



[www.iMoCoaching.se](http://www.iMoCoaching.se)



## Solfeggio – music from The UK in the 15 hundred

It all started with Do, re, mi, fa, so, la, ti, do & and Georgian monks.

*“In music, solfège (/ˈsɒlfɛʒ/, French: [sɔlfɛʒ]) or solfeggio (/sɒlˈfɛdʒioʊ/; Italian: [solˈfɛddʒo]), also called sol-fa, solfa, solfeo, among many names, is a music education method used to teach aural skills, pitch and sight-reading of Western music. Solfège is a form of solmization, though the two terms are sometimes used interchangeably. Syllables are assigned to the notes of the scale and enable the musician to audiate, or mentally hear, the pitches of a piece of music being seen for the first time and then to sing them aloud. Through the Renaissance (and much later in some shape-note publications) various interlocking 4, 5 and 6-note systems were employed to cover the octave. The tonic sol-fa method popularized the seven syllables commonly used in English-speaking countries: do (or doh in tonic sol-fa), [1] re, mi, fa, so(l), la, and ti (or si)). There are two current ways of applying solfège: 1) fixed do, where the syllables are always tied to specific pitches (e.g. "do" is always "C-natural") and 2) movable do, where the syllables are assigned to scale degrees, with "do" always the first degree of the major scale.”*

Autumn 2022 it started for me with recurring nightmares and even worse sleep disturbances than usual. Grief added with ancient traumas that popped up, when another area sorted itself out. I was checking out what would help and found both a **psychologist** specialized in ACT, **hypnosis** which I've have studied myself, **trauma healing** in general (I am NOT a specialist, just finding my way around and knowing about some techniques), **neurofeedback** (will be a document) and **Glenn Harrold's** (supposedly UKs best hypnotist) six Solfeggio app-meditations (iOs), working with a Solfeggio musician and the techniques from Solfeggio tones, hypnosis, suggestopedia, meditation, brain waves/binaural, talk-back etc, and I was sold! We all are made of frequencies/vibrations. The six meditations highlighted.

174 Hz – Relieving Pain and Stress

285 Hz – Healing Tissue and Organs

**396 Hz – Liberating one from fear & guilt**

**417 Hz – Facilitating change & undoing situations**

**528 Hz – Miracles & transformations like DNA repair**

**639 Hz – Relationships & reconnecting**

**741 Hz – Getting solutions & expressing themselves**

**852 Hz – Returning one to a spiritual order**

963 HZ – Create room for oneness & unity.

<https://www.naturehealingsociety.com/articles/solfeggio/>

<https://mindeasy.com/the-9-solfeggio-frequencies-and-their-benefits/>



[www.iMoCoaching.se](http://www.iMoCoaching.se)



Sound	Colour	Vibrational Frequency	Intention	Chakra	Element	Meditation Download
LA	Indigo	852 Hz	Awakening Intuition	6th	Light	
SOL	Blue	741 Hz	Expression/Communication	5th	Ether	
FA	Green	639 Hz	Connecting/Relationships	4th	Air	
MI	Gold	528 Hz	Transformation and Healing (DNA Repair)	3rd	Fire	
RE	Orange	417 Hz	Releasing Past Traumas & Facilitating Change	2nd	Water	
UT	Red	396 Hz	Liberating Guilt & Fear	1st	Earth	
<p><b>Sound Medicine</b> - An album of only the music from each of the Solfeggio meditations. Each track has been specially crafted and precisely tuned to transmit each Solfeggio frequency. The music on this album can be used for meditation, relaxation and to support a variety of other therapeutic practices. It contains all the healing properties mentioned in each of the above meditations. Sound Medicine is a sonic journey on these frequencies, beginning with the voice for 196Hz, and working its way through each of the chakras/frequencies ending with the 852Hz frequency.</p>						

Each frequency has a colour, a chakra and an element, meaning that also the knowledge of chakras go way back, nothing new-age about that.

<https://indigomassagetherapy.com/uncategorized/what-is-the-origin-of-the-chakra-system/>

**Glenn's website:**

[www.glennharrold.com](http://www.glennharrold.com)

**YouTube** – there is a plethora of Solfeggio-meditations, for free – but interrupted with ads if you don't have a paid account.

