

	inHarmony Sound Lounge Music Tracks		
TIME		CHAKRA	
	DEMO SESSIONS - no charge		
2:22	Step 1 inHarmony Soundtrack		
9:09	Step 2 inHarmony Overview		
5:30	inHarmony Demo #2		
5:13	The Lovers		Supports Mood and Stress Relief
7:14	Cassiopeiae		Chill Track - Vibonacci
7:31	InHarmony Demo		
8:42	Solar Plexus	Solar Plexus	Confidence, self-esteem, and personal power
5:53	<i>Power Sessions</i>		<i>Guided Meditation</i>
8:59	<i>System Reset Experience #1</i>		<i>Guided Meditation</i>
6:45	<i>System Reset Experience #2</i>		<i>Guided Meditation</i>
6:59	<i>CO2 Healing</i>		<i>Guided Meditation</i>

	10 - 20 MINUTE SESSIONS - \$20		
10:56	Fragrance		Swaylo is a globally inspired artist and movement leader whose immersive music and art experiences fuse ancient traditions, world rhythms, and modern electronic production to cultivate connection, creativity, and collective healing
11:11	174 Hz - My Body Is Aligned	Root	Supports relief from pain and stress
11:00	285 Hz - I am Rejuvenated	Root	Supports the regeneration of tissues and organs
11:00	528 Hz - Vol 2 - I am Pure Love	Solar Plexus	Known as the Love Frequency is believed to promote deep healing, reduce stress, and enhance cellular regeneration. It's associated with DNA repair, emotional balance, and an overall sense of harmony and well-being.
11:00	639 Hz - Vol 2 - I am inHarmony with my surroundings	Heart	The frequency of love, connection, and harmony, resonating with the heart chakra to enhance communication, healing, and deep emotional balance.
11:00	852 Hz - Vol 2 - I am InTuitive	Third Eye	Reduce anxiety and nervousness, ground in and lift off. Connect to Spirit
11:00	963 Hz - Vol 2 - I am Connected	Crown	Activate the pineal gland and access consciousness. Associated with the Crown Chakra
11:01	174 Hz - Vol 2 - My Body is Aligned	Root	Believed to promote deep relaxation, reduce pain, and alleviate stress by resonating with the body's healing frequencies
11:01	285 Hz - Vol 2 - I am Rejuvenated	Root	285 hz music promotes and tissue regeneration. Encouraging the body to return to its natural state of balance and harmony.
11:01	417 Hz - Vol 2 - I am Transformed	Sacral	Listening to 417 Hz music can help dissolve negative energy, promote emotional healing, and support transformatation by clearing past traumas and facilitating positive change
11:01	396 Hz - Vol 2 - I Release Guilt and Fear	Root	The 396 Hz frequency promotes emotional release, helping to alleviate feelings of guilt and fear while fostering grounding and inner strength
11:11	Initiation		Watashi is a dynamic DJ and producer blending bass-heavy beats with ethereal soundscapes, creating immersive sonic experiences that resonate with both the body and soul
11:11	396 Hz - I Release Guilt and Fear	Root	Facilitates the release of guilt and fear.
11:11	Root	Root	
11:11	Root (Chapter 2) 256 Hz	Root	
12:04	Sacral	Sacral	Govern how you experience sexuality, creative expression, and more.
11:00	Sacral (Chapter 2) 288 Hz	Sacral	Removes negativity and facilitates change
11:11	417 Hz - I am Transformed	Sacral	Removes negativity and facilitates change
11:11	417 Hz - Just the Didge	Sacral	Enjoy the powerful Didgeridoo and sounds all tuned to 417 Hz / Clearing Trauma
11:00	Solar Plexus (Chapter 2) 288 Hz	Solar Plexus	

11:11	432 Hz - I am in Tune	Solar Plexus	Tunes the body to the earth's natural vibration
11:11	528 Hz - I am Pure Love	Solar Plexus	Catalyzes DNA repair, deep healing, and relaxation
14:42	Heart	Heart	Center of love for oneself and others, compassion, empathy, and forgiveness. Source of deep and profound truths that cannot be expressed in words
11:11	639 Hz - I am in Harmony with my Surroundings	Heart	Balance emotions and elevate mood.
