

The influence and therapeutic possibilities of Solfeggio Frequencies in auriculotherapy on emotional disorders

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A systematic literature review and practical therapeutic options



Introduction



The influence and therapeutic possibilities of Solfeggio Frequencies in auriculotherapy on emotional disorders

Solfeggio frequencies (SF)

- SF are derived from an ancient six-tone scale, used in sacred music dating back to Gregorian chants and other religious music traditions.
- SF are believed to possess therapeutic properties including the promotion of physical, emotional, and spiritual healing.
- The idea behind using SF in human therapy is rooted in the concept of sound and vibration affecting the human body and mind.
- In auriculotherapy, combining SF with the reflex auriculo cardiaque (RAC) can support the diagnosis and therapy of emotional disorders.
- For the sake of proper scientific approach in this work, a literature review has been done, to summarize the medical applications and possibilities of music therapy and the use SF within auriculotherapy in the treatment of emotional and mental disorders.



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9 Solfeggio frequencies (SF) ^{1,2}

The Solfeggio frequencies are derived from the ancient solfège scale, where each note is represented by a syllable.

The Solfeggio frequencies are associated with specific Hz (Hertz) values, representing the sound wave's frequency:

- UT - 396 Hz
- RE - 417 Hz
- MI - 528 Hz
- FA - 639 Hz
- SOL - 741 Hz
- LA - 852 Hz

Ancient scale

Later those 6-tone scale has been extended with three additional frequencies.

- 174 Hz
- 285 Hz
- 963 Hz

¹ L. Horowitz, J.S. Puelo ,

² V. Kreisel, A. Fächtenbusch, P. Rosin



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Background



Solfeggio 1:174 Hz

Grounding, warming, rebuilding/strengthening security, calming, stabilizing, relieving pain („Pain frequency“)

- Location: Lower extremities
- Associated psychological functions: **Security, trust, patience, mental and emotional security, reassociation of feelings after shock or trauma (PTSD)**
- Body parts: Feet, legs, knees, lower pelvis
- Associated dysfunctions: Pain, **emotional numbness, anxiety, phobia, panic attacks, emotional and physical dysbalances**

Solfeggio 1 (174 Hz) should be considered as initial or basic treatment.

Solfeggio 2: 285 Hz

Regintegrating and physiologically strengthening, DNA repair, empowering self-healing abilities

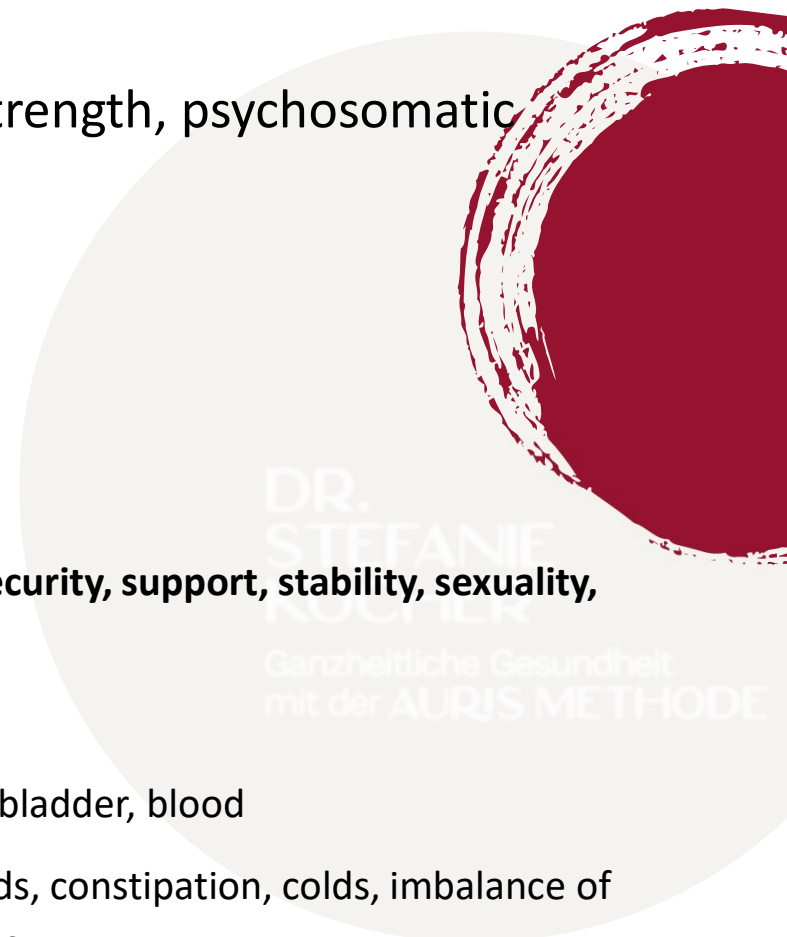
- Location: The center (middle jiao), pelvis, knees
- Associated psychological functions: **Emotional stability and strength, integration and regeneration**
- Body parts: Digestive organs, liver, skin
- Associated dysfunctions: Hurt or degenerated structures (joint injuries, wounds, burns, scars), degenerative disorders, skin disorders, **loss of integrity and autonomy**

