

List of base frequencies



The base frequency of the sound also has its effects. In this article we look at them more closely.

83.00 Hz - third eye opening

You can find this frequency in videos:

83 Hz - THIRD EYE STIMULATION

83 Hz - THIRD EYE Meditation

83 Hz + 221.23 Hz - THIRD EYE Meditation

108 Hz - total knowing

You can find this frequency in videos:

108 Hz - SPIRITUAL WISDOM and TOTAL KNOWING

111 Hz - beta endorphins, cell regeneration

You can find this frequency in videos:

111 Hz - PYRAMID FREQUENCY and REGENERATION

174 Hz - natural anesthetic, pain relief

You can find this frequency in videos:

174 Hz - DEEP SLEEP

174 Hz - HEADACHE RELIEF

174 Hz - LUCID DREAMING

THE 1000 HZ FREQUENCIES

221.23 Hz - chakra Ajna meditation (third eye)

You can find this frequency in videos:

221.23 Hz - THIRD EYE Meditation

83 Hz + 221.23 Hz - THIRD EYE Meditation

250 Hz - elevate and revitalize

You can find this frequency in videos:

250 Hz - ELEVATE AND REVITALIZE

256 Hz - Root chakra stimulation (Energy center frequency 1 of 7)

You can find this frequency in videos:

256 Hz - ROOT CHAKRA MEDITATION

263 Hz - creativity, speech

You can find this frequency in videos:

263 Hz - CREATIVITY BOOST

263 Hz - CREATIVITY BOOST 2

285 Hz - influence energy fields, promote rejuvenation, restructure damaged organs

You can find this frequency in videos:

285 Hz - ENERGY BOOST

288 Hz - Sacral chakra stimulation (Energy center frequency 2 of 7)

You can find this frequency in videos:

288 Hz - SACRAL CHAKRA MEDITATION

315.8 Hz - frequency associated with brain

You can find this frequency in videos:

315.8 Hz - LEARN FASTER

315.8 Hz - FASTER LEARNING

320 Hz - Navel chakra stimulation, Solar plexus chakra stimulation (Energy center frequency 3 of 7)

You can find this frequency in videos:

320 Hz - NAVEL CHAKRA MEDITATION (Solar Plexus chakra)

341.3 Hz - Heart chakra stimulation (Energy center frequency 4 of 7)

You can find this frequency in videos:

341.3 Hz - HEART CHAKRA MEDITATION

360 Hz - the Balance Frequency, brings sensations of joy and healing, strengthens balance and health

You can find this frequency in videos:

360 Hz - HARMONY and BALANCE

384 Hz - Throat chakra stimulation (Energy center frequency 5 of 7)

You can find this frequency in videos:

384 Hz - THROAT CHAKRA MEDITATION

396 Hz - fear, guilt and sorrow elimination, associated with **Root Chakra**, increase the sense of belonging, feeling secure in our actions and choices, increased sense of self-worth, improved concentration, persistence, clear thinking, ability to set goals, ability to prioritize, passion, love, excitement, determination

You can find this frequency in videos:

396 Hz - STRESS REDUCTION and ANXIETY RELEASE

396 Hz - HEAL THE ROOT CHAKRA

417 Hz - removing mental blockages, removing negative energy, cleansing traumatic experiences, clearing negative influences from past events, associated with **Sacral Chakra**

You can find this frequency in videos:

417 Hz - REMOVE NEGATIVE ENERGY

417 Hz - HEAL THE SACRAL CHAKRA

426.7 Hz – Third eye chakra stimulation (Energy center frequency 6 of 7)

You can find this frequency in videos:

426.7 Hz - THIRD EYE CHAKRA MEDITATION

432 Hz - healing vibrations, mental clarity, oneness with the Earth, deeply relaxing experience, DNA repair, clearing chakras and aura

You can find this frequency in videos:

432 Hz - INCREASE POSITIVE ENERGY

432 Hz - HEALING MEDITATION

432 Hz - BLISSFUL SLEEP

432 Hz - CLEAR CHAKRAS AND AURA

432 Hz - EARTH VIBRATION

480 Hz - Crown chakra stimulation (Energy center frequency 7 of 7)

You can find this frequency in videos:

480 Hz - CROWN CHAKRA MEDITATION

528 Hz - transformation and miracles DNA upgrade, love frequency, associated with **Solar Plexus Chakra**

You can find this frequency in videos:

528 Hz - MOOD ELEVATOR and SEROTONIN BOOST

528 Hz - HEAL THE SOLAR PLEXUS CHAKRA

528 Hz - BOOST YOUR IMMUNITY

639 Hz - connecting, love, tolerance, understanding, relationships, associated with **Heart Chakra**

You can find this frequency in videos:

639 Hz - HEAL THE HEART CHAKRA

639 Hz - LOVE MEDITATION

741 Hz - awakening intuition, consciousness, protective armour (against all negativity), solving of problems, finding of solutions, power of self-expression, removes toxins and negativity, associated with **Throat Chakra**

You can find this frequency in videos:

741 Hz - ZEN FOCUS

741 Hz - HEAL THE THROAT CHAKRA

852 Hz - pure love, solfeggio meditation, crown chakra meditation, return to spiritual order, enables the cells to transform itself into a system of higher level, associated with **Third Eye Chakra**

You can find this frequency in videos:

852 Hz - DEEP MEDITATION

852 Hz - SPIRITUAL AWAKENING

852 Hz - HEAL THE THIRD EYE CHAKRA

852 Hz - ASTRAL PROJECTION

963 Hz - return to Oneness, connect your consciousness with the spirit world, crown chakra stimulation, associated with **Crown Chakra**

You can find this frequency in videos:

963 Hz - CONSCIOUSNESS EXPANSION

963 Hz - HEAL THE CROWN CHAKRA

2675 Hz - The Crystal Resonator, a subharmonic of the frequency of quartz crystal, extremely effective for charging and clearing quartz crystals, clearing and balancing of their own energies, energize crystals in the brain, activates aspects of the auric field

You can find this frequency in videos:

2675 Hz - THE CRYSTAL RESONATOR

2675 Hz - THE CRYSTAL RESONATOR 2

source

<https://spiritual-awakening-binaural-beats.blogspot.com/2019/07/list-of-base-frequencies.html>