11:00	Heart (Chapter 2) 341.3 Hz	Heart	Live a healthy Life, speak your truth, and experience yourself creatively
11:11	Throat	Throat	Find your voice, speak your truth, and sign praises for yourself and others, Associated with speaking up and expressing yourself and hearing and being heard.
11:11	741 Hz - My Body is Cleansed	Throat	Live a healthy Life, speak your truth, and experience yourself creatively
11:00	Throat (Chapter 2) 384 Hz	Throat	
11:11	852 Hz - I am Intuitive	Third Eye	Reduce anxiety and nervousness, ground in and lift off. Connect to Spirit
11:11	Third Eye	Third Eye	A state of enlightenment, associated with religious visions, clairvoyance, the ability to observe chakras and auras, precognition, and out-of-body experiences
11:02	Third Eye (Chapter 2) 426.7 Hz	Third Eye	
16:00	Crown	Crown	Representing spiritual consciousness and transformation
11:11	963 Hz - I am Connected to my Higher Self	Crown	Activate the pineal gland and access consciousness
11:01	Crown (Chapter 2) 480 Hz	Crown	
10:30	Ripples		Beautiful journey that will make you feel as though you are floating in water, allowing yourself to wander wherever you may go.
11:00	Releasing Anger		Help you move through rage/anger and take you into full surrender, leaving you blissfully empty
11:00	Breath of the Wind		An ultra deep dive journey with the beautiful sounds of rain and thunder recorded in Bali with native flute and acoustic guitar. Deep relaxation and expansion.
16:36	Breath of the Wind		An ultra deep dive journey with the beautiful sounds of rain and thunder recorded in Bali with native flute and acoustic guitar. Deep relaxation and expansion.
11:01	Alignment (432 Hz)		Promote healing and relaxation by aligning with the natural resonance of the earth and enhancing the listener's sense of peace and well-being
11:11	Alpha Binaural Beat (432 Hz)	Alpha	Encourage relaxation, promote positivity, and decrease anxiety
11:11	Ancestral Healing (417 Hz)	Sacral	Help heal from past traumas and promote ancestral healing
11:11	Anxiety		Let your nervous system be brought to a state of calm and ease
11:11	Ocean Dreams		Take a plunge into the deep blue sea and allow yourself to float with the sea creatures in peace for the oceanic nervous system reset

11:11	Releasing Trauma		Releasing trauma
11:11	Slumber		Help those needing assistance with falling asleep
11:11	Walking Each Other Home - Cloud People		Made by the sounding healing duo, Cloud People
11:20	Grief		Help people have a safe space to process grief
12:12	Ascension		Swaylo is a globally inspired artist and movement leader whose immersive music and art experiences fuse ancient traditions, world rhythms, and modern electronic production to cultivate connection, creativity, and collective healing
12:17	Expansive Sky		Lynda Arnold
13:00	In Love (432 Hz)		This heartfelt track is designed to ignite the love within one's self or with their partner
13:28	Abundance		A journey of feeling just how Abundant you are in every way
10:11	Focus		<i>Guided Meditation</i>
10:14	Energy		<i>Guided Meditation</i>
10:22	100 hz Gamma Meditation		<i>Guided Meditation</i>
16:00	Mid-Day Reset		<i>Guided Meditation</i>
17:40	System Reset Experience #3		<i>Guided Meditation</i>
18:39	Return to Love		<i>Guided Meditation</i>

	20 - 30 MINUTE SESSIONS - \$30		
22:00	174 Hz - My Body Is Aligned	Root	Supports relief from pain and stress
22:00	963 Hz - Vol 2 - I am Connected	Crown	Activate the pineal gland and access consciousness. Associated with the Crown
22:01	Root (Chapter 2) 256 Hz	Root	