Supports regeneration of tissue

Solfeggio 3: 396 Hz

Liberating fear and guilt, supporting emotional and mental strength, psychosomatic disorders

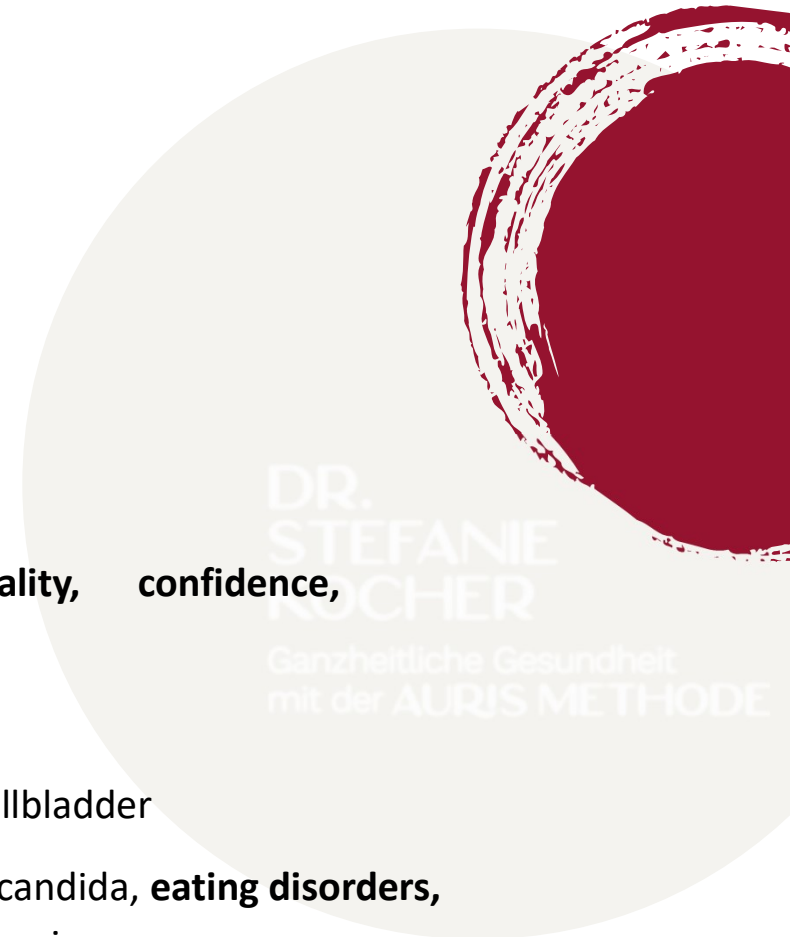
- Energy centre: 1 (Root chakra)
- Location: Coccyx, perineum
- Colour: orange-red.
- Associated psychological functions: **Will to live, vitality, reality, grounding, security, support, stability, sexuality, individuality, courage, and impulsiveness.**
- Glands: Adrenals
- Body Parts: Spine, legs, feet, bones, teeth, large intestines, rectum, prostate, bladder, blood
- Associated dysfunctions: Anaemia, **fatigue, listlessness, obesity**, haemorrhoids, constipation, colds, imbalance of body temperature, bladder infections, blood cell disorders, sciatica, numbness



