

INFINITE MEDITATION

The Frequency Guidebook

Sound, brainwaves, solfeggio, planets, and listening maps.



A LISTENING FIELD GUIDE

How to use this guidebook

Sound is one of the oldest tools people have used to settle the nervous system. A bowl, a chant, a drum, or a quiet tone can change breathing, attention, and mood within minutes. This guidebook from Infinite Meditation gathers the frequencies most often used in modern sound practice, with the hertz values, the tradition behind each number, and a plain account of what research does and does not support.

Two kinds of statement sit side by side in these pages. Measured facts include brainwave bands, how binaural beats are made, Schumann resonance, acoustic measurements in ancient chambers, and clinical research on music, vibroacoustics, and pulsed electromagnetic fields. Listening traditions include solfeggio labels, chakra maps, Rife-inspired sets, and metaphysical number tones. Those traditions are useful as practice maps. They are not diagnoses, and they are not prescriptions.

Read this first

This guidebook is educational. It is not medical advice, not a diagnosis, and not a substitute for care from a licensed clinician. Do not stop prescribed treatment because of a frequency list. People with epilepsy, implanted electronic devices, pregnancy, or acute psychiatric symptoms should speak with a clinician before using entrainment audio, vibroacoustic mats, or PEMF devices. Keep volume comfortable. Do not use sleep-range or theta audio while driving or operating machinery.

Inside

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Singing bowls remain one of the simplest ways to feel pitch as a physical event.

FOUNDATIONS

What sound therapy is

Sound therapy, in the broad sense used here, is the intentional use of tone, music, rhythm, or vibration to support relaxation, attention, sleep, or a contemplative state. It includes clinical music therapy delivered by a credentialed therapist, and it also includes self-guided listening: bowls, drones, binaural tracks, and low-frequency vibration through a chair or mat.

A hertz value is simply cycles per second. Middle C on a modern piano sits near 261.6 Hz. The human ear, in a young adult, hears roughly 20 Hz to 20,000 Hz. Below about 20 Hz, sound is felt more than heard. That low band is where vibroacoustic work lives.

The role of frequency in healing

Frequency matters in three well-supported ways, and in a fourth way that is mostly interpretive.

Rhythm and the nervous system. Slow, predictable sound tends to slow breathing and can lower subjective stress. Music-therapy and listening studies repeatedly find effects on anxiety, pain perception, and heart-rate variability. Those effects come from attention, expectation, breathing, and the autonomic nervous system, not from a single magic number.

Entrainment. A steady pulse can pull related brain rhythms toward it. This is real in the auditory system: the frequency-following response tracks the stimulus. Whether a short binaural track reliably shifts the whole EEG, and whether that shift changes behavior, is supported in some bands and studies and absent in others.

Mechanical vibration. Low-frequency sound delivered to the body, as in vibroacoustic therapy, stimulates skin, muscle, and joint receptors. Small clinical trials have reported short-term relief of pain, muscle tension, and anxiety. Results vary with dose, device, and condition.

Symbolic frequency. Many wellness maps assign a mood or organ to a precise hertz value. Those assignments can focus a practice. They are not, by themselves, evidence that 639 Hz repairs a relationship or that 285 Hz regenerates tissue.

A useful test

Ask three questions of any frequency claim. Can sound change state? Often yes. Does this exact hertz value do something no nearby tone does? Usually unproven. Does the claim name a disease and promise a cure? Treat that as marketing, not as a finding.

THE MODERN NINE

Solfeggio frequencies

The word solfeggio comes from medieval solmization, the ut-re-mi scale taught by Guido of Arezzo in the eleventh century. Those syllables named scale degrees. They did not encode the modern list of absolute frequencies in hertz.

The numbers used in wellness audio were assembled much later. In the 1990s Joseph Puleo, later writing with Leonard Horowitz, derived six figures from numerological reduction of verses in the Book of Numbers: 396, 417, 528, 639, 741, and 852 Hz. Three further tones, 174, 285, and 963 Hz, were added afterward and are now usually included. Calling the six “ancient” and the three “modern additions” matches how the lists are marketed. Historically, all nine are modern.