22:00	285 Hz - I am Rejuvenated	Root	Supports the regeneration of tissues and organs
22:00	528 Hz - Vol 2 - I am Pure Love	Solar Plexus	Known as the Love Frequency is believed to promote deep healing, reduce stress, and
22:00	639 Hz - Vol 2 - I am inHarmony with my surroundings	Heart	The frequency of love, connection, and harmony, resonating with the heart chakra to
22:00	852 Hz - Vol 2 - I am InTuitive	Third Eye	Reduce anxiety and nervousness, ground in and lift off. Connect to Spirit
22:01	174 Hz - Vol 2 - My Body is Aligned	Root	Believed to promote deep relaxation, reduce pain, and alleviate stress by resonating
22:01	285 Hz - Vol 2 - I am Rejuvenated	Root	285 hz music promotes and tissue regeneration. Encouraging the body to return to its
22:01	396 Hz - Vol 2 - I Release Guilt and Fear	Root	The 396 Hz frequency promotes emotional release, helping to alleviate feelings of
22:01	417 Hz - Vol 2 - I am Transformed	Sacral	Listening to 417 Hz music can help dissolve negative energy, promote emotional
22:22	396 Hz - I Release Guilt and Fear	Root	Facilitates the release of guilt and fear.
22:22	417 Hz - I am Transformed	Sacral	Removes negativity and facilitates change
22:00	Sacral (Chapter 2) 288 Hz	Sacral	
22:00	Chakra Series (Chapter 2) (Root-Crown)		Will take you through all 7 Chakras for a complete chakra tune up
22:00	Chakra Series (Chapter 2) (Crown-Root)		Will take you through all 7 Chakras for a complete chakra tune up
22:22	432 Hz - I am in Tune	Solar Plexus	Tunes the body to the earth's natural vibration
22:22	528 Hz - I am Pure Love	Solar Plexus	Catalyzes DNA repair, deep healing, and relaxation
22:00	Solar Plexus (Chapter 2) 288 Hz	Solar Plexus	
22:22	639 Hz - I an inHarmony with my Surroundings	Heart	Balance emotions and elevate moos.
22:00	Heart (Chapter 2) 341.3 H	Heart	
22:00	741 Hz - My Body is Cleansed	Throat	Live a healthy Life, speak your truth, and experience yourself creatively
22:01	Throat (Chapter 2) 384 Hz	Throat	
22:22	852 Hz - I an InTuitive	Third-eye	Reduce anxiety and nervousness, ground in and lift off. Connect to Spirit
22:00	Third Eye (Chapter 2) 426.7 Hz	Third Eye	
22:01	Alignment 432 Hz		Promote healing and relaxation by aligning with the natural resonance of the earth and enhancing the listener's sense of peace and well-being
22:22	963 Hz - I am Connected to my higher self	Crown	Activate the pineal gland and access consciousness
22:01	Crown (Chapter 2) 480 Hz	Crown	
22:00	Crown to Root	All Chakras	All Chakras
22:00	Root to Crown	All Chakras	All Chakras
22:00	Astral Projection - 22 Minutes		A meditative soundscape infused with with binaural beats that relaxes the body,
22:01	Expansive Sky		Lynda Arnold
22:16	La Sirena		Enjoy the sounds of La Sirena (The Siren) in this beautiful handpan experience by
22:22	417 Hz - Just the Didge	Sacral	Enjoy the powerful Didgeridoo and sounds all tuned to 417 Hz / Clearing Trauma

22:22	Addiction (Isochronic Tone 7.5 Hz)		Aid and assist those wanting to recover or break free from their addiction
22:22	Releasing Trauma		Releasing trauma
22:22	Slumber		Help those needing assistance with falling asleep
22:22	Alpha Binaural Beat (432 Hz)		
23:00	Lions Den		Swaylo is a globally inspired artist and movement leader whose immersive music and art experiences fuse ancient tradition, world rhythms, and modern electronic production to cultivate connection, creativity, and collective healing
23:03	Schumann Resonance		Refers to the naturally occurring electromagnetic frequencies in Earth's ionosphere, predominantly at around 7.83 Hz influenced by lightning discharges and atmospheric conditions.