Solfeggio 4: 417 Hz

Undoing traumatic situations and facilitating change

- Energy centre: 2 (Sacral chakra) – developing in the sixth/seventh life year
- Location: Lower abdomen
- Colour: Orange.
- Associated psychological functions:
Regulations of feelings and emotions, intimacy, procreation, polarity, sensuality, confidence, sociability, freedom and movement
- Glands: Gonads
- Body Parts: Ovaries, testes, womb, kidneys, urinary tract, skin, spleen, and gallbladder
- Associated dysfunctions: Impotence, frigidity, ovarian and uterine problems, candida, **eating disorders, addictions, depression, polarity imbalances**, allergies, asthma, oxygen deficiencies



Solfeggio 5: 528 Hz

Transforming degenerate structures, DNA Repair frequency)

- Energy centre: 3 (Solar plexus chakra) – in development at the age of seven
- Location: Stomach area, Solar plexus
- Colour: Yellow-green
- Associated psychological functions:

Strength of personality and will, knowledge and wit, curiosity, humour, optimism, self-awareness and -control

- Glands: Pancreas
- Body Parts: Digestion, liver, stomach, diaphragm, nervous system, pancreas, metabolism, small intestines
- Associated dysfunctions: Diabetes, hepatitis, constipation , susceptibility to parasites, **nervousness and timidity, addiction to stimulants, poor memory**

Dr. Hol. Med. Erica Flavia Alio-Warr, Ph. D. Mut

(„Anti-aging“

mental clarity,

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Solfeggio 6: 639 Hz

Harmonising physical, emotional and mental exzesses

- Energy Centre: 4 (Heart chakra)
- Location: Centre of the chest
- Colour: Green- blue
- Associated psychological functions:

Ability to love and to form relationships, acceptance, compassion, guilt, forgiveness, harmony, peace, renewal, growth

- Glands: Thymus
- Associated body parts: Lungs, respiratory system, heart, thymus, arms and hands, muscles
- Associated dysfunctions: Hypertension, asthma, immune system problems, pneumonia, heart problems, **muscle tension, chest pain, breathing difficulties**



Solfeggio 7: 741 Hz

Clearing and detoxifying physically and psychologically, awakening intuition

- Energy Centre: 5 (Throat chakra)
- Location: Throat
- Colour: Blue-green
- Associated psychological functions:
Communication, expression, trust, creativity, spatial organization, caution
- Glands: Thyroids and parathyroid
- Associated body parts: Throat, vocal system, mouth, jaw, tongue, neck, shoulders, lymph, perspiration, menstrual cycle
- Associated Dysfunctions: Thyroid dysfunctions, ENT infections, herpes, toothaches, **speech disorders**, hormonal problems, **PMS, mood swings**

