

RELAXX DEWOLF

Frequency Guide

THIS GUIDE BRIDGES ANCIENT RESONANCE WITH MODERN UNDERSTANDING—A PRACTICAL MAP OF HOW SOUND CAN SHIFT YOUR BODY, YOUR BRAIN, AND YOUR STATE OF BEING

SOLFEGGIO FREQUENCIES

SACRED TONES USED FOR CENTURIES TO ELEVATE CONSCIOUSNESS AND RESTORE ENERGETIC BALANCE

WESTERN MUSICAL CHAKRA FREQUENCIES

GROUNDED IN MUSIC THEORY AND CONNECTED TO YOUR BODY'S SEVEN MAIN ENERGY CENTERS.

SPECIAL FREQUENCIES

INCLUDING ANGEL TONES AND EARTH-ALIGNED FREQUENCIES, TUNED TO ACTIVATE DEEPER LEVELS OF PEACE, CLARITY, AND INNER KNOWING.



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Meet Relaxx DeWolf

BORN IN POLAND AND RAISED IN RURAL NORTHERN CANADA, I GREW UP ATTUNED TO NATURE AND ENERGY. I BECAME A CHIROPRACTOR AND SPENT YEARS STUDYING THE BODY AND NERVOUS SYSTEM — BUT MY JOURNEY SOON EXPANDED INTO THE REALMS OF ENERGY, EMOTIONS, BRAINWAVES AND SOUND FREQUENCIES

THROUGH POWERFUL SYNCHRONICITIES, I WAS GUIDED TO MUSIC NOT JUST AS AN ART BUT A TOOL FOR TRANSFORMATION. THAT'S WHEN I BECAME RELAXX DEWOLF— BLENDING SCIENCE, SOUL, AND SOUND INTO A NEW FORM OF MEDICINE.

THIS GUIDE IS AN ENTRY POINT INTO THE WORLD OF FREQUENCIES.

WHETHER YOU'RE A MUSICIAN, HEALER, OR SEEKER, YOU'LL LEARN HOW TO:

- UNDERSTAND THE PURPOSE BEHIND HEALING TONES
- MATCH FREQUENCIES WITH EMOTIONS, SYSTEMS, AND KEYS
- INTEGRATE SOUND INTO YOUR LIFE OR CREATIVE PRACTICE

INCLUDES FREE FREQUENCY SAMPLES TO HELP YOU FEEL THE SHIFT FOR YOURSELF.

SOUND IS THE GATEWAY TO ALIGNMENT, POWER, AND PRESENCE.



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HOW TO USE THIS FREQUENCY GUIDE

This guide is a map of resonance. Each tone is a pure frequency tuned to activate specific energy centers, emotional states, and body systems. Some are based on Solfeggio, others on Western music scales, and some on more mystical harmonic codes.

These tones are not songs — they're sonic tools designed for alignment, clarity, and creative activation.

Two Ways to Use the Tones

1. Listen + Feel

- Choose a tone based on the chakra, system, or emotion you want to work with
- Breathe with the tone and place awareness in the suggested body area
- Optionally vocalize the matching sound (e.g. "AH", "OM", "E")
- Use headphones for deeper entrainment

2. Create + Integrate

- All tones are 1-minute samples, perfect for looping
- DJs and producers: drag into your DAW or DJ software to layer and build
- Healers: use them in sessions, breathwork, or meditative journeys

How to Loop/repeat without Software

- VLC Player (desktop or mobile): tap the ∞ icon
- iTunes/Apple Music: select "Repeat One"
- Any player with repeat function: just set it and let it run



