

A series of overlapping, wavy lines in shades of blue and purple, creating a sense of motion and depth across the middle of the image.

Team Luke's **Sound Medicine Healing Playlist**

Welcome to **Team Luke's Sound Medicine Healing Playlist!** This **12-part series** features powerful Solfeggio frequencies designed to heal various physical, emotional, and spiritual aspects. Whether you need pain relief, deep relaxation, emotional cleansing, or spiritual connection, you can listen to the series in full or choose individual videos based on your healing needs. Enjoy these therapeutic sounds and experience profound transformation and well-being.

[Click here for the playlist](#)

Frequency	Feeling	How it Can Benefit You
417Hz	<p>To Undo Situations and Facilitate Change</p> <p>Click here to listen</p>	<p>Are there situations you wish to undo or changes you want to bring into your life? The 417 Hz tone can help you facilitate change and undo past negative experiences. Imagine having the power to let go of old, unhelpful beliefs and attitudes that no longer serve you. Maybe you had a tough time in your childhood or difficult experiences in life. The 417 Hz frequency is here to support your journey of unlearning and transformation.</p> <p>Benefits of 417Hz Solfeggio Frequency:</p> <ul style="list-style-type: none"> • Clear negative energy from your body and space • Undo situations unfavorable outcomes • Facilitate personal and collective transformation • Heal and recover from traumatic events and generational trauma • Eliminate negative thoughts and behavior patterns <p>Tune in, relax, and let this healing sound guide you toward a fresh start and a more positive, fulfilling life.</p>

<p>528 Hz</p>	<p>For DNA repair: Transformation, Love, and Miracles</p> <p>Click here to listen</p>	<p>Do you see miracles happening all around you, but not to you? Do you wish to attract the divine expression of love in its many forms? Are you praying for complete healing from the inside out?</p> <p>This frequency is meant for those who wish to believe in the power of miracles or wish to see them in everyday life. 528 Hz aligns you with the expression of love, gratitude, and miracles. Miracles are all around us; sometimes, we just need a shift in perception to recognize them.</p> <p>By tuning into the 528 Hz frequency, you align yourself with the vibrations of love, gratitude, and positive transformation. You will also recognize and believe in miracles, both little and big, and welcome them into your life. Experience deep, restful sleep, witness DNA repair, and embrace a life filled with love and miracles.</p> <p>Benefits of 528 hz Solfeggio Frequency:</p> <ul style="list-style-type: none"> • Promotes deep restful sleep and complete cellular regeneration • Promotes a healthy endocrine system and lowers cortisol levels • Acknowledge and attract miracles into your life • Become an expression of divine love • Supports DNA repair and inner transformation • Heals and energizes the solar plexus chakra, boosting your energy levels and positivity. • Enhances self-confidence and self-esteem <p>Tune in and let the 528 Hz frequency usher miracles through positive transformation, heal your DNA, and repair your whole body at the cellular level.</p>
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<p>174 Hz</p>	<p>To Relieve Pain, Healing Click here to listen</p>	<p>Experience the miraculous healing properties of the 174 Hz Solfeggio Frequency. Renowned for its powerful influence on both mind and body, it is called the universe's anesthetic.</p> <p>Are you struggling with chronic pain or dealing with post-surgery discomfort? Do you suffer from autoimmune conditions or other chronic ailments? The 174 Hz frequency might be exactly what you need. Known as the 'foundation' frequency, it can help reduce physical pain, mitigate stress, and induce a state of profound relaxation. This frequency works by stimulating the parasympathetic nervous system, promoting rest and relaxation, decreasing the heart rate, slowing down breathing, and calming the mind.</p> <p>Benefits of 174 Hz Solfeggio Frequency:</p> <ul style="list-style-type: none"> • Reduce physical pain from chronic conditions, surgeries, and injuries • Mitigate stress and anxiety • Promote deep, restorative sleep • Induce a state of profound relaxation • Support healing from physical pain in all its forms <p>Allow yourself to experience the soothing powers of the 174 Hz frequency and feel it guide you toward pain relief and healing.</p>
<p>852 Hz</p>	<p>For Spiritual Order Click here to listen</p>	<p>Explore the 852 Hz Solfeggio Frequency, a high-vibrational medicine to help you align with your true spiritual path.</p> <p>Are you feeling torn between your spiritual journey and societal expectations? Do you wish to deepen your spiritual practice or realign with your life's purpose? If you're walking the tightrope</p>

