

Frequency Guide

In this guide, we provide details on the frequencies used in our music catalogue.

We use frequencies associated with various mental states of being, so that by using our music you can entrain your brainwaves to either a specific frequency, or to emit frequencies in and around a certain range, with the intention of achieving the brain state associated with that frequency.

For the majority of music in our catalogue, we tune the instrumentation of the composition to a specific frequency that complements the intended state of entrainment, unless a different tuning is required for effectiveness.

For this, we reference the Solfeggio frequencies, which make up the ancient 6-tone scale used in many sacred forms of music, including the beautiful Gregorian Chants.

Each Solfeggio tone is comprised of a frequency that has a particular effect on the mind and body such healing, relaxation, balancing chakras and in general keeping the mind and body in harmony with nature.

To put this in less technical terminology, and to provide a clearer example, when we create a track that contains binaural beats frequencies that help you sleep better, we also tune the music (instrumentation) to promote a feeling of deep relaxation too. We find this to be very effective because it means the composition (the whole song) is working towards the same goal.

We appreciate that the information on this page is quite technical and that many of our customers may not completely understand the terminology used. So if you have a specific question, please feel free to contact us and we'll do our best to explain it in a "non-tech-speak" way.

In the meantime, if you would prefer a simpler explanation of how our music

works, you can find one by [clicking here](#).



Binaural Beats Frequency Guide

Please note: The frequency descriptions below are based on the 30-minute versions of our recordings. When a particular frequency is stated to play for a specific duration, this time frame will be doubled for our 1-hour versions.

The terms 'ramp down' and 'ramp up' refer to the frequency descending and ascending, but in a unique way. The reason we use the word 'ramp' is because we do not simply slide down or up through the frequency bands to reach the next desired frequency, but rather we step up or down in sustained stages, thus giving the brain time to adjust level by level to the ascension or descension.

For explanations on why specific frequencies are used, please visit the individual product pages in [our store](#).

For example: to go from 12 Hz to 9 Hz, we might step down 1 Hz per minute, remaining at 11 Hz and 10 Hz for one minute each.

BBM001. Spiritual Awakening

- **Frequency:** Starts at 7.5 Hz. Ramps down to 3.5 Hz by 5 mins. Ramps up to 7.5 Hz to finish.
- **Instrumentation:** Tuned to 852 Hz to promote a return to spiritual order.

BBM002. Lucid Dreaming

- **Frequency:** Starts at 7 Hz. Ramps down to 3 Hz by 5 mins. At 25 mins, ramps up to 6 Hz to finish.
- **Instrumentation:** Tuned to 174 Hz to promote a natural anesthetic effect.

BBM003. Astral Projection

- **Frequency:** Starts at 12 Hz and ramps down to 6.3 Hz.
- **Instrumentation:** Tuned to 852 Hz to promote a return to spiritual order.

BBM004. Energy Express

- **Frequency:** Starts at 8 Hz. Ramps up to 13 Hz by 10 mins. Over a 5-minute window ramps up to 30 Hz. Remains at 30 Hz to finish.
- **Instrumentation:** Tuned to 285 Hz to influence energy fields and signal to the body to restructure damaged organs and promote rejuvenation.

BBM005. Tinnitus Relief

- **Frequency:** 4 Hz for 15 mins, and 5 Hz for 15 mins, respectively.
- **Instrumentation:** Tuned to 528 Hz to promote inner healing and calm.

BBM006. Blissful Sleep

- **Frequency:** Starts at 3.9 Hz. Ramps down to 0.5 Hz by 5 mins and continues to finish.

- **Instrumentation:** Tuned to 432 Hz to promote healing energy while the listener sleeps.

BBM007. Deep Sleep

- **Frequency:** Starts at 3.9 Hz. Ramps down to 0.5 Hz by 5 mins and continues to finish.
- **Instrumentation:** Tuned to 174 Hz to promote a natural anesthetic effect that aids falling asleep.

BBM008. Power Nap

- **Frequency:** Starts at 3.4 Hz. At 20 mins the track ramps up to 8 Hz and remains there until 25 mins. At 25 mins the track ramps up to 12 Hz to finish.
- **Instrumentation:** Tuned to 432 Hz to promote a deeply relaxing experience, and a contented feeling upon waking up.

BBM009. Deep Meditation

- **Frequency:** 5 Hz
- **Instrumentation:** Tuned to 852 Hz to promote a return to spiritual order.

