



THE SOUND SPA

VIBRATIONAL HEALING

Professional Vibroacoustic Therapy Frequencies

These professionally-crafted vibroacoustic tones were engineered by Don Corrieri, a 30-year audio engineer, certified VAT practitioner and sound therapist. Each frequency has been refined to deliver maximum therapeutic benefit while maintaining the highest standards of audio quality and healing integrity.

Validation & Testing

Every frequency in this collection has undergone rigorous testing across diverse vibroacoustic therapy equipment and client populations. From high-end medical-grade devices to portable consumer units, from chronic pain patients to high-performing athletes, from trauma survivors to spiritual seekers—these frequencies have proven their reliability, safety, and profound therapeutic efficacy across the full spectrum of human experience and healing needs.

Categories

Each tone falls into one of the following categories: Intervals, Solfeggio & Sacred Geometry and Weighted Tuning Forks.

Intervals

Rooted in both ancient sound healing traditions and modern vibroacoustic therapy research, these frequencies utilize musical intervals in standard 440 Hz tuning—the universal reference pitch that ensures compatibility with all your existing instruments and therapy tools. Each interval pairing creates specific resonant patterns that interact with the body's natural frequencies, promoting cellular harmony and energetic release.

Harmonizing Intervals

These intervals create consonant, stable resonances that promote equilibrium within the body's systems:

- **C-G (Perfect Fifth)** - Creates a sense of openness and expansion, supporting respiratory flow and emotional spaciousness
- **C-F (Perfect Fourth)** - Grounds and centers, fostering feelings of stability and inner security

- **D-G (Perfect Fourth)** - Encourages gentle energy movement and supports transitions between states

Releasing Intervals

These intervals generate dynamic tension and resolution patterns that support the release of stagnant energy:

- **C-D (Major Second)** - Initiates movement and activation, ideal for beginning sessions or shifting blocked energy
- **C-E (Major Third)** - Opens the heart space, encouraging emotional release and vulnerability
- **G-B (Major Third)** - Stimulates clarity and mental release, supporting the dissolution of repetitive thought patterns

Versatile Integration for Your Practice

Whether used as standalone vibroacoustic therapy sessions or layered seamlessly with crystal singing bowls, tuning forks, or other sound healing instruments, these tones provide the foundational frequencies that amplify your therapeutic work.

Solfeggio & Sacred Geometry

Drawing upon the pioneering work of Randy Masters and the timeless principles of root reduction in sacred geometry, these frequencies embody the fundamental patterns that underlie creation itself. Each tone has been extensively tested across multiple VAT devices and platforms, consistently producing profound shifts in energetic states, deep relaxation, and transformative healing experiences.

Sacred Geometry Master Tones:

33 Hz / 66 Hz / 99 Hz (Trinity Series - Layered)

The sacred number three and its multiples form a cascading harmonic structure that mirrors the triadic nature found throughout creation. When layered together, these frequencies create a rich, complex waveform that resonates with the body's natural harmonic series, particularly effective for deep grounding, activating natural healing rhythms, and supporting root chakra work.

36 Hz / 72 Hz (Divine Proportion Pair - Layered)

These doubling frequencies reflect the principle of sacred proportion and exponential growth found in nature's spirals and fractals. Their 1:2 ratio creates perfect octave harmony, excelling at promoting cellular coherence, supporting spinal alignment and nervous system regulation, and inducing states of balanced awareness.

111 Hz (The Holy Frequency)

Long revered in ancient temples and sacred sites worldwide, 111 Hz activates unique neurological responses, stimulating the prefrontal cortex, encouraging endorphin release, creating a bridge between conscious and subconscious awareness, and supporting vocal toning and throat chakra activation.

Solfeggio Harmonic Companions:

174 Hz (Solfeggio Foundation Enhancer)

Precisely calculated to harmonize with 174 Hz, deepening grounding effects, enhancing physical pain relief and tension release, and supporting energetic safety and security.

71.25 Hz (Transformation Catalyst)

Harmonically aligned with 285 Hz, amplifying cellular repair and regeneration processes, restoration of damaged energy fields, and activation of the body's innate healing intelligence.

79.875 Hz (Heart-Opening Harmonizer)

Specifically calibrated to resonate with 639 Hz, facilitating enhanced emotional release, harmonization of relationships, opening to compassion and forgiveness, and balancing giving and receiving energies.

Infinite Harmonic Possibilities

All frequencies in this set are naturally compatible with the complete Solfeggio scale (174, 285, 396, 417, 528, 639, 741, 852, 963 Hz), inviting limitless creative exploration.