		<p>between your life's calling and societal norms, this frequency restores spiritual order, awakening your full awareness. The 852 Hz frequency is here to help you connect with your higher self and return to spiritual order. This specially composed tone for meditation and sleep will lovingly raise your spiritual energy, helping you awaken your intuition and inner strength.</p> <p>Benefits of 852 Hz Solfeggio Frequency:</p> <ul style="list-style-type: none"> • Align with your higher self and spiritual path • Cleanse trapped negative energy and dissolve fear, overthinking, and worries • Tune out the noise of external programming, recognize your soul's calling • Enhance communication with your higher self and the all-embracing Spirit • Raise awareness and return to spiritual order • Enable cellular transformation to a higher level <p>Allow the 852 Hz frequency to move you towards spiritual order, inner peace, and universal awareness.</p>
396 Hz	<p>To Liberate Fear and Guilt</p> <p>Click here to listen</p>	<p>Explore the transformative 396 Hz Solfeggio Frequency, meant to help you release fear and guilt while turning grief into joy.</p> <p>Is the desire to move forward in life and achieve your goals being blocked for unknown reasons? Perhaps, you're holding on to deep-seated insecurities and emotions? Then, all you need is a little nudge to let go of deep-seated fear, guilt, or grief. The 396 Hz frequency, resonating with the Root Chakra, is here to assist. This fundamental frequency is known for unblocking the Root Chakra, the center of your security and emotional needs. Clearing away</p>

		<p>fear and worry, this miracle tone enhances positive energy, helping you to embrace life with renewed positivity and joy.</p> <p>Benefits of 396 Hz Solfeggio Frequency:</p> <ul style="list-style-type: none"> • Empowers you to achieve your goals • Eradicates feelings of guilt, even those deeply embedded in the subconscious mind • Boosts your ability to find inner peace • Helps you overcome fear, a primary obstacle to realizing dreams and goals • Liberates you from subconscious negative beliefs and thoughts • Balances the Root Chakra, our primary energy center • Transforms grief into joy <p>Liberate yourself with the 396 Hz frequency and let it guide you towards a state of joy, free from fear and guilt.</p>
963 Hz	<p>For Absolute Consciousness</p> <p>Click here to listen</p>	<p>Explore the transformative 963 Hz Solfeggio Frequency, known as the 'Frequency of Gods.'</p> <p>Scattered thoughts, overthinking, and mental restlessness are all signs of the monkey mind. Have you been feeling disconnected from your inner self lately? Is your mind overburdened with thoughts and impatience? Align and center your spirit and experience the essence of stillness with this powerful frequency. The 963 Hz frequency is here to help you connect with the divine and align with the universe. It also helps to activate your pineal gland and crown chakra and tap into Source Consciousness. This frequency is perfect for meditation, guiding you toward a state of absolute calm and spiritual awakening.</p>

