



Tune & Thrive

Understanding Your Six Free Frequencies

A simple guide to what each tone traditionally represents, how
sound practitioners have used it, and how to begin your own
listening practice.

BEFORE YOU BEGIN

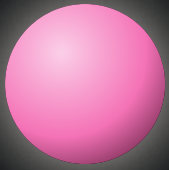
Everything Is Frequency

The six tones in your Free Frequency Library each carry a traditional association from sound-healing and meditation practice, going back to the Solfeggio scale and the frequencies many practitioners have worked with for generations.

This guide isn't a medical document. It's a simple companion, so that when you sit down and press play, you know a little about what you're listening to and why it might feel the way it does.

How to use this guide: Read the page for whichever frequency you're about to play. Take one slow breath before you begin. Let the tone do the rest.

A note on language: these are traditional associations described by sound-practice and meditation communities, not scientifically established medical claims. Individual experiences vary.



639 Hz

HEART COHERENCE

TRADITIONAL ASSOCIATION

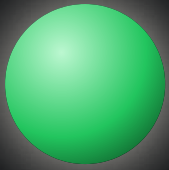
Part of the Solfeggio scale, 639Hz is traditionally connected to relationships, connection and harmony, both with others and with yourself. Some sound practitioners describe it as a "heart frequency," associated with communication and emotional balance.

OFTEN USED FOR

Listening before a difficult conversation, after conflict, or simply when you want to feel more connected to the people around you, or to yourself.

A SIMPLE PRACTICE

Play this tone for 5–10 minutes with your hand resting gently on your chest. Breathe slowly. Notice, without judging it, whatever comes up.



528 Hz

THE "MIRACLE TONE"

TRADITIONAL ASSOCIATION

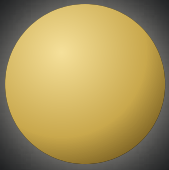
Perhaps the most well-known Solfeggio frequency, 528Hz is often called the "miracle tone" or "love frequency." It's traditionally associated with transformation, renewal and a sense of positive change.

OFTEN USED FOR

Moments of personal transition, starting something new, or simply wanting to shift your mood or perspective during the day.

A SIMPLE PRACTICE

Play this tone first thing in the morning, before checking your phone, as a way of intentionally setting the tone for your day.



888 Hz

ABUNDANCE

TRADITIONAL ASSOCIATION

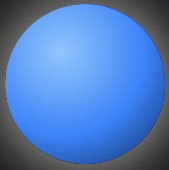
The number 8 is widely associated with abundance and flow in numerology, and 888Hz has been adopted by many sound practitioners as a tone for openness to receiving, whether that's opportunity, support or material abundance.

OFTEN USED FOR

Practising receiving without guilt, softening scarcity thinking, or simply sitting with the question of what you'd allow more of into your life.

A SIMPLE PRACTICE

Play this tone while writing down one thing you'd like to receive this week, without immediately explaining to yourself why you don't deserve it.



396 Hz

LIBERATION

TRADITIONAL ASSOCIATION

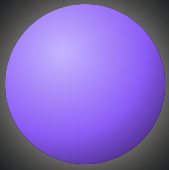
The first tone of the Solfeggio scale, 396Hz is traditionally associated with releasing fear and grief, and with grounding. Some describe it as the frequency of turning grief into joy.

OFTEN USED FOR

Moments of anxiety, when a fear feels larger than the situation calls for, or when you simply want to feel more grounded and settled in your body.

A SIMPLE PRACTICE

Play this tone lying down, feet uncrossed, palms open. Let your exhale be longer than your inhale for the length of the track.



741 Hz

CLARITY

TRADITIONAL ASSOCIATION

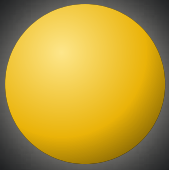
741Hz is traditionally connected to expression, problem-solving and cleansing the mind of confusion or overthinking. It's sometimes called an "awakening intuition" tone.

OFTEN USED FOR

Before making a decision, when your thoughts feel tangled, or before any task that needs a clear head, like writing, planning or having an honest conversation.

A SIMPLE PRACTICE

Play this tone with a pen and paper nearby. Don't try to think, just let your hand write whatever comes, without editing it.



963 Hz

DIVINE CONNECTION

TRADITIONAL ASSOCIATION

Often called a "crown chakra" frequency, 963Hz is traditionally associated with stillness, a sense of connection beyond the everyday self, and a quiet, spacious quality of attention.

OFTEN USED FOR

Closing an evening practice, meditation, or any moment you want to simply be still rather than do anything at all.

A SIMPLE PRACTICE

Play this tone as the last thing before sleep, with no other screens or sound competing for your attention.

ONE SMALL CORNER

These Six Are Just the Beginning

Everything in this guide lives inside a much larger space. The Tune to Thrive Frequency Studio holds 59 individually searchable frequencies across seven categories, every one of them yours to layer, mix and build into your own combination.



The Tune to Thrive Frequency Studio

Search, combine and mix frequencies across Wealth & Abundance, the full Solfeggio Scale, Human Design Types, Brainwave States, Planetary Frequencies, Chakra Frequencies and Light Codes. Your own private space, built around what you need today.

EXPLORE THE FREQUENCY STUDIO

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