



HSA-075 · 8 TONES

Create from the Heart

INSPIRATION, CREATIVITY & FLOW



HARMONIC SOUND APOTHECARY™
Sound frequency elixirs for biofield recalibration

For re-igniting joy and love in work that has become bogged down by pressure and perfectionism.

WHAT THIS FORMULA IS FOR

- Working on a project you care about that has become stressful, mechanical, or joyless.
- Struggling with perfectionism that prevents you from sharing or finishing your creative work.
- Re-connecting with the original love and passion that inspired your project in the first place.
- Creating content, art, or teaching materials that genuinely touch and move people.
- Replacing performance anxiety with joyful, authentic creative expression.
- Enjoying the process of making again, free from self-criticism or pressure.

INSIDE THIS FORMULA

936 Hz · 369 Hz · 963 Hz · 639 Hz

HEART: peace, integration, and heart coherence, heart radiance, warmth, and outward love, returning to yourself, inner alignment, and coming back to center, connection, compassion, and relationship harmony

417 Hz

THIRD EYE: clear perception, mental clearing, and seeing what is really happening

582 Hz

SACRAL: emotional nourishment, creative receiving, and allowing yourself to be supported

471 Hz

CROWN: higher clarity, perspective, and a wider view

852 Hz

ROOT: root support, grounding, and feeling held

Included in your formula package: the frequencies woven with gentle music in 5, 10, 30 and 60 minute lengths, plus audible affirmations in the 5, 10 and 30 minute versions, and subliminal affirmations in the 30.

CHAKRA ACTIVATION

Heart, Third Eye, Sacral, Crown, Root

FORMULA INTENTION

“To warm your heart so that what you write, design, or build springs from genuine love rather than pressure.”

I AM AFFIRMATIONS

- ✦ I am creating from the heart.
- ✦ I am love, fueling my creation.
- ✦ I am inspired by love.
- ✦ I am making from a full heart.
- ✦ I am heart-led creativity.
- ✦ I am creating with warmth.
- ✦ I am love in everything I make.
- ✦ I am inspired and open.
- ✦ I am my heart, expressed in creation.
- ✦ I am creating what I love.
- ✦ I am warmth becoming art.
- ✦ I am love, brought to life.

SUGGESTED USE

Listen once a day, in the morning if you can, straight after something you already do without thinking, like brushing your teeth. Anchoring it to a habit you already have matters more than the time on the clock. Then choose how long to stay with it: one week to begin, four weeks to settle into it, or nine weeks for something long held. If you miss the morning, listen in the evening. Doing it at some time is better than no time.

BEFORE YOU LISTEN

Spend five minutes after listening writing, sketching, or capturing one creative idea purely for joy.

This formula is offered as spiritual and energetic support for wellbeing. It