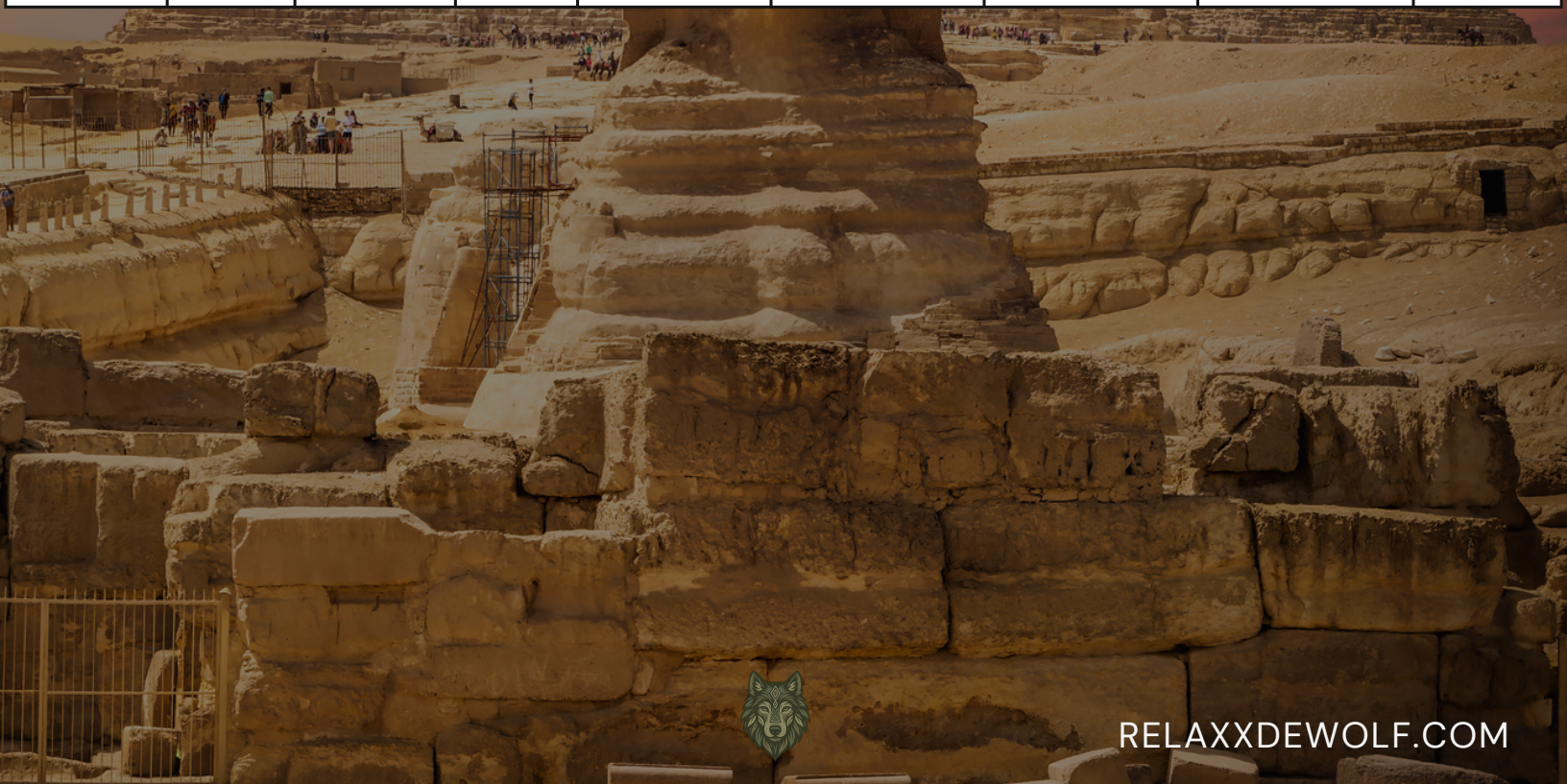
SOLFEGGIO FREQUENCIES

Frequency	Resonance	Mood/Emotion	Body/System	Use Case/Benefit	Sound/Sample
174 Hz	Solfeggio (Pain Relief)	Security Pain Relief	Muscles/Tendon	Reduces pain/tension	Listen & Download
285	Solfeggio (Tissue Repair)	Rejuvenative	Skin/tissue	Accelerates Healing	Listen & Download
396	Root Chakra/ Muladhara	Grounded/ Secure	Spine/Adrenals	Trauma Release, Lower Back Pain	Listen & Download
417	Sacral Chakra/ Svadihisthana	Creativity Pleasure	Reproductive/ Hips	Guilt, Emotional Stagnation	Listen & Download
528	Solar Plexus Chakra/ Manipura	Confidence Power	Digestive/ Pancreas	reduce shame, self-esteem issues	Listen & Download
639	Heart Chakra/ Anahata	Love/Compassion	Heart/Lungs/ Thymus	Grief, relationship blocks	Listen & Download
741	Throat Chakra Vishudda	Expressive	Throat/thyroid	Communication, Anxiety	Listen & Download
852	Third Eye/ Anjana	Intuitive	Brain/Pituitary	Overthinking Disconnected	Listen & Download
963	Crown/ Sahasrara	Unity	Pineal Gland Cerebral Cortex	Depression/ Spiritual Blockage	Listen & Download