Hz	Syllable / name	Common listening label	Evidence note
174	Foundation	Grounding, physical ease, pain ease	No frequency-specific trials
285	Renewal	Restoration, tissue language	Regeneration claim unshown
396	UT · Liberation	Releasing fear and guilt	Symbolic, not clinically mapped
417	RE · Change	Clearing stuck patterns	Symbolic
528	MI · Miracle	Transformation, “DNA repair,” love	Small studies only; see below
639	FA · Connection	Relationships, communication	Symbolic
741	SOL · Awakening	Expression, intuition, “detox”	Detox claim not specified
852	LA · Intuition	Inner order, third-eye language	Contemplative label
963	SI · Crown	Pineal / unity language	Later addition; symbolic

Higher octaves of the same ratios are sometimes used so the tone sits in a brighter register: for example 1056 Hz as the octave of 528. The ratio is the same; the listening feel is not.

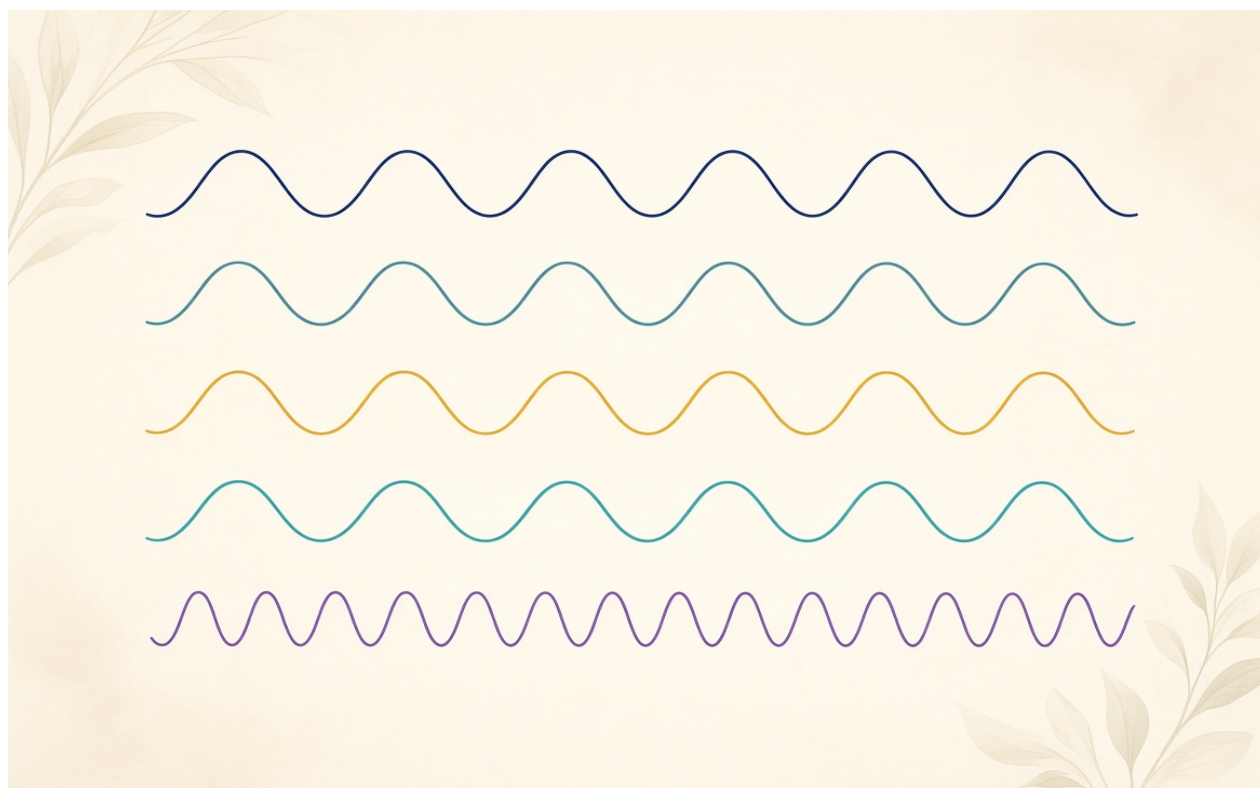
528 Hz, looked at closely

528 Hz is the most advertised of the set, often called the love frequency or the miracle tone, and often tied to a DNA-repair claim. The honest summary is narrower. A 2018 study by Akimoto and colleagues played five minutes of music tuned to 528 Hz and, on another day, to 440 Hz, to nine healthy adults. After the 528 Hz version, salivary cortisol was lower at 30 minutes, oxytocin was higher, and mood scores improved. That is a small, short listening study, not a DNA finding. A separate laboratory study reported that 528 Hz sound increased survival of ethanol-stressed astrocytes in a dish. Cell-dish results do not establish repair of human DNA in a living person. No robust clinical trial shows that listening to 528 Hz repairs DNA.

What you can still do with it: use 528 Hz as a calm, bright drone for breath work. Many people find the pitch pleasant. Pleasant and proven-to-repair are different claims.

HOW THE TONES ARE MADE

Binaural beats and entrainment



Slow waves to fast waves: the same idea as the EEG bands used in entrainment audio.

Brainwave entrainment is the idea that a rhythmic stimulus can nudge related neural oscillations toward the same rate. Auditory versions use headphones or speakers. The stimulus is not usually played at the brainwave rate itself, because 2 Hz is felt more than heard. It is encoded as a difference, a pulse, or a modulation on an audible carrier.

Technique	How it is built	What you need	Practical note
Binaural beat	Two close tones, one per ear. A 200 Hz left and 206 Hz right tone yields a 6 Hz beat.	Stereo headphones	Perceived beat is about 1–30 Hz. Weak on speakers.