23:16	Tibetan Bowl Experience #1		Lynda Arnold
23:25	The Remembering (432 Hz)		Created in a single uninterrupted take, this free-flowing ukulele offering by Hohm is an invitation into stillness an intuitive sound prayer shaped by years of sound healing work and a devotion to easing the nervous system
23:52	Grief - Extended Version		This track was created to help people have a safe space to process grief
24:10	Inspiration		Ignite the souls' flame to be inspired in spirit
24:31	Inner Vision (528 Hz)		This is a deep inward journey of self exploration where inner vision allows you to uncover the deepest truths within you. It is also tuned to the frequency of 528 Hz
24:32	Golden Ratio (432 Hz)		The Golden Ratio meditation track harmonizes sound with nature's most balanced proportion, guiding the mind and body into resonance
24:36	Clarity		Intention of helping the listener find clarity and move through any mental obstacles
24:50	Reflection		Deepen the practice of reflecting on any area of your life
24:52	Morning Ritual		Guided Meditation
26:32	The Hero's Journey (432 Hz)		The Hero's Journey is an epic, evolving track that mirrors the stages of personal transformation, blending powerful rhythms and ethereal melodies to evoke a sense of adventure, challenge, and ultimate triumph.
27:00	Ceremonia		A deep dive experience reminiscent of the music one might hear in ceremony
28:21	Release		Assisting the listener with releasing anything that does not resonate or serve them anymore.
29:32	Releasing Old Stories (432 Hz)	Solar Plexus	Help release any old stories that you may feel held you back.
26:07	The Deep Om (174 Hz)		Full bodied experience of allowing yourself to melt into the primordial sound of the universe

28:16	Parasite Cleanse (728 Hz)		A deeply cleansing meditation designed to bathe your body in 728 Hz helping dissolve parasitic influences, restore energetic sovereignty, and return the body and mind to a state of clarity and balance
29:19	The Deep Om (285 Hz)		Full bodied experience of allowing yourself to melt into the primordial sound of the universe
29:54	The Deep Om (396 Hz)	Root	Full bodied experience of allowing yourself to melt into the primordial sound of the universe
22:22	30 Hz		
22:22	40 Hz		
22:22	60 Hz		
22:22	68 Hz		
22:22	80 Hz		
22:22	86 Hz		
22:22	Breath of the Wind		An ultra deep dive journey with the beautiful sounds of rain and thunder recorded in Bali with native flute and acoustic guitar. Deep relaxation and expansion.
22:22	Ancestral Healing (417 Hz)	Sacral	Help heal from past traumas and promote ancestral healing
22:22	Walking Each Other Home - Cloud People		Made by the sounding healing duo, Cloud People
25:04	Ocean Dreams		Take a plunge into the deep blue sea and allow yourself to float with the sea creatures in peace for the oceanic nervous system reset
18:39	<i>Return to Love - Victoria Angel Heart</i>		Guided meditation by Victoria Angel Heart. Drop in and connect to your soul.
20:16	<i>A Grateful Heart - Victoria Angel Heart</i>		Guided meditation to help bring you into a space of gratitude
21:23	<i>Dynamic Breathwork - Ben Holt</i>		Guided meditation through a dynamic breathwork exercise
22:31	<i>Calm Your Mind, Open Your Heart - Victoria Angel Heart (285 hz)</i>		Guided Meditation
22:58	<i>Golden Orb Meditation - Joanna Tarnava</i>		Joanna has been a healer and teacher for 15 years. Her life work with Ritual Metta aims to bring worthiness and integrated awakenings to her clients in a profound yet digestable ways.