WESTERN CHAKRA NOTES

Chakra	When tuned to 440Hz	When tuned to 432	Note	Vocal Activation (Bija, vowels)	Mood/Emotion	Body/System	Use Case/Benefit	Sound/Sample
Root	261.63	256.87	C4	LAM, UH	Focus Presence	Whole Brain	Enhances Neuroplasticity	Listen & Download
Sacral	293.66	288.33	D4	VAM, OOH	Vitality/Strength	Cellular Health Bones	Boosts immunity	Listen & Download
Solar Plexus	329.63	323.63	E4	RAM, OH	Centered/Aligned	DNA, Cellular Bones	Sound Therapy/Bone healing	Listen & Download
Heart	349.23	341.33	F4	YAM, AH	Security Pain Relief	Muscles/Tendon	Reduces pain/tension	Listen & Download
Throat	392	384.87	G4	HAM EH	Rejuvenative	Skin/tissue	Accelerates Healing	Listen & Download
Third Eye	440	432	A4	OM EE	Grounded/Secure	Spine/Adrenals	Trauma Release, Lower Back Pain	Listen & Download
Crown	493.88	484.90	B4	NG, Silence, OM	Creativity Pleasure	Reproductive/ Hips	Guilt, Emotional Stagnation	Listen & Download



SPECIAL FREQUENCIES

Frequency	Resonance	Mood/Emotion	Body/System	Use Case/Benefit	Sound/ Sample
7.83	Schuman Resonance	Grounding, Centering	Nervous System, Circadian Rhythms	Stress Reduction, alignment with Earth's natural rhythms	Listen & Download
111	Sa red Trance	Euphoria Awakening	Crown, Nervous System	Spiritual Opening, Deep Trance	Listen & Download
144	Unity Matrix	Peace, Balance	Heart Field	Spritual Growth, emotional well being	Listen & Download
222	Duality Code	Trust, Support	Solar Plexus	Brings Stability, synchronicity with divine timing	Listen & Download
333	Christ Frequency	Compassion, Truth	Throat and Heart	Expressing Truth,Vocal Healing	Listen & Download
432	Natural Tuning	Flow, Presence	Whole Body	Resonance with organic life	Listen & Download
444	Angel Alignment	Purity, Integrity	Heart Chakra	Creates harmonic protection and inner peace	Listen & Download
777	Mystic Portal	Transcendence, knowing	Third Eye,Crown	Activation of Sacred Insight and Flow	Listen & Download
888	Infinity Field	Abundance, Empowerment	Energy Body	Manifest success, cellular light infusion	Listen & Download
1080	Ascension Pathway	Expansion, Lightness	Upper Chakras	Initiation into higher realms, spiritual evolution	Listen & Download
1111	Awakening Code	Activation, Awareness	Pineal, Crown	Gateway to synchronicity and new beginnings	Listen & Download
1212	DNA repatterning	Integration, Self-Mastery	Multidimensional field	Realignment with Soul	Listen & Download
1440	Collective Grid	Unity, frequency leadership	Collective consciousness	Support leadership in the frequency field	Listen & Download
1777	Healers Seal	Intuition, Guidance	Third Eye	Protects and Amplifies intuitive gifts	Listen & Download
2222	Architect Code	Peace, Manifestion	Creative Field	Brings higher vision into physical form	Listen & Download
3000	Pineal Activator	Clarity, Lucidity	Pineal Gland	Supports visionary states, dream recall	Listen & Download
4444	Celestial Gate	Light Shielding, Purity	Full Aura	Spiritual Armor, divine protection	Listen & Download