Monaural beat	Both tones mixed before they reach the ear, so the pulse is in the air.	Speakers or headphones	Often stronger perceptually than binaural.
Isochronic tone	A single tone switched on and off at the target rate.	Speakers or headphones	Sharp pulses. Good for focus; can feel stark for sleep.
FFR	Frequency-following response: brainstem and cortex phase-lock to the stimulus rate.	Any clear rhythmic sound	A measured neural tracking response, not a product.
Amplitude modulation	Loudness rises and falls at the target rate on a steady carrier.	Speakers or headphones	Softer than isochronic. Common in sleep audio.

Frequency-following response

The frequency-following response, or FFR, is a scalp-recorded potential that reproduces the periodicity of a sound. If the ear is given a 200 Hz tone, part of the auditory pathway fires in time with that 200 Hz. Research groups have also recorded following responses at the beat frequency of a binaural pair, including at 7 Hz and at 40 Hz, along with following at the carrier. FFR shows that the auditory system tracks the stimulus. It does not, by itself, prove a change in mood, memory, or disease.

A 2023 systematic review in PLOS ONE found EEG power increases after binaural stimulation in some theta, alpha, and gamma studies, and no clear effect in others. Session lengths in the positive reports were often five to fifteen minutes.

Anxiety and subjective relaxation are the most consistent behavioral findings. Attention and memory results are mixed.

THE BANDS

Alpha, beta, theta, delta

Electroencephalography groups scalp rhythms into bands. Boundaries differ slightly by lab. The ranges below are the ones most listening programs use. Gamma is included because it is part of the same map, and because 40 Hz sensory stimulation is one of the better-studied entrainment targets.

Band	Hz	Typical state	Meditation and entrainment use
Delta	0.5–4	Slow-wave sleep, deep restoration	Sleep onset and deep rest. Carriers around 2–3 Hz. Not for driving.
Theta	4–8	Drowsiness, hypnagogia, deep meditation, REM-adjacent imagery	The strongest anxiety signal in binaural meta-analyses. 6 Hz is a common target.
Alpha	8–12	Relaxed wakefulness, eyes closed, calm alertness	Open monitoring, recovery between tasks. 10 Hz is the classic alpha target.
Beta	12–30	Active thinking, conversation, focused work	Low beta, about 14–16 Hz, for settled focus. High beta can feel edgy.
Gamma	30–100	Binding of perception, high engagement; 40 Hz most studied	Short 40 Hz light or sound protocols in neuroscience labs. Not a home cure.

