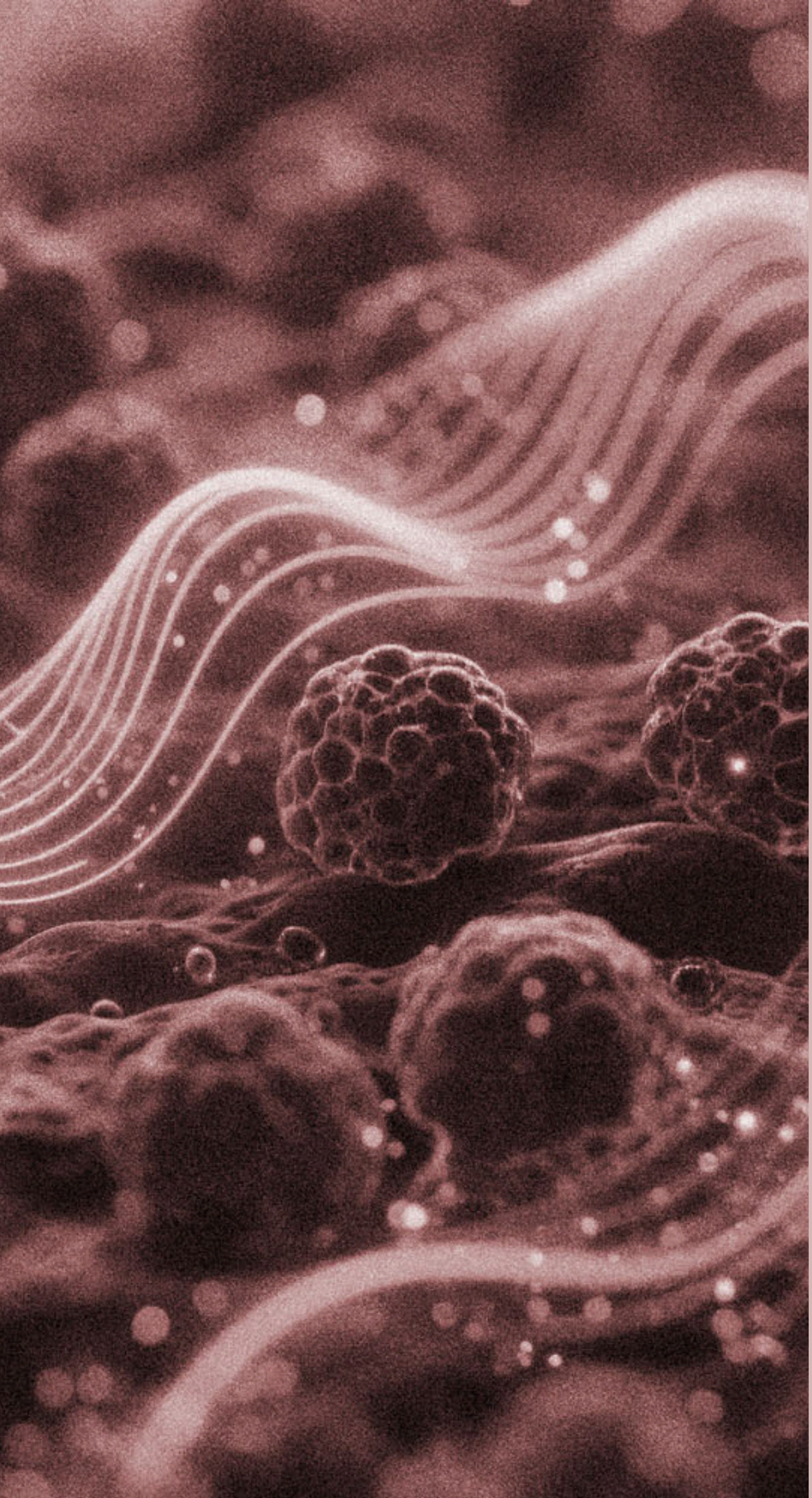
Clears indecision, frustration, and empowers confident action

## **Liver – 1032 Hz**

### **Detox & Flow**

Promotes cleansing, relieves irritability, and supports smooth emotional energy

# Rife Frequencies



**20 Hz**

**Lymph Flow & Healing**

Stimulates detox pathways, supports immune strength, and promotes tissue repair

**465 Hz**

**Lyme Support & Recovery**

Targets underlying bacteria linked to Lyme disease and encourages symptom relief

**727 Hz**

**Bacterial Defense**

Disrupts harmful bacterial activity and supports immune cleansing

**787 Hz**

**Broad Microbial Balance**

Addresses bacteria and fungi, often used together with 727 Hz for comprehensive clearing