	30 - 40 MINUTE SESSIONS - \$40		
30:00	Sound Self Demo		SoundSelf offers a digital therapeutic experience that induces non-drug psychedelic states to enhance mental well-being . Designed for therapists and their clients, it aims to improve treatment accessibility and optimize therapeutic outcomes.
31:46	Rain Forest		Allow yourself to melt to raw sounds of the Rain Forest, No Tempo or structure, meant to make you drift into a space of timelessness and connect with nature.
32:32	Inner Peace 111 Hz		
32:53	Deep Space (432 Hz)		Let this track take you on a voyage into deep space
33:00	Gratitude (432 Hz)		This meditation invites you to settle into gratitude, letting each breath open space for calm, clarity, and deep appreciation
33:00	528 Hz - Vol 2 - I am Pure Love	Solar Plexus	Known as the Love Frequency is believed to promote deep healing, reduce stress, and enhance cellular regeneration. It's associated with DNA repair, emotional balance, and an overall sense of harmony and well-being.
33:00	639 Hz - Vol 2 - I am inHarmony with my surroundings	Heart	The frequency of love, connection, and harmony, resonating with the heart chakra to enhance communication, healing, and deep emotional balance.
33:00	852 Hz - Vol 2 - I am InTuitive	Third Eye	Reduce anxiety and nervousness, ground in and lift off. Connect to Spirit
33:00	963 Hz - Vol 2 - I am Connected	Crown	Activate the pineal gland and access consciousness. Associated with the Crown Chakra
33:01	174 Hz - Vol 2 - My Body is Aligned	Root	Believed to promote deep relaxation, reduce pain, and alleviate stress by resonating with the body's healing frequencies
33:01	285 Hz - Vol 2 - I am Rejuvenated	Root	285 hz music promotes and tissue regeneration. Encouraging the body to return to its natural state of balance and harmony.
33:01	396 Hz - Vol 2 - I Release Guilt and Fear	Root	The 396 Hz frequency promotes emotional release, helping to alleviate feelings of guilt and fear while fostering grounding and inner strength
33:01	417 Hz - Vol 2 - I am Transformed	Sacral	Listening to 417 Hz music can help dissolve negative energy, promote emotional healing, and support transformatation by clearing past traumas and facilitating positive change
33:01	174 Hz - My Body is Aligned	Root	Supports relief from pain and stress
33:01	285 Hz - I am Rejuvenated	Root	Supports the regeneration of tissues and organs
33:34	396 Hz - I Release Guilt and Fear	Root	Facilitates the release of guilt and fear.
33:33	Root (Chapter 2) 256 Hz	Root	
33:33	417 Hz - I am Transformed	Sacral	Removes negativity and facilitates change
33:01	Sacral (Chapter 2) 288 Hz	Sacral	
33:33	432 Hz - I am in Tune	Solar Plexus	Tunes the body to the earth's natural vibration
32:59	528 Hz - I am Pure Love	Solar Plexus	Catalyzes DNA repair, deep healing, and relaxation

33:01	Solar Plexus (Chapter 2) 288 Hz	Solar Plexus	
33:33	639 Hz - I am in Harmony with my Surroundings	Heart	Balance emotions and elevate mood.
33:01	Heart (Chapter 2) 341.3 Hz	Heart	
33:01	741 Hz - My Body is Cleansed	Throat	Live a healthy life, speak your truth, and experience yourself creatively
33:01	Throat (Chapter 2) 384 Hz	Throat	
33:00	852 Hz - I am Intuitive	Third Eye	Reduce anxiety and nervousness, ground in and lift off. Connect to Spirit
33:01	Third Eye (Chapter 2) (426.7 Hz)	Third Eye	
33:33	Raising Your Vibration (432 Hz)		This track was designed and tuned to 432hz to assist you in raising your vibration or frequency. Hold the intention of seeing your vibration increase to match the frequency of the life you desire.