What the science actually says

Delta. Dominant in stage N3 sleep. Slow-wave sleep is linked to memory consolidation, glymphatic clearance, and growth-hormone release. A 2 Hz binaural or isochronic layer under pink noise is a reasonable sleep cue. It does not replace sleep itself.

Theta. Rises in light sleep, in the hypnagogic drift before sleep, and in some experienced meditators. A 2019 meta-analysis of binaural beats found the largest anxiety reduction in theta-band exposure. Creative reverie and early dream imagery also sit here, which is why theta is used in lucid-dreaming primers.

Alpha. The classic eyes-closed resting rhythm, strongest over the occipital cortex, often near 10 Hz. Alpha training has a long biofeedback history for relaxation. In meditation research, alpha can rise in open, relaxed practice and shift as attention deepens.

Beta. The ordinary working band. Low beta supports reading and steady problem solving. Very high beta overlaps with rumination and anxious arousal, so “more beta” is not always the goal. Focus protocols usually sit at 14–18 Hz rather than 25 Hz and above.

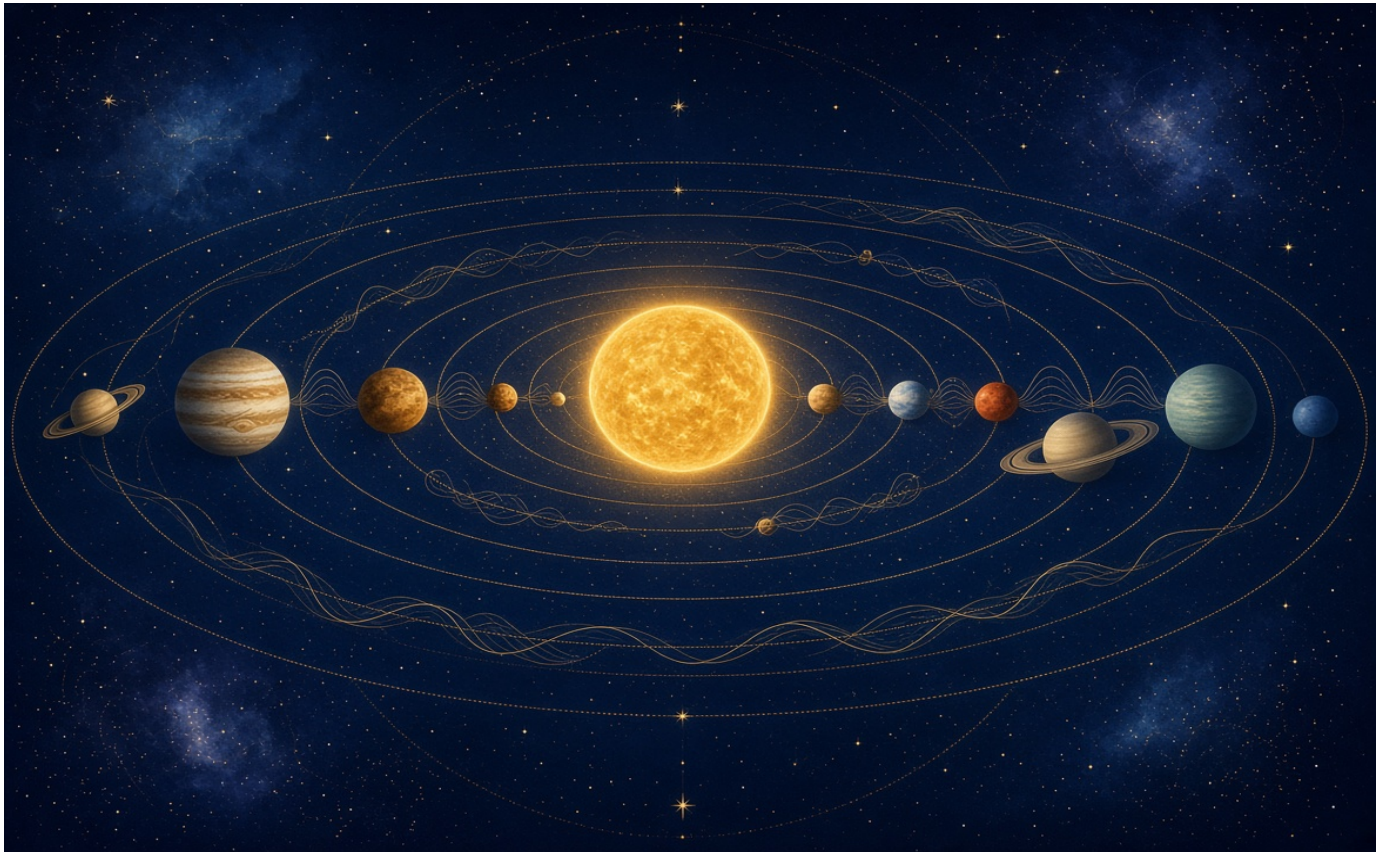
Gamma, briefly. A decade of work from Li-Huei Tsai’s lab at MIT, beginning with a 2016 Nature paper, found that 40 Hz light and sound reduced amyloid and tau markers and supported memory performance in Alzheimer’s mouse models. Later work linked 40 Hz sensory stimulation to glymphatic clearance in mice. Human trials are underway and early. This is the clearest modern example of a specific frequency being studied as a biological stimulus, and it is still not a consumer treatment claim.