**880 Hz**

**Detox & Cleansing**

Reduces bacterial toxins and supports the body's natural purification systems

**1550 Hz**

**Fungal Balance**

Helps reduce yeast and fungal overgrowth for microbial harmony

## **2128 Hz**

### **Tumor & Immune Activation**

Reported to interfere with tumor activity and  
enhance cellular defense

## **5000 Hz**

### **Detox & Immune Strength**

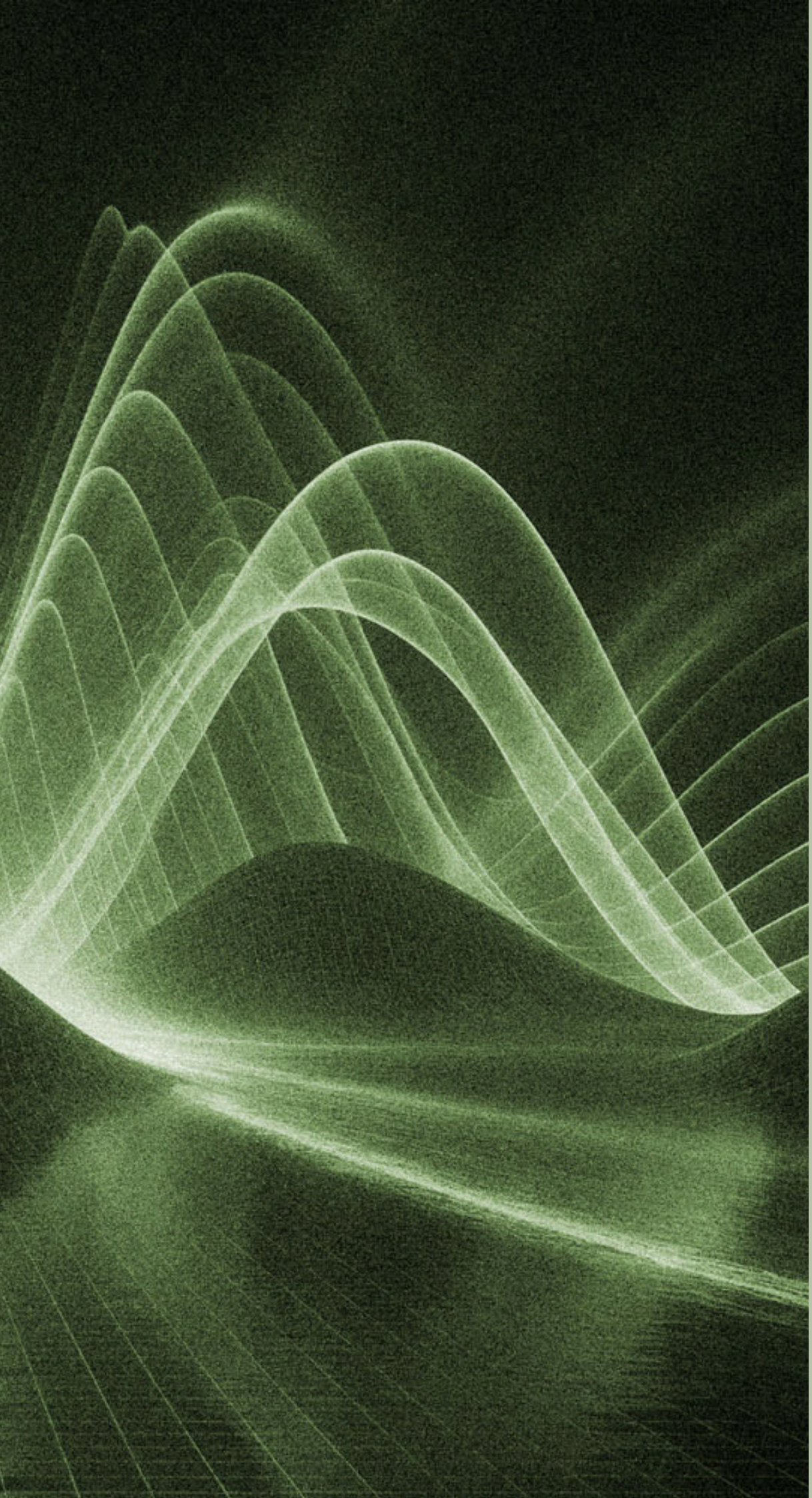
Promotes systemic balance, detoxification, and  
immune support

## **10,000 Hz**

### **Energy & Regeneration**

Energizes the body, enhances tissue repair, and  
amplifies other frequencies' effects

# Special Frequencies



**110 Hz**

**Grounding & Emotional Healing**

Calms the nervous system, eases anxiety, and fosters introspection and emotional balance

**7.83 Hz**

**Schumann Resonance**

Promotes grounding, relaxation, and alignment with the Earth's natural electromagnetic rhythm

**432 Hz**

**Harmony & Relaxation**

Encourages serenity, emotional balance, and resonance with Earth's natural rhythm

# Want to Understand Healing Frequencies on a Deeper Level?

Explore my full program — **All Healing Frequencies: A Comprehensive Course**, and learn how to use sound and vibration to heal the mind, body, and spirit.



**Access The Program**