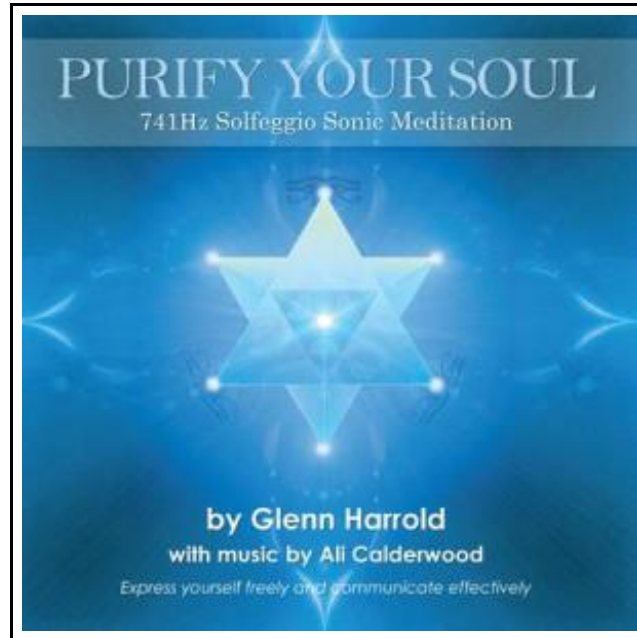


## 741Hz Solfeggio Sonic Meditation



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## 741HZ SOLFEGGIO SONIC MEDITATION



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CD-Audio. Book Condition: New. Not Signed; This is one of a series of meditation recordings by Glenn Harrold and Ali Calderwood, which are based upon the ancient solfeggio musical scale. Each note in this scale has specific healing properties, and this recording resonates to a frequency of 741hz which is associated with the colour blue and the element of ether. Glenn Harrold's acclaimed vocal delivery and guided meditation combined with Ali Calderwood's deep and moving soundscapes tuned to 741hz combine to create an amazingly powerful meditation recording. By combining these sounds with a guided meditation, you have the potential to release deep-rooted blockages and negative patterns of behaviour. This frequency will help you to express yourself freely, communicate effectively, clear creative blocks and can help you to feel more determined and focussed. It can also help with weight control issues, a sluggish metabolism, hearing, throat and thyroid problems and even colds. This CD contains two inspiring guided meditation tracks. The first track can be used in the daytime as it will guide you back to full waking consciousness at the end. The second track will guide you into a deep sleep state at the end, which makes it ideal for using before you go to sleep at night. The music includes an array of sacred instruments and sounds such as crystal bowls and didgeridoo and sacred chants, which work to further enhance the effects of the solfeggio tones. When you are instructed to repeat affirmations on the meditation tracks, connect with positive feelings (e.g. happiness, joy, love), as this will help you absorb the suggestions on a deeper level. You don't have to repeat the affirmations out loud but do make a strong connection with them. book.



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