A simple session shape

Five minutes of alpha at 10 Hz to arrive, fifteen to twenty minutes at the target band, then three minutes of quieter sound with no beat. Headphones for binaural work. A comfortable volume, never maxed. Same time of day if you are training sleep.

COSMIC OCTAVE

Planetary frequencies



Cousto's planetary tones are octave-doubled cycles, not recordings of the planets.

In 1978 the Swiss mathematician Hans Cousto published the cosmic octave: take a real astronomical period, convert it to a very low frequency, then double it until it falls in the hearing range. The results are calculations, not microphones in orbit. They are widely used as meditation tunings. The values below are the commonly cited audible octaves.

Cycle	Audible octave	Listening association
Schumann fundamental	7.83 Hz	Earth-ionosphere cavity. Used as a beat, not a speaker tone.
Earth year (OM)	136.10 Hz	Grounding drone. Close to the traditional OM chant pitch.
Platonic year	172.06 Hz	Very slow precessional cycle, octave-raised.
Mean solar day	194.18 Hz	Earth-day tone. Sometimes paired with the root center.
Sun (rotation-based)	126.22 Hz	Vitality, warmth, daytime practice.
Synodic Moon	210.42 Hz	Emotional tide, relational listening.
Sidereal Moon	227.43 Hz	A second lunar tuning, less often used.
Mercury	141.27 Hz	Speech, attention, quick thought.
Venus	221.23 Hz	Harmony, affection, smoothing.
Mars	144.72 Hz	Drive and directed effort.
Jupiter	183.58 Hz	Expansion, generosity of attention.
Saturn	147.85 Hz	Structure, patience, boundaries.

Cycle	Audible octave	Listening association
Uranus	207.36 Hz	Change of frame. Commonly cited Cousto octave.
Neptune	211.44 Hz	Dissolving, imaginal states.
Pluto	140.25 Hz	Depth work. A calculated tone, not an official planet tone.

The Schumann resonance is the one entry that is a measured electromagnetic phenomenon: the cavity between Earth and the ionosphere rings near 7.83 Hz, with overtones near 14.3, 20.8, 27.3, and 33.8 Hz. You cannot play 7.83 Hz on an ordinary speaker in any useful way. It is used as a binaural or isochronic difference under a carrier such as 136.10 Hz or 432 Hz.

HISTORICAL SETS

Rife-inspired frequencies

Royal Raymond Rife, an American inventor, claimed in the 1930s that specific electromagnetic frequencies could shatter microorganisms, observed through a microscope he built. Those claims were not reproduced by mainstream laboratories and are not an accepted medical treatment. Modern “Rife” audio lists, including public compilations such as the Consolidated Annotated Frequency List, reuse the idea as sound frequencies for home listening. They are not the original apparatus, and they are not evidence of cure.

The table collects numbers that circulate in wellness audio for common comfort themes. Use them only as optional background tones. They do not treat, prevent, or cure any condition.