33:33	963 Hz - I am Connected to my higher self	Crown	Activate the pineal gland and access consciousness
33:01	Quantum Healing Tones C# (432 Hz)		Music tuned to C# can promote deep emotional release and enhance spiritual awareness, aligning the listener with a sense of inner harmony and universal connection.
33:01	Crown (Chapter 2) 480 Hz	Crown	
33:01	Expansive Sky		Lynda Arnold
33:33	417 Hz - Just the Didge	Sacral	Enjoy the powerful Didgeridoo and sounds all tuned to 417 Hz / Clearing Trauma
30:00	Patience		Cultivate the practice of patience, no tempo or structure, allows you to release any expectations of when something should or should not happen, a sense of timelessness
33:01	Breath of the Wind		An ultra deep dive journey with the beautiful sounds of rain and thunder recorded in Bali with native flute and acoustic guitar. Deep relaxation and expansion.
33:33	Ancestral Healing (417 Hz)	Sacral	Help heal from past traumas and promote ancestral healing
33:33	Walking Each Other Home - Cloud People		Made by the sounding healing duo, Cloud People
33:33	Alpha Binaural Beat (432 Hz)		
34:08	Releasing Trauma		
34:52	Alignment 432 Hz		and enhancing the listener's sense of peace and well-being
35:04	Tibetan Bowl Experience #2		Lynda Arnold, founder of Sonic Devas Divine Feminine Sound Meditation Experience, is a sound meditation facilitator, vocalist, and multi-instrumentalist, composer, and seasoned performer
37:33	Womb (432 Hz)		Immersive and deeply soothing, this 432hz soundscape envelops the listener in a

	40 - 69 MINUTE SESSIONS - \$50		
40:54	Astral Projection	Root	A meditative soundscape infused with with binaural beats that relaxes the body, expands awareness, and supports out-of-body exploration
44:00	174 Hz - My Body is Aligned	Root	Supports relief from pain and stress
44:00	Root (Chapter 2) 256 Hz	Root	
44:00	285 Hz - I am Rejuvenated	Root	Supports the regeneration of tissues and organs
44:00	174 Hz - Vol 2 - My Body is Aligned	Root	Believed to promote deep relaxation, reduce pain, and alleviate stress by resonating
44:00	285 Hz - Vol 2 - I am Rejuvenated	Root	285 hz music promotes and tissue regeneration. Encouraging the body to return to its
44:00	396 Hz - Vol 2 - I Release Guilt and Fear	Root	The 396 Hz frequency promotes emotional release, helping to alleviate feelings of
44:00	417 Hz - Vol 2 - I am Transformed	Sacral	Listening to 417 Hz music can help dissolve negative energy, promote emotional
44:00	528 Hz - Vol 2 - I am Pure Love	Solar Plexus	Known as the Love Frequency is believed to promote deep healing, reduce stress, and
44:00	639 Hz - Vol 2 - I am inHarmony with my surroundings	Heart	The frequency of love, connection, and harmony, resonating with the heart chakra to
44:00	852 Hz - Vol 2 - I am Intuitive	Third Eye	Reduce anxiety and nervousness, ground in and lift off. Connect to Spirit
44:00	396 Hz - I Release Guilt & Fear	Root	Facilitates the release of guilt and fear.
44:00	417 Hz - I am Transformed	Sacral	Removes negativity and facilitates change
44:00	Sacral (Chapter 2) 288 Hz	Sacral	
46:00	The Heros Journey (432 Hz) (Extended Version)		The Heros Journey is an epic, evolving track that mirrors the stages of personal transformation, blending powerful rhythms and ethereal melodies to evoke a sense of adventure, challenge, and ultimate triumph.
48:00	Ancestral Healing (417 Hz)	Sacral	Clear unwanted energies, clear and heal any Ancestral energy
44:00	432 Hz - In am inTune	Solar Plexus	Tunes the body to the earth's natural vibration
44:00	528 Hz - I am Pure Love	Solar Plexus	Catalyzes DNA repair, deep healing, and relaxation
44:00	Solar Plexus (Chapter 2) 288 Hz	Solar Plexus	
44:00	639 Hz - I am inHarmony with my Surroundings	Heart	Balance emotions and elevate mood.
