



The Frequency Healing Starter Guide

Solfeggio tones, brainwave bands, how to run a session, and a 7-day plan — in plain language.

8 pages · 17 frequencies explained · a 7-day plan · made for headphones and 15 minutes a day

1 · What frequency healing actually is

Every sound is a vibration travelling through air, and your body is a set of things that vibrate: eardrums, fluids, tissue, and the electrical rhythms of the brain itself. Put a steady tone in front of a person and measurable things change — breathing slows, heart rate settles, attention turns inward. That much is ordinary physiology.

What follows from there is where honesty matters. People report deep relaxation, better sleep, easier focus and emotional release while listening to specific frequencies. Those reports are real and worth having. The grander claims — that a tone dissolves a tumour or rewrites your DNA — are not supported, and this guide will not pretend otherwise. Think of these tones as a well-made tool for changing your state, and you will get a great deal out of them.

Two families, one habit

There are two traditions in practical use. The **Solfeggio** set is a fixed ladder of tones from 174 Hz to 963 Hz, each traditionally paired with a theme. The **brainwave** set works differently: it uses very low tones, often as binaural beats, to sit alongside the brain's own rhythms — delta for sleep, theta for meditation, alpha for calm, beta for work, gamma for focus. Most people end up using one for sleep and one for daytime.

2 · The Solfeggio set, tone by tone

What follows is the traditional association for each tone — the reason people choose it. Treat it as a label for a mood, not a prescription.

Tone	Theme	Traditionally used for
174 Hz	Foundation	Traditionally used for a sense of physical safety and easing tension. A common first tone for people who find higher tones shrill.
285 Hz	Tissue & cells	Associated with repair and recovery imagery — the tone people put on after a hard week or an injury.
396 Hz	Release	Paired with letting go of guilt and fear. Often the tone used to open a session before moving up the scale.
417 Hz	Change	Associated with undoing patterns and facilitating transition — moving on from a situation.
528 Hz	Repair & love	The best known of the set, traditionally called the miracle tone. Most listened-to Solfeggio frequency on this site.
639 Hz	Connection	Associated with relationships, communication and reconnecting with people.
741 Hz	Cleansing	Traditionally framed as a detox or clearing tone — used for mental clarity.
852 Hz	Intuition	Associated with inner vision and returning to a spiritual order.
963 Hz	Unity	The highest of the classic set, associated with oneness and awakening.
432 Hz	Natural tuning	Not a Solfeggio tone: music tuned to A=432 Hz rather than A=440 Hz. Commonly described as warmer and less tense.

3 · Brainwave bands in plain language

Your brain produces all of these at once, with one dominant depending on what you are doing. The point of a brainwave tone is to nudge the balance.

Band	State	What it means in practice
Delta — 0.5 to 4 Hz	Deep sleep	The slowest band and the one your brain runs during dreamless sleep. 1 to 3 Hz tones are the sleep-focus picks.
Theta — 4 to 8 Hz	Meditation, drifting	The hypnagogic band: deep meditation, vivid imagery, the state just before sleep.
Alpha — 8 to 12 Hz	Relaxed alertness	Awake but unwound — eyes closed, calm, not asleep. 10 Hz is the classic relaxation tone.
Beta — 12 to 30 Hz	Active thinking	Normal waking focus. 18 Hz is used as a concentration backdrop for study and work.
Gamma — 30 to 100 Hz	Peak focus	The fastest band, associated with processing and memory. 40 Hz is the popular choice.
7.83 Hz	Schumann resonance	The Earth-ionosphere cavity resonance — often called the planet's heartbeat and used for grounding.
3 — 6 — 9 Hz	The Tesla pattern	Three tones given in sequence, based on the 3-6-9 pattern Tesla is said to have admired. Used as a manifestation sequence.

4 · How to run a session that works

Most disappointing sessions fail for boring reasons. Fix these five and the practice starts carrying its weight.

- 1 Get the hardware right**
Headphones for anything binaural or below 10 Hz. Comfortable volume — the level where you could still hold a conversation. Louder is not stronger.
- 2 Pick one tone, not a playlist**
Frequency work is repetitive by design. Jumping between tones every two minutes gives your attention nothing to settle into.
- 3 Set a length and keep it**
Ten minutes done daily beats an hour once a week. Put the phone face down and set a timer.
- 4 Give your attention a job**
Follow the breath, or follow the tone itself. When you notice you have drifted, you have just done the exercise.
- 5 Close it deliberately**
Thirty seconds of silence before you stand up, and one sentence afterwards on what changed. That sentence is how you learn which tones are yours.

5 · Your 7-day starter plan

One tone per day, fifteen to twenty minutes, same time of day if you can. Nothing here needs buying and nothing needs an app.

Day	Tone	What to do
Day 1	432 Hz	Start where it feels pleasant. Ten minutes, headphones, eyes closed. The goal is only to notice something.
Day 2	396 Hz	The release tone. Fifteen minutes. If your mind wanders, that is the session working, not failing.
Day 3	528 Hz	The best-known tone. Twenty minutes at a comfortable volume.
Day 4	10 Hz alpha	Relaxed alertness. Try fifteen minutes before something you would normally dread.
Day 5	174 Hz	Low and grounding. Ten minutes after physical effort, or at the end of a long day.
Day 6	7.83 Hz Schumann	Grounding. Twenty minutes, ideally seated rather than lying down.
Day 7	6 Hz theta	The meditation band. Twenty minutes, and afterwards write one sentence about what shifted.

6 · What this is not

A guide that never draws a line is a sales document, not a guide. So:

Not medical treatment	Sound is used here for relaxation, focus and mood. If you have a health condition, this is not a substitute for a clinician — and no audio tone treats disease.
Not a substitute for sleep, food or movement	Those come first, always. A frequency is a small tool on top of a functioning day.
Some evidence, some tradition	Relaxation and sleep responses to slow rhythmic sound are reasonably well described. Most specific frequency-to-organ claims are tradition and personal report, not replicated science — including the numbers in section 2.
Do not use while driving	Anything that lowers alertness has no business in a car. Save it for home.

Common questions

How long should a session be?

Most people land on 10 to 30 minutes. Use 3 to 60 minute tones depending on whether you want a short reset or background listening through work and sleep. Consistency beats length.

Headphones or speakers?

Headphones for anything stereo or binaural, and for the very low tones (3 Hz, 6 Hz, 7.83 Hz) that room noise swallows. Speakers are fine for 432 Hz, 528 Hz and other mid-range tones.

Is it safe?

These are ordinary audio tones played quiet enough to be comfortable. Do not use them while driving, and if you have a seizure disorder, tinnitus or a hearing condition, or you are pregnant, ask a clinician before starting.

Can I listen while sleeping?

Yes — that is what the 3-hour versions are for. Keep the volume low enough that it never wakes you.

Where to listen, free

Every tone referenced in this guide plays on the site — including 3-hour versions people use for sleep and work: <https://frequencyhubai.com>. Nothing there is gated and no account is needed.

If you want to go further

The two habits that matter most are a fixed time of day and a written note afterwards. Add a third: when you find the tone that works for you, look up the longer version and leave it playing quietly while you sleep. That is how most of the long-term listeners here use this.

Educational content only. Nothing in this guide is medical advice, diagnosis or treatment, and no statement here has been evaluated by any health authority. Statements about traditional uses reflect tradition and personal report. Consult a qualified professional about any health concern.