Wellness-audio theme	Commonly listed Hz	How to hold the claim
General balance set	20, 728, 784, 880	A traditional “sweep” trio plus a low pulse.
Cold-season comfort	20, 727, 787, 880	Listening association only. Not a cold treatment.
Head ease	1.2, 10, 304	Very low figures work only as beats, not as audible tones.
Sleep support	2.5, 3.0, 3.59	Overlaps ordinary delta. See the sleep map.
Joint and muscle ease	728, 784, 880	Often paired with vibroacoustic low end.
Digestive comfort	20, 727, 787	Symbolic set. Not a gastrointestinal therapy.
Sinus comfort	20, 440, 802, 880	Background only.
Nerve calm	10, 727, 787, 880	Do not use in place of neurological care.

If a track promises to destroy a named pathogen at a named hertz value, set it aside. Infectious disease is not treated by a YouTube tone.

TONES PEOPLE ACTUALLY PLAY

Popular healing frequencies

Hz	Why it circulates	What holds up
174	Lowest common solfeggio; “foundation”	Useful as a low drone. No unique analgesic proof.
285	Renewal language	No tissue-regeneration evidence.
396	Fear-release label; root-chakra overlay	A contemplative cue, not a trauma therapy.
417	Change and clearing	Symbolic.
432	Alternate A4 tuning, vs. 440	A preference in pitch. Unique healing is unproven.

Hz	Why it circulates	What holds up
528	Love / miracle / DNA language	One small cortisol study; no clinical DNA repair.
639	Connection	Pleasant interval territory. Not relationship repair.
741	Expression	Symbolic.
852	Intuition, dream-adjacent	Used in theta-leaning sessions.
963	Crown, unity	Later solfeggio addition.
40	Gamma sensory stimulation	Real mouse neuroscience at MIT. Human results early.
7.83	Schumann fundamental	A measured Earth-ionosphere mode. Used as a beat.
110–114	Ancient chamber band	Measured room modes. See the temple section.

432 Hz deserves a separate sentence. Standard concert pitch sets A4 at 440 Hz. Some listeners prefer A4 at 432 Hz and describe it as warmer. Studies have not shown a unique biological effect that survives careful controls. If 432 Hz helps you settle, use it as the carrier under a beat. The beat rate, the duration, and the decision to sit still will do more of the work than the eight-hertz argument about concert pitch.

PRACTICE MAPS

Combinations for real sessions

A combination is a carrier you can hear plus a pulse your nervous system can follow, sometimes with a second tone for color. Times are starting points for a healthy adult. Stop if you feel irritable, dizzy, or headachy, and lower the volume.

Aim	Suggested map	Length
Sleep	Carrier 174 Hz or pink noise. Delta beat at 2–3 Hz. Optional fade of 285 Hz in the first 8 minutes.	30–60 min, lights out
Insomnia wind-down	Start alpha 10 Hz for 8 min, slide to theta 6 Hz for 10 min, then delta 3 Hz. Carrier 136.10 or 174 Hz.	25–40 min
Lucid dreaming	Theta 6 Hz under 852 Hz for 20 min before bed, or a short 6 Hz cue after 4–5 hours of sleep. Reality-check habit matters more than the tone.	15–25 min
Focus and clarity	Low beta 14–16 Hz, carrier 432 or 141.27 Hz (Mercury). Optional 10 min of 40 Hz gamma after, not instead.	20–40 min
Emotional balance	396 Hz for 5 min, 417 Hz for 5 min, 528 Hz for 10 min, 639 Hz to close. No beat, or a soft 10 Hz alpha.	25 min
Physical wellness	174 Hz drone plus felt vibration under 40 Hz if a mat is available. 285 Hz as a second layer. Not a treatment.	20–30 min
Spiritual sitting	136.10 Hz OM drone, 7.83 Hz Schumann beat, silence in the last third.	20–40 min
Chakra balance	396, 417, 528, 639, 741, 852, 963 Hz, about 3 minutes each, ascending.	21 min
Astral / imaginal	Theta 4.5–7 Hz, carrier 210.42 or 963 Hz, very low volume. Journal after. This is imagery practice, not travel proof.	20–30 min

Chakra balance, stated plainly

The seven-center chakra map is a later synthesis of tantric and yogic ideas, popularized in the West in the twentieth century. Pairing those centers with solfeggio hertz values is newer still. The map is a contemplation sequence, not an anatomical chart.