**All 9 Solfeggio Frequencies – Full Body Aura Cleanse & Cell Regeneration Therapy**

[https://www.youtube.com/watch?v=goyZbut\\_KFY&t=2351s](https://www.youtube.com/watch?v=goyZbut_KFY&t=2351s)

**Articles**

**Science behind Solfeggio frequencies**

<https://www.bettersleep.com/blog/science-behind-solfeggio-frequencies/>

**Solfeggio Frequencies**

<https://www.naturehealingsociety.com/articles/solfeggio/>

**Benefits of Music based on 7 Solfeggio Frequencies**

<https://meditativemind.org/benefits-of-music-based-on-7-solfeggio-frequencies/>

**Bookbeat – Solfeggio Meditations**

<https://www.bookbeat.se/bok/852-hz-solfeggio-meditation-70433>



[www.iMoCoaching.se](http://www.iMoCoaching.se)



## **852 Hz Solfeggio Meditation - Glenn Harrold, Ali Calderwood**

*“Awaken Your Intuition and connect with your inner light. This is one of a series of six 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 852hz and is associated with the colour of indigo and the element of light. Glenn Harrold's acclaimed vocal delivery and guided meditation combined with Ali Calderwood's deep and moving soundscapes tuned to 852hz 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 awaken your intuition and connect with your inner light. It can also help with everyday problems like headaches, lack of concentration, bad dreams, and nervousness, as all these issues exist within the same vibrational energy. 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. About the Ancient Solfeggio Scale and Healing Sounds: Modern science is now beginning to recognise what the ancient mystics throughout time have been saying, that everything is in a constant state of vibration, and therefore everything that is vibrating has a sound (even if it's not audible). Everything also has its own optimum rate of vibration, and this is called resonance. When we are in resonance, we are in balance and harmony with creation. Emotions and mental states also have their own optimum resonance and with the recognition that every organ, and every cell, absorbs and emits sound, we can therefore understand how specific sounds and frequencies can be used as powerful healing tools. This is how the ancient Solfeggio frequencies work and is why the Gregorian monks used this specific scale for chanting and healing. These incredible tones each resonate to specific frequency that our original blueprint is composed from. Exposing ourselves to these frequencies helps to bring our bodies, cells, and DNA back into balance. Different parts of our bodies and organs all have specific frequencies of optimum resonance (perfect state of health), and therefore listening to these tones allows the body to absorb and remember (know) its original blueprint, moving it back towards its perfect state of alignment and resonance (health). The music with this series of meditations has been specially crafted and precisely tuned to transmit each of the solfeggio frequencies. By combining these sounds with a guided meditation, you also have the potential to release deep-rooted blockages. These compositions also contain 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. Glenn Harrold and Ali Calderwood acknowledge the pioneering work of Dr. Joseph Puleo and Dr. Leonard Horowitz in decrypting the ancient Solfeggio and advancing Healing Codes for the Biological Apocalypse and **528Records.com.**”*



[www.iMoCoaching.se](http://www.iMoCoaching.se)



## Literature – advanced & expensive

### The Ancient Solfeggio Frequencies Encoded in the King James Bible Book of Numbers

[https://www.amazon.com/Ancient-Solfeggio-Frequencies-Encoded-Numbers/dp/1505801281/ref=mp\\_s\\_a\\_1\\_1?crid=36SU9M1PDHT98&keywords=The+Ancient+Solfeggio+Frequencies+Encoded+in+the+King+James+Bible+Book+of+Numbers&qid=1666283253&qu=eyJxc2MiOiwlLjlxliwicXNhIjoiMC4wMCIslInFzcCI6IjAuMDAifQ%3D%3D&sprefix=the+ancient+solfeggio+frequencies+encoded+in+the+king+james+bible+book+of+numbers%2Caps%2C390&sr=8-1](https://www.amazon.com/Ancient-Solfeggio-Frequencies-Encoded-Numbers/dp/1505801281/ref=mp_s_a_1_1?crid=36SU9M1PDHT98&keywords=The+Ancient+Solfeggio+Frequencies+Encoded+in+the+King+James+Bible+Book+of+Numbers&qid=1666283253&qu=eyJxc2MiOiwlLjlxliwicXNhIjoiMC4wMCIslInFzcCI6IjAuMDAifQ%3D%3D&sprefix=the+ancient+solfeggio+frequencies+encoded+in+the+king+james+bible+book+of+numbers%2Caps%2C390&sr=8-1)