		<p>Benefits of 963 Hz Solfeggio Frequency:</p> <ul style="list-style-type: none"> • Activates pineal gland and the Crown Chakra, enhancing spiritual connection and intuition • Promotes whole-brain functioning, balancing both hemispheres for mental clarity • Deepens meditation, reduces stress and anxiety • Awakens higher consciousness, fostering a sense of oneness and connection • Enhances creativity and intuition, helping you to think expansively and tap into higher wisdom • Promotes emotional well-being, uplifting your mood and dissolving negative emotions <p>Experience profound and absolute serenity with the 963 Hz frequency; reconnect with your true nature, and align with the divine Source.</p>
7.83 Hz	<p>Experience the Earth's Pulse, Schumann Resonance</p> <p>Click here to listen</p>	<p>Tune into the earth's natural heartbeat: the 7.83 Hz Schumann Resonance.</p> <p>Do you wish to tune into the frequency of the oneness of our planet? Doing so can help you in numerous ways, setting you on the path to manifesting or healing with ease. The 7.83 Hz Schumann Resonance, often called the 'Earth's Pulse,' is an electromagnetic resonance occurring in the space between the Earth's surface and the ionosphere. This frequency, part of the theta brainwave range, can help you achieve deep meditation and lucid dreaming, making it a powerful tool for relaxation and spiritual connection.</p>

		<p>Benefits of 7.83 Hz Schumann Resonance:</p> <ul style="list-style-type: none"> • Enhances learning and memory • Promotes body rejuvenation and grounding • Reduces jet lag and stress • Facilitates deep meditation and lucid dreaming • Helps balance your bio-electromagnetic field <p>This pure tone is also beneficial for people who live in cities to feel connected and grounded to the Earth. For the best experience, try playing it at bedtime to move into theta states, allowing your subconscious to absorb affirmations and visualizations effortlessly.</p> <p>Align with the Earth's natural frequency and find your inner balance using the 7.83 Hz Schumann Resonance scale.</p>
741 Hz	<p>To Express Your Emotions</p> <p>Click here to listen</p>	<p>Explore the transformative 741 Hz Solfeggio Frequency, known for its power to cleanse and protect against negativity.</p> <p>Do you feel weighed down by toxicity, negativity, or self-doubt? Sometimes, the problem is external, while in others, we block our blessings. The 741 Hz frequency acts as a repellent for all things negative, including anger, jealousy, and lies. This frequency is linked to the Throat Chakra, the center of truth and self-expression, helping you clear out the lies you tell yourself and others. It also helps to awaken your intuition, allowing you to connect more deeply with your inner guidance.</p>

		<p>Benefits of 741 Hz Solfeggio Frequency:</p> <ul style="list-style-type: none"> • Cleanses the body of toxins and electromagnetic radiation • Enhances intuition and self-expression • Promotes a healthier lifestyle and mental clarity • Purifies from infections - viral, bacterial, and fungal • Solves problems and facilitates creative solutions • Provides emotional cleansing and reduces stress • Balances and unblocks the Throat Chakra <p>Let the beautiful Solfeggio Frequency of 741 Hz act as your protective armor against negativity, paving the way for positivity to enter your life. Meditate with this pure healing tone to release negative thought patterns and behaviors, tap into your authentic self, and cut out toxic environments, beliefs, and habits.</p>
639 Hz	<p>For Connection and Relationships</p> <p>Click here to listen</p>	<p>Focus on the 639 Hz Solfeggio Frequency, known as the miracle tone of love, connection, and relationships.</p> <p>Experiencing hardships, heartbreak, and disappointment can lead to emotional blockages and a fear of vulnerability. Do you feel your heart is hurt? Do you find it hard to receive and express kindness, empathy, and genuine connection? If you wish to heal conflicts within interpersonal connections and relationships, this healing tone is for you. The 639 Hz frequency can help forge and maintain harmonious interpersonal relationships, be it your personal life or professional environment.</p> <p>Often associated with the heart chakra, this frequency can help you feel closer to those around you and even the universal</p>