Seamless Integration

Whether utilized as standalone vibroacoustic sessions or synergistically combined with Solfeggio music, crystal singing bowls, tuning forks, or other frequency-based healing modalities, these tones provide a versatile foundation for multi-layered therapeutic work.

Weighted Tuning Forks

While weighted tuning forks deliver concentrated vibrational medicine to specific points on the body, these corresponding VAT frequencies create a complete resonant field that envelops your client in therapeutic sound. This dual approach produces exponentially more powerful results—the pinpoint precision of fork placement combines with the all-encompassing embrace of full-body frequency immersion.

Dr. John Beaulieu's Foundational Frequencies:

Otto 64 Hz (Low Octave Ground)

Matching the Otto 64 weighted tuning fork, this fundamental frequency amplifies deep bone resonance, enhances nitric oxide release for improved circulation, supports profound grounding, and relieves chronic tension held in deep tissue and joints.

Otto 128 Hz (High Octave Activator)

Corresponding to the Otto 128 weighted fork, this tone dramatically increases nitric oxide production, activates the relaxation response, releases fascial restrictions, promotes mental clarity and emotional equilibrium, and creates immediate, palpable shifts in tissue quality.

OM 136.1 Hz (Cosmic Attunement)

Aligned with the OM weighted tuning fork, calculated from the Earth's year-long orbit around the sun, this frequency facilitates deep meditative states, harmonizes all bodily systems, opens energetic channels, supports third eye activation, and transforms treatment sessions into sacred healing ceremonies.

Eileen McKusick's Biofield Frequencies:

54.81 Hz (Karmic Release & Deep Pattern Clearing)

This lower frequency penetrates dense energetic patterns, accesses deeply embedded emotional memories and ancestral patterns, supports karmic release and shadow work integration, and clears stagnant energy from lower biofield zones.

62.64 Hz (Energetic Boundaries & Structural Integrity)

This frequency strengthens and repairs energetic boundaries, organizes scattered energy back into coherent patterns, supports empaths in maintaining energetic sovereignty, and clears distortions related to relationship dynamics.

Sonic Slider 93.96 Hz (Rapid Activation & Nervous System Reset)

Calibrated to the Sonic Slider, this frequency provides instant nervous system down-regulation, rapidly disperses acute energetic blockages, activates the parasympathetic response for immediate relaxation, and produces effects clients can feel within seconds.

Standalone Power, Synergistic Amplification

Each frequency functions beautifully as an independent vibroacoustic therapy session. However, their true potential emerges when you integrate them into your tuning fork protocols—the VAT frequencies act as an amplification field that extends, deepens, and sustains the therapeutic effects of your hands-on work.

Bonus Frequencies (included with the Complete Collection)

These four additional frequencies complete your therapeutic toolkit, addressing specialized applications and creating powerful combinations:

39 Hz (The Universal Harmonizer) - Perhaps the Most Useful Tone of All

If you could only choose one frequency, this would be it. Sitting at the crossroads of multiple therapeutic traditions, 39 Hz has earned its reputation as the Swiss Army knife of vibroacoustic therapy. It bridges multiple healing systems, matches the Schumann Resonance harmonic, optimizes brainwave entrainment, promotes rapid nervous system regulation, and shows remarkable consistency across diverse client populations. Many practitioners report that 39 Hz has become their default starting frequency and go-to problem-solver.

54.81 Hz + 62.64 Hz (The Biofield Power Combination)

Experiencing these frequencies layered together creates an entirely different therapeutic dimension, representing the complete spectrum of Eileen McKusick's biofield clearing methodology. This combination simultaneously addresses deep karmic patterns and boundary/structural issues, creating accelerated pattern release and comprehensive biofield recalibration. Ideal for intensive sessions and highly sensitive individuals.

E-A Interval (Harmonizing Soul Connection)

This interval creates a resonant pathway between the heart and throat chakras, supporting authentic emotional expression. It activates the feminine principle, enhances creative flow, and is particularly effective for couples work and improving communication. The consonant nature ensures emotional work feels supported rather than overwhelming.

E-B Interval (Releasing Limitation & Expansion)

This dynamic interval catalyzes breakthrough and expansion, specifically targeting mental-emotional patterns that keep us playing small. Use this when clients have done significant healing work and are ready to step into a new version of themselves. It carries assertive energy that supports moving from contemplation to embodiment.

Special thanks to VibroAcousticTherapy.com for their extensive testing and feedback.

We're Here to Support You

Any questions or *custom frequency requests*? Just drop us an email at don@thesound-spa.com

If frequency medicine appeals to you, you will probably love our line of apparel and lifestyle items at <https://thesound-spa.com/shop-2/>



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