BBM010. Earth Vibration

- **Frequency:** 7.83 Hz (the Earth's vibrating frequency).
- **Instrumentation:** Tuned to 432 Hz to promote mental clarity, healing and oneness with the Earth

BBM011. Zen Focus

- **Frequency:** 14 Hz.
- **Instrumentation:** Tuned to 741 Hz to promote problem solving.

BBM012. Anxiety Release

- **Frequency:** 8.6 Hz, 8 Hz, 8.6 Hz – 10 minutes per frequency.
- **Instrumentation:** Tuned to 396 Hz to promote the turning of sorrow/grief into joy and to liberate the listener from fear and guilt.

BBM013. Positive Thinking

- **Frequency:** Starts at 8 Hz and ramps up to 12 Hz, plays to finish.
- **Instrumentation:** Tuned to 396 Hz to promote the turning of sorrow/grief into joy and to liberate the listener from negativity and fear.

BBM014. Creativity Boost

- **Frequency:** Starts at 7.5 Hz and ramps down to 3.5 Hz. Ramps back up to 7.5 Hz to finish.
- **Instrumentation:** Tuned to 741 Hz to promote problem solving and lead the listener into the power of self-expression.

BBM015. Chakra Healing

Each Chakra is activated for approximately 4 minutes 30 seconds by using its corresponding frequency, as follows:

1. Root Chakra: 256 Hz
2. Sacral Chakra: 288 Hz
3. Navel Chakra (solar plexus): 320 Hz
4. Heart Chakra: 341.3 Hz
5. Throat Chakra: 384 Hz
6. Third Eye Chakra: 426.7 Hz
7. Crown Chakra: 480 Hz

Instrumentation: Tuned to 528 Hz to promote DNA repair and increased

life energy.

BBM016. Super Brain Power

- **Frequency:** 10 Hz for 15 mins, 18 Hz for 15 mins.
- **Instrumentation:** Tuned to 528 Hz to activate intention and intuition to operate at your highest purpose.

BBM017. Memory Enhancer

- **Frequency:** 40 Hz.
- **Instrumentation:** Tuned to 432 Hz to promote healing vibrations for the mind.

BBM018. Chill Pill

- **Frequency:** Starts at 6 Hz. At 15 mins ramps down to 4 Hz. Ramps up to 6 Hz to finish.
- **Instrumentation:** Tuned to 528 Hz to promote inner healing and calm.

BBM019. Pain Relief

- **Frequency:** Starts at 6 Hz. Ramps down to 2.5 Hz by 10 minutes.
- **Instrumentation:** Tuned to 174 Hz to promote a natural anesthetic and relieve pain

BBM020. Kundalini Awakening

- **Frequency:** 55 Hz.
- **Instrumentation:** Tuned to 852 Hz to promote a return to spiritual order.

BBM021. Serotonin Boost

- **Frequency:** Starts at 12 Hz. Ramps down to 10 Hz by 2 minutes.
- **Instrumentation:** Tuned to 528 Hz to simultaneously promote healing and DNA repair

BBM022. Love Meditation

- **Frequency:** Starts at 12.5 Hz. Ramps down to 6.15 Hz by 6 minutes. At 16 mins, ramps up to 10.5 Hz by 20 minutes and continues to finish.
- **Instrumentation:** Tuned to 639 Hz to enable the creation of interpersonal relationships & promote understanding and love.

BBM023. Muscle Relaxation

- **Frequency:** Starts at 12 Hz. Ramps down to 7.83 Hz and remains there until 12 mins. Then ramps down to 3 Hz and remains there until 25 mins. Then ramps up to 7.83 Hz and continues until the end of the track.
- **Instrumentation:** Tuned to 528 Hz to promote inner peace, healing and DNA repair.

BBM024. Headache Relief

- **Frequency:** Starts at 12 Hz. Ramps down slowly to 1.2 Hz and plays until 13 mins. Then ramps down to 0.5 Hz and plays until 25 mins. Then ramps up slowly to 10 Hz and continues until the end of the track.
- **Instrumentation:** Tuned to 174 Hz to promote a natural anesthetic and relieve pain

BBM025. Tantric Stimulation

- **Frequency:** 9.0 Hz for 12 minutes, then ramps down slowly to 2.5 Hz and remains until 27 minutes. Ramps up to 9 Hz to finish.
- **Instrumentation:** Tuned to 528 Hz (the love frequency) to promote

inner peace and awaken imagination.