Center	Common Hz	Contemplative cue
Root	396 (or 194.18)	Weight, contact with the ground, safety.
Sacral	417	Fluidity, appetite, creative impulse.
Solar plexus	528	Warmth at the navel, agency.
Heart	639	Width across the chest, goodwill.
Throat	741	Unforced breath, simple speech.
Third eye	852	Spacious attention behind the brow.
Crown	963	Open sky, no object.

Astral-projection audio cannot be shown to move a person out of the body. What it can do is hold attention in the hypnagogic band, where imagery becomes vivid. Treat the session as a dream-yoga or visualization practice, and keep a notebook rather than a belief test.

NUMBER AND MYTH

Metaphysical frequencies

A second modern family uses repeating digits as if they were tones: 111 Hz, 222 Hz, 333 Hz, 444 Hz, 555 Hz, 777 Hz, 888 Hz, and 999 Hz. These come from angel-number literature, not from physics or from medieval music. They can still be beautiful drones. Their meanings are assigned, not discovered.

Hz	Assigned theme	A grounded use
111	Beginnings, alignment	A short intention tone at the start of practice.
222	Partnership, patience	Duet listening, or a relationship sit.
333	Support, expression	Journaling drone.
444	Stability	Grounding when the day feels scattered.
555	Change	Transition rituals. Overlaps 528 territory in feel, not in math.
777	Inner study	Quiet reading tone.
888	Sufficiency	Gratitude sit. No financial effect is implied.
999	Completion	Closing a retreat day.

“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.”

NIKOLA TESLA · widely attributed

The line is the one most often placed on frequency albums. It is widely attributed to Tesla; a primary printed source is harder to pin than the quotation’s fame. Either way, it is a good sentence and a bad proof. Energy, frequency, and vibration are real physical quantities. A quote about them does not validate a specific healing hertz value. Use the line as a reminder to stay curious, and then check the measurement.

STONE AND PITCH

Ancient temple resonance



Chamber resonance is a room property. The best-documented case is in Malta.

The figure 110 Hz appears constantly in popular writing about Neolithic chambers. The best documented site is the Hal Saflieni Hypogeum in Malta, cut into limestone around 4000 BCE, with an Oracle Room long said to answer a male voice. Early reports clustered near 110 to 111 Hz. A 2014 measurement campaign by Paolo Debertolis, Fernando Coimbra, and Linda Eneix found the principal resonance nearer 114 Hz, with a second band between 68 and 70 Hz. The popular “110 Hz” is a rounded memory of that region, not an exact universal constant.

Other megalithic interiors studied by acoustic archaeologists, including work associated with Robert Jahn and later surveys of chambered tombs, often show strong response somewhere between about 95 and 120 Hz. That is a male-voice formant range, which may explain why chanting in those rooms feels amplified. The Great Pyramid’s King’s Chamber has been discussed in the same conversation; published modes depend on method and are not a single sacred number.

A practical temple-inspired sit uses a 110 to 114 Hz drone, soft volume, and a longer exhale. You are borrowing a room’s pitch region, not reproducing an ancient prescription.

FELT SOUND

Vibroacoustic therapy



Low-frequency sound becomes a whole-body event when a mat turns audio into vibration.

Vibroacoustic therapy delivers low-frequency sound, typically under about 100 Hz and often concentrated between 30 and 80 Hz, through speakers or transducers in a bed, chair, or mat. The listener hears some of the program and feels the rest. Olav Skille in Norway and later clinicians in Finland and elsewhere developed the method for tension, pain perception, and spasticity support. Small trials and clinical series report short-term reductions in perceived pain, muscle tension, and anxiety. Mechanisms discussed in the literature include mechanoreceptor stimulation, a shift toward parasympathetic tone, and the simple effect of lying still in rhythmic sensation. It is an adjunct, not a disease treatment.

Because the effective band is mostly below comfortable hearing, headphones alone miss it. A transducer mat is what makes planetary drones, solfeggio carriers, and sleep pulses physical.