### The Solfeggio Tradition

*“How did castrati manage to amaze their eighteenth-century audiences by singing the same aria several times in completely different ways? And how could composers of the time write operas in a matter of days? The secret lies in the solfeggio tradition, a music education method that was fundamental to the training of European musicians between 1680 and 1830 — a time during which professional musicians belonged to the working class. As disadvantaged children in orphanages learned the musical craft through solfeggio lessons, many were lifted from poverty, and the most successful were propelled to extraordinary heights of fame and fortune. In this first book on the solfeggio tradition, author Nicholas Baragwanath draws on over a thousand manuscript sources to reconstruct how professionals became skilled performers and composers who could invent and modify melodies at will. By introducing some of the simplest exercises in scales, leaps, and cadences that apprentices would have encountered, this book allows readers to retrace the steps of solfeggio training and learn to generate melody by 'speaking' it like an eighteenth-century musician. As it takes readers on a fascinating journey through the fundamentals of music education in the eighteenth century, this book uncovers a forgotten art of melody that revolutionizes our understanding of the history of music pedagogy.”*

*“If one can focus one’s heart on music, it’s just like heating something which was frozen. The heart comes to its natural condition, and the rhythm regulates the beating of the heart, which helps to restore health of body, mind, and soul, and brings them to their proper tone. The joy of life depends upon the perfect tuning of mind and soul.” Hazrat Inayat Khan*





[www.iMoCoaching.se](http://www.iMoCoaching.se)



*“Inayat Khan Rehmat Khan (5 July 1882 – 5 February 1927) was an Indian professor of musicology, singer, exponent of the saraswati vina, poet, philosopher, and pioneer of the transmission of Sufism to the West. At the urging of his students, and based on his ancestral Sufi tradition and four-fold training and authorization at the hands of Sayyid Abu Hashim Madani (d. 1907) of Hyderabad, he established an order of Sufism (the Sufi Order) in London in 1914. By the time of his death in 1927, centers had been established throughout Europe and North America, and multiple volumes of his teachings had been published.”*

Wikipedia

I bought the **Purify your Soul**-series as apps on my iPhone. Each has a morning and a night meditation; 34-40 minutes long, downloadable, playable when I go to sleep on flight mode. Solfeggio **morning meditations** are perfect when my head/brain is bombed from the neurofeedback treatments. And the **night meditation** to calm my systems down and get to sleep or going back to sleep when I have woken up and can't go back to sleep.

**Wishlist** – tuning forks according to the Solfeggio scales in a better material than the ordinary ones, available from somebody who knows something.

<https://biofieldtuningstore.com/>

All documents I have added on LinkedIn (more than 50 – **#onsdagsdokument**) you can download from my website. There you also find my three e-books, so far, one more is being written), in Swedish – **Narcissism, Härskartekniker, Signalsubstanser**. The fourth is about **Boundaries**. All in Swedish.

**Inge-Mo Haraldh** - [www.imocoaching.se](http://www.imocoaching.se)

ICF-Associate Certified Coach, ACC;

Specialized in:

- **Når Ego og Sjæl danser tæt & Felleskapet** – <https://egosjael.trueliving.dk/>, DK
- **Diploma in Hypnos- och Suggestionsterapeut** – HypnosCoaching, SE
- Certified **Solution Focused BRIEF Coach**, DK
- **PQ Coach** – Mental & Emotional Fitness, USA
- Certified **Health Coach & ACT-ALP**, SE
- Diploma **Diet & Nutrition Advisor**, SE
- Certified **Grief Counsellor & Witnessing Ritual**, SE



Experienced, empathetic, attentive, and very caring about the client. A written agreement and self-written reusable documents according to the client's needs are always included. Book an appointment or get in touch if you have questions. An investment in your own development, future, health, as well as physical and mental well-being. **Coaching is done also in English.**

**iMo Coaching** – my coaching group on Facebook –

<https://www.facebook.com/groups/206375779486588/>