		<p>consciousness. When balanced, the heart chakra fosters a sense of connection with the world and people around you.</p> <p>Benefits of 639 Hz Solfeggio Frequency:</p> <ul style="list-style-type: none"> • Helps create harmonious interpersonal relationships • Helps in dealing with relationship problems between family, partners, and friends • Bond with your family, friends, acquaintances, and colleagues positively • Encourages cellular communication with its environment • Enhances communication, understanding, tolerance, and love • Heal codependency, lack of trust, low self-esteem, loneliness, and grudges <p>Let this beautiful frequency fill your heart with love and harmony, helping you build stronger, more compassionate connections.</p>
432 Hz	<p>The Frequency of the Universe</p> <p>Click here to listen</p>	<p>Tune into the 432 Hz frequency, known for its profound effects on the Crown Chakra.</p> <p>Are you seeking to connect with the Universe and release past trauma? The 432 Hz frequency is perfect for activating the Crown Chakra, also known as Sahasrara. Located above the top of the skull, this chakra is the gateway to divine energy and illumination. It symbolizes liberation, knowledge, and bliss, helping you let go of emotional baggage and recognize your responsibilities.</p> <p>Benefits of 432 Hz Solfeggio Frequency:</p> <ul style="list-style-type: none"> • Helps in releasing emotional baggage


		<ul style="list-style-type: none"> Aligns body and mind, improving mental balance and supporting emotional wellbeing Supports physical relaxation, soothing the nervous system and reducing muscle tension Soothes the heart rate, reducing stress <p>Use this frequency during meditation or relaxation exercises to align your physical and emotional aspects, creating a peaceful atmosphere.</p>
285 Hz	<p>Immunity Boost, Organ Healing, and Tissue Regeneration</p> <p>Click here to listen</p>	<p>Explore the powerful 285 Hz Solfeggio Frequency, celebrated for its incredible ability to heal and regenerate tissues.</p> <p>Whether you're recovering from wounds, burns, or any form of tissue damage, this frequency is your go-to for rapid healing and rejuvenation. Imagine your body's cells remembering their healthiest state and returning to it. The 285 Hz frequency does just that, making it a powerful ally in your healing journey. This frequency is particularly effective in repairing damaged tissues by helping cells remember and return to their original state, making it a valuable tool for recovery and healing</p> <p>Benefits of 285 Hz Solfeggio Frequency:</p> <ul style="list-style-type: none"> Promotes internal healing at the cellular level, regenerating tissue and organs Helps heal skin lacerations, burns, cuts, bruises, sprains, and fractures Boosts the immune system by supporting T and B cell health Deeply relaxing, aiding in improved sleep and recovery Leaves you feeling rejuvenated and energized

		Experience the healing power of the 285 Hz frequency to let your body's natural healing power flourish.
1000 – 10,000 Hz	Tinnitus Relief and Healing Click here to listen	<p>Explore this powerful sound for tinnitus relief using frequencies ranging from 1000 to 10,000 Hz.</p> <p>What is Tinnitus?</p> <p>Tinnitus is the perception of ringing or noise in the ears, a condition that can be disruptive and challenging to manage. This range of frequencies is particularly effective in reducing the perception of tinnitus. By employing sound therapy, these tones help retrain the brain to filter out tinnitus sounds, providing significant relief and improving quality of life.</p> <p>Benefits of 1000 – 10,000 Hz Tinnitus Treatment:</p> <ul style="list-style-type: none"> • Reduces the loudness and annoyance of tinnitus • Helps the brain habituate to tinnitus sounds, making them less noticeable • Promotes relaxation and reduces stress associated with tinnitus • Can be used in conjunction with hearing aids for enhanced results <p>Experience the soothing power of sound therapy and let these frequencies guide you towards a quieter, more peaceful life.</p>

Feel free to play these frequencies and work, meditate, sleep, or go about your daily chores.

 Listen on a low volume as a background sound.

 Loop to experience the maximum benefits.

 Drink plenty of water before and after this tone.

 Headphones are optional.

Disclaimer: Do not listen to these frequencies while driving or operating heavy machinery. Avoid overusing this frequency at a high volume; take regular intervals between each listen.

Sound healing frequencies are not a replacement for medical treatment. Always make an informed choice. Keep your healthcare provider in the loop before trying anything new, especially if you are going through a medical condition or are on medications.

About Solfeggio Healing Tones:

Solfeggio sound healing tones are powerful frequencies that help restore balance and well-being. These sounds align with your body's energy fields and DNA, promoting emotional, physical, and spiritual healing on a deep, cellular level.