BBM026. Abundance Meditation

- **Frequency:** Starts at 12 Hz. Ramps down to 7.5 Hz and remains until 15 minutes. Then ramps down to 5.5 Hz. Stays at 5.5 Hz until 26 minutes, then ramps up slowly to finish at 12 Hz.
- **Instrumentation:** Tuned to 417 Hz to facilitate change by cleansing traumatic experiences and clearing negative influences from past events.
- **Silent Subliminal Affirmations:** [Listed here](#).

BBM027. Weight Loss Mindset

- **Frequency:** Starts at 12 Hz. Ramp down to 7.5 Hz and remains until 13 minutes. Then ramps up to 8 Hz and continues to end of track.
- **Instrumentation:** Tuned to 396 Hz to release hidden emotional blockages, subconscious negative beliefs and feelings of guilt.
- **Silent Subliminal Affirmations:** [Listed here](#).

BBM028. Self-Confidence Meditation

- **Frequency:** Starts at 12 Hz. Ramp down to 5.8 Hz and remains until 27 minutes. Then ramps down to 10 Hz and continues to end of track.
- **Instrumentation:** Tuned to 396 Hz to release hidden emotional blockages, subconscious negative beliefs and feelings of guilt.
- **Silent Subliminal Affirmations:** [Listed here](#).

BBM029. Stop Smoking

- **Frequency:** Starts at 12 Hz. Ramp down to 7.5 Hz and remains until 13 minutes. Then ramps up to 8 Hz and continues to end of track.
- **Instrumentation:** Tuned to 417 Hz to facilitate change by clearing

negative influences from past events & putting you in touch with the energy needed to change your life.

- **Silent Subliminal Affirmations:** [Listed here.](#)

BBM030. Misophonia Relief

- **Frequency:** Starts at 10 Hz, ramps down 2 Hz per minute until 0.5 Hz and continues to end of track.
- **Instrumentation:** Tuned to 432 Hz to promote relaxation and harmony of the mind.

BBM031. Immunity Booster

- **Frequency:** 10.5 Hz
- **Instrumentation:** Tuned to 528 Hz to promote DNA/cellular repair and increased energy

BBM032. Exercise Motivation

- **Frequency:** Starts at 12 Hz. Ramps down to 10 Hz by 2 mins. Remains at 10 Hz until 23 mins. Ramps up to 12 Hz to finish.
- **Instrumentation:** Tuned to 528 Hz to promote an increase in energy and to activate intention.
- **Silent Subliminal Affirmations:** [Listed here.](#)

BBM033. Procrastination Meditation

- **Frequency:** Starts at 12 Hz. Ramps down to 6 Hz by 6 mins. Remains at 6 Hz until 24 mins. Ramps up to 12 Hz to finish.
- **Instrumentation:** Tuned to 741 Hz to promote the solving of problems and finding of solutions.
- **Silent Subliminal Affirmations:** [Listed here.](#)

BBM034. Wind Chimes Meditation

- **Frequency:** Starts at 12 Hz. Ramps down 2 Hz per minute to 4.9 Hz. Remains until 3 minutes before the end of the track and then ramps up to 8 Hz to finish.
- **Instrumentation:** Tuned to 963 Hz to promote spiritual oneness.

BBM035. Motivation Motivation

- **Frequency:** Starts at 12 Hz. Ramps down to 10 Hz, then stays at 10 Hz until 23 mins. Ramps up to 12 Hz to finish.
- **Instrumentation:** Tuned to 528 Hz to promote an increase in energy, clarity of mind and awareness, and to activate intention.
- **Silent Subliminal Affirmations:** [Listed here.](#)

BBM036. Self-Love Meditation

- **Frequency:** 10.5 Hz
- **Instrumentation:** Tuned to 639 Hz to enhance understanding, tolerance and love.
- **Silent Subliminal Affirmations:** [Listed here.](#)

BBM037. Lower Blood Pressure

- **Frequency:** 10.5 Hz
- **Instrumentation:** Tuned to 285 Hz to influence energy fields and signal to the body to restructure damaged organs and promote rejuvenation.

BBM038. Flow State

- **Frequency:** 11 Hz
- **Instrumentation:** Tuned to 432 Hz to promote harmony and spiritual development in the listener.

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