Feel the session: the Woojer Mat

The Woojer Mat is a vibroacoustic listening surface built for exactly this kind of practice. Its Osci haptic system turns an audio source into full-body vibration, including frequencies too low to hear clearly, across a range Woojer describes as about 1 Hz to 250 Hz. The Mat uses six haptic zones, folds for storage, and works with any audio source, so the maps in this guidebook can be felt as well as heard. There is no required subscription.

Lie down, play a 174 Hz sleep drone, a 136.10 Hz OM tone, or a theta track, and let the low end land in the body. Infinite Meditation listeners can save with our code at checkout.

Use code INFINITE10 to save on the Woojer Mat

A RELATED FIELD

A short note on PEMF



PEMF is pulsed electromagnetic field, a cousin of sound work rather than a tone.

Pulsed electromagnetic field therapy uses brief magnetic pulses, not sound waves. Clinical PEMF devices have a real regulatory history: specific prescription units have been cleared for indications such as non-union bone fractures and, for some devices, postoperative pain and edema. Wellness mats sold for home use are a broader category. They typically run at much lower intensities and are not a substitute for those cleared devices or for medical care.

Reported home uses include recovery sits, perceived stiffness, and wind-down alongside breath work. Contraindications matter. PEMF mats are generally avoided with pacemakers, implanted defibrillators, and other electronic implants, and pregnancy is a reason to ask a clinician first. Session length on consumer mats is often 20 to 40 minutes.

Sound and PEMF can share a practice without being the same thing. A frequency guidebook belongs next to a PEMF note because both use rhythmic physical signals, and because many listeners want one place to rest while the nervous system downshifts.

HealthyLine PEMF mats

HealthyLine builds full-body mats that combine PEMF coils with far infrared heat, negative ions, photon light, and hot-stone layers, depending on the model. The Jet series is the brand's higher-output home mat, with multiple copper coils and a multi-therapy stack for people who want PEMF as a daily recovery sit rather than a clinic visit.

Use a HealthyLine mat on its own, or after a Woojer listening session. Infinite Meditation readers can save with the same code.

Use code INFINITE10 to save at HealthyLine

A LAST PASS

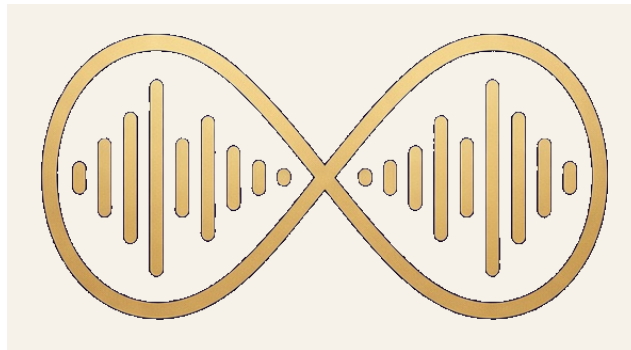
How to begin this week

Pick one map and repeat it four times before you judge it. Sleep listeners can start with a 174 Hz carrier and a 2.5 Hz delta beat. Focus listeners can start with 15 Hz under 432 Hz. A contemplative sit can be nothing but 136.10 Hz for twenty minutes. Write down the hour, the tone, and one line about how you felt. Patterns show up in the notes, not in the marketing.

Keep the two languages separate and you can use both. The measured language tells you what a hertz value is and what studies have actually found. The traditional language gives you a sequence, a mood, and a reason to sit down. Infinite Meditation offers this guidebook in that spirit: precise where the numbers are precise, modest where the healing claim outruns the evidence, and practical enough to press play tonight.

Codes, once more

Woojer Mat for felt sound, and HealthyLine for PEMF. At both, use code INFINITE10 to save. Listening remains free: a pair of headphones and twenty quiet minutes is a complete practice.



Infinite Meditation

Frequency Guidebook. For practice, not for prescription. The hertz values in these pages are starting points for listening. They are not diagnoses, and they are not a reason to delay care.

Save with Infinite Meditation

Feel the maps on a Woojer Mat. Add a PEMF sit with HealthyLine. One code at both.

Code INFINITE10

infinite meditation · sound, field, and rest