44:00	Heart (Chapter 2) 341.3 Hz	Heart	
44:00	741 Hz - My Body is Cleansed	Throat	Live a healthy Life, speak your truth, and experience yourself creatively
44:00	Throat (Chapter 2) 384 Hz	Throat	
44:00	852 Hz - I am Intuitive	Third Eye	Reduce anxiety and nervousness, ground in and lift off. Connect to Spirit
44:00	Third Eye (Chapter 2) 426.7 Hz	Third Eye	
44:00	963 Hz - I am Connected to my Higher Self	Crown	Activate the pineal gland and access consciousness
44:00	963 Hz - Vol 2 - I am Connected	Crown	Activate the pineal gland and access consciousness. Associated with the Crown Chakra
44:00	Crown (Chapter 2) 480 Hz	Crown	
44:00	Forgiveness (639 Hz)	Heart	Forgiveness is a gentle 639 Hz meditation that opens the heart, restores harmony in
40:40	Slumber		Help those needing assistance with falling asleep
44:00	Expansive Sky		Lynda Arnold
44:44	Walking Each Other Home - Cloud People		Made by the sounding healing duo, Cloud People

66:00	Expansive Sky		Lynda Arnold
63:56	Ceremonia Part 2		An extended deep dive experience reminiscent of the music one might hear in
66:00	174 Hz - My Body Is Aligned	Root	Supports relief from pain and stress
66:00	285 Hz - I am Rejuvenated	Root	Supports the regeneration of tissues and organs
65:37	396 Hz - I Release Guilt and Fear	Root	Facilitates the release of guilt and fear.
66:00	417 Hz - I am Transformed	Sacral	Removes negativity and facilitates change
66:00	174 Hz - Vol 2 - My Body is Aligned	Root	Believed to promote deep relaxation, reduce pain, and alleviate stress by resonating with the body's healing frequencies
66:00	396 Hz - Vol 2 - I Release Guilt and Fear	Root	The 396 Hz frequency promotes emotional release, helping to alleviate feelings of guilt and fear while fostering grounding and inner strength
66:00	417 Hz - Vol 2 - I am Transformed	Sacral	Listening to 417 Hz music can help dissolve negative energy, promote emotional healing, and support transformation by clearing past traumas and facilitating positive change
66:00	528 Hz - Vol 2 - I am Pure Love	Solar Plexus	Known as the Love Frequency is believed to promote deep healing, reduce stress, and enhance cellular regeneration. It's associated with DNA repair, emotional balance, and an overall sense of harmony and well-being.
66:00	639 Hz - Vol 2 - I am inHarmony with my surroundings	Heart	The frequency of love, connection, and harmony, resonating with the heart chakra to enhance communication, healing, and deep emotional balance.
66:00	963 Hz - Vol 2 - I am Connected	Crown	Activate the pineal gland and access consciousness. Associated with the Crown Chakra
66:06	285 Hz - Vol 2 - I am Rejuvenated	Root	285 hz music promotes and tissue regeneration. Encouraging the body to return to its natural state of balance and harmony.
66:31	Just the Didge (417 Hz)	Sacral	
66:00	432 Hz - I am in Tune	Solar Plexus	Tunes the body to the earth's natural vibration
66:00	528 Hz - I am Pure Love	Solar Plexus	Catalyzes DNA repair, deep healing, and relaxation
66:00	639 Hz - I am inHarmony with my Surroundings	Heart	Balance emotions and elevate moods.
