

432 Resonance

Science now recognizes what the ancient mystics and wise men have told us for centuries - that everything is made of vibration. Everything down to the smallest physical particle to the things we cannot perceive is in a constant state of vibration.

Everything has an optimum range of vibration (frequency), and that rate is called resonance. Every organ and every cell in our body absorbs and emits vibration. When we are in resonance, we feel happy, well and balanced.

432hz tuned music is known to create a harmonious resonance in our physical, mental, emotional and spiritual bodies.

In order to understand the healing power of 432 Hz, we must understand 8Hz frequency. Physicist Winfried Otto Schumann measured the Mother Earth's frequency in 1952 to be between 7.86Hz – 8 Hz.

432Hz resonates with the frequency of 8Hz in the standard musical scale.

Some of the greatest musicians such as Verdi favoured music tuned to the natural vibration of 432Hz.

432 Hz music works to balance both hemispheres of the brain.

Listening to this music can help create the resonance of harmony inside our brain, our whole body and to release emotional tension and expand our consciousness.

432Hz allows us to access peace and harmony within, with each other and with the Mother Earth.

It helps us deepen our connection to our beauty, to tune into the wisdom of the Mother Earth.

It creates unity instead of separation. It expands our hearts and makes us more compassionate and loving.