relieving stress

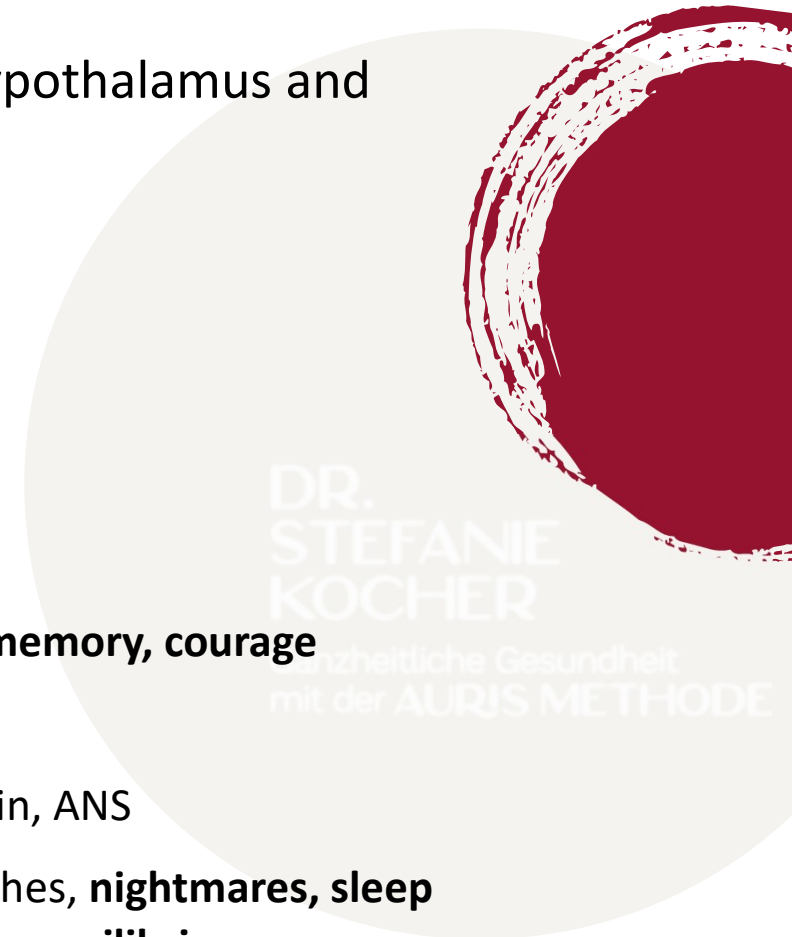


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Solfeggio 8: 852 Hz

Strengthening of sensory perceptions and ZNS (especially hypothalamus and pituitary gland)

- Energy Centre: 6 (Frontal chakra)
- Location: Centre of the forehead
- Colour: Indigo violet
- Associated psychological functions:
Intuition, self realization, creativity, perception, communication, memory, courage
- Glands: Pituitary gland
- Associated body parts: Eyes, nose, ears, sinuses, cerebellum, forebrain, ANS
- Associated Dysfunctions: Blurred vision, headaches, migraines, earaches, **nightmares, sleep disorders, fear, maniac depression, anxiety, schizophrenia, paranoia, equilibrium imbalances**



Solfeggio 9: 963 Hz

Strengthening of sensory perceptions and CNS (especially hypothalamus and pituitary gland)

- Energy Centre: 7 (Crown or top chakra)
- Location: Top of the head.
- Colour: Violet-red.
- Associated psychological functions:
Circadian rhythm, such as and sleep-wake cycles, emotional and mental abilities, inspiration, charisma, selflessness, awareness
- Glands: Pineal gland/epiphysis, production of melatonin
- Associated Body Parts: CNS, endocrine glands that control growth, metabolism, and reproductive functions.
- Associated dysfunctions: **Sleep disorders, depression, alienation, confusion, dementia,** hormonal disorders

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Methods

The author performed a synthesis of relevant literature using the search terms “Solfeggio, Frequencies, Resonance, Emotional disorders, Auriculotherapy” within the data bases “Pubmed” and “Google Scholar” as well as print media.



Results

The main literature describes the use and therapeutical effects of SF in music therapy, in low-level laser therapy and auriculotherapy.

Following charts present an example of practical use of SF in auriculotherapy.



Practical use of Solfeggio frequencies in Auriculotherapy

- In Auriculotherapy the influence and effect of SF can easily be shown by the use of RAC³.
- Usually patients show strong resonance to **one of the nine SF**, presenting an unmistakable and repeatable change of the radial pulse amplitude stimulating the Yin Tang, Du20 or Plexus coeliacus (0-Point)⁴.
- Utilizing the discovered SF, we transmit them peripherally through electromagnetic or laser waves.