66:00	741 Hz - My Body is Cleansed	Throat	Live a healthy life, speak your truth, and experience yourself creatively
66:00	852 Hz - I am Intuitive	Third-eye	Reduce anxiety and nervousness, ground in and lift off. Connect to Spirit
66:00	852 Hz - Vol 2 - I am Intuitive	Third Eye	Reduce anxiety and nervousness, ground in and lift off. Connect to Spirit
66:00	963 Hz - I am Connected to my Higher Self	Crown	Activate the pineal gland and access consciousness
65:14	Raising Your Vibration (432 Hz)	Solar Plexus	Assist in raising your vibration or frequency. Hold the intention of seeing your vibration increase to match the frequency of the life you desire
60:00	Alpha Binaural Beat (432 Hz)		
63:21	Breath of the Wind		An ultra deep dive journey with the beautiful sounds of rain and thunder recorded in Bali with native flute and acoustic guitar. Deep relaxation and expansion.
66:00	Breath of the Wind		An ultra deep dive journey with the beautiful sounds of rain and thunder recorded in Bali with native flute and acoustic guitar. Deep relaxation and expansion.

	70 - 100 MINUTE SESSIONS - \$75		
77:00	Chakra Series (Chapter 2) (Root-Crown)		Will take you through all 7 Chakras for a complete chakra tune up
77:00	Chakra Series (Chapter 2) (Crown-Root)		Will take you through all 7 Chakras for a complete chakra tune up
85:21	Root (Chapter 2) 256 Hz	Root	
88:01	Sacral (Chapter 2) 288 Hz	Sacral	
83:12	Solar Plexus (Chapter 2) 288 Hz	Solar Plexus	
81:55	Heart (Chapter 2) 341.3 Hz	Heart	
92:00	Crown (Chapter 2) 480 Hz	Crown	
82:32	Crown - Root		
83:36	Root - Crown		
91:25	741 Hz - Vol 2 - My Body is Cleansed Vol 2	Throat	Live a healthy life, speak your truth and express yourself creatively
93:10	Astral Projection - 90 minutes		A meditative soundscape infused with with binaural beats that relaxes the body, expands awareness, and supports out-of-body exploration
90:00	Delta Binaural Beat 432 Hz		Deep Relaxion and Improve Sleep
90:52	528 Hz - Vol 2 - I am Pure Love	Solar Plexus	Known as the Love Frequency is believed to promote deep healing, reduce stress, and enhance cellular regeneration. It's associated with DNA repair, emotional balance, and an overall sense of harmony and well-being.
92:44	852 Hz - Vol 2 - I am InTuitive	Third Eye	Reduce anxiety and nervousness, ground in and lift off. Connect to Spirit
94:00	639 Hz - Vol 2 - I am inHarmony with my surroundings	Heart	The frequency of love, connection, and harmony, resonating with the heart chakra to enhance communication, healing, and deep emotional balance.
94:46	396 Hz - Vol 2 - I Release Guilt and Fear	Root	The 396 Hz frequency promotes emotional release, helping to alleviate feelings of guilt and fear while fostering grounding and inner strength
94:56	174 Hz - Vol 2 - My Body is Aligned	Root	Believed to promote deep relaxation, reduce pain, and alleviate stress by resonating with the body's healing frequencies
94:62	963 Hz - Vol 2 - I am Connected	Crown	Activate the pineal gland and access consciousness. Associated with the Crown Chakra
96:00	Walking Each Other Home		Cloud People
96:00	285 Hz - Vol 2 - I am Rejuvenated	Root	285 hz music promotes and tissue regeneration. Encouraging the body to return to its natural state of balance and harmony.
96:08	417 Hz - Vol 2 - I am Transformed	Sacral	Listening to 417 Hz music can help dissolve negative energy, promote emotional healing, and support transformatation by clearing past traumas and facilitating positive change
97:04	Expansive Sky		Lynda Arnold

	Prices (Multiple sessions can be added together for a total time)		
	10-20 Minutes	\$20	
	20-30 Minutes	\$30	
	30-40 Minutes	\$40	
	40-69 Minutes	\$50	
	70-90 Minutes	\$75	