³ Moser M, Frühwirth M, Messerschmidt D, Goswami N, Dorfer L, Bahr F, Opitz G

⁴ Reiningger M.



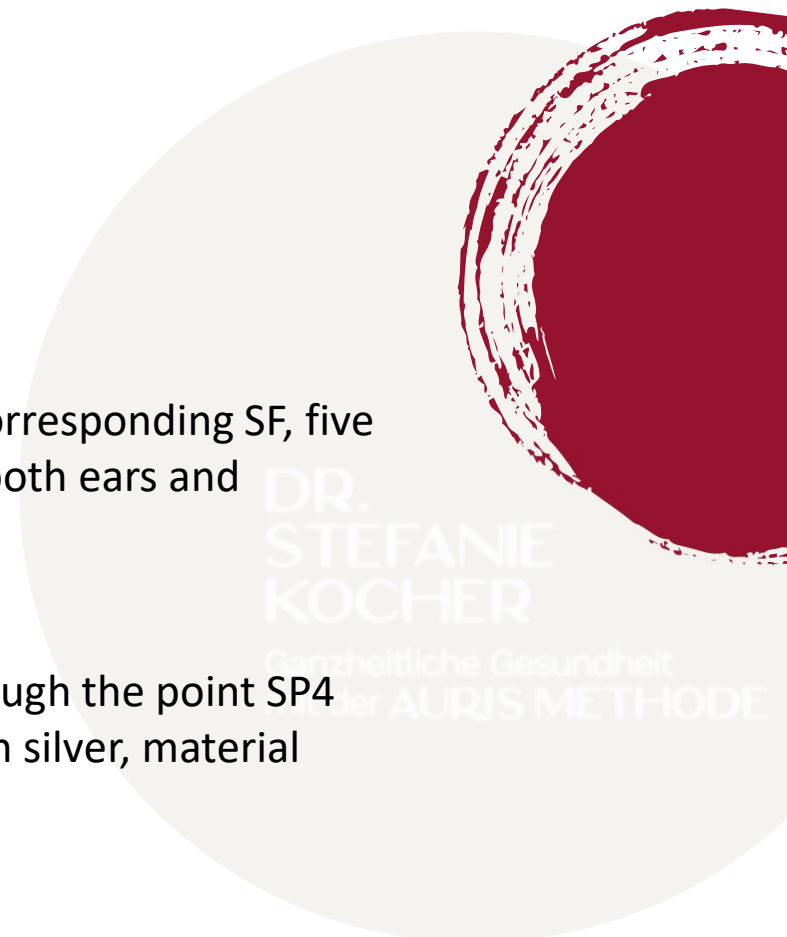
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Practical use of Solfeggio frequencies in Auriculotherapy



When confronted peripherally with the corresponding SF, five active points can be found by inspecting both ears and simultaneously feeling the RAC.

Four points represent an axis passing through the point SP4 (interferon), two points in gold, and two in silver, material mirrored.



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Practical use of Solfeggio frequencies in Auriculotherapy



The fifth point can be any point on the contralateral ear, found by the previously used **SFx1,5** (quintuple reinforcement).

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Practical use of Solfeggio frequencies in Auriculotherapy

- The reason for this axis dynamics is, that SF act as "dissociating frequencies" when applied peripherally.
- "Dissociating frequencies" evoke a longitudinal energy field on one side and a transverse energy field on the other side of the body.
- This can be verified by examining the forehead by a polarizing filter."
- "Dissociating frequencies cannot be classified as explicit positive or negative frequencies."
- *In my opinion the axis dynamics represents the bodies striving for YIN-YANG BALANCE, for the axis represents itself on the side of the transverse energy field.*

⁴ Reininger M., 2023



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Conclusion

- Currently, limited evidence supports the use of SF within auriculotherapy.
- However, there are some promising results showing beneficial effect of SF in the treatment of emotional disorders.
- Case reports also described a prolonged treatment effect when using SF in auriculotherapy and in combination with permanent needles which needs to be further investigated using randomized clinical trials.



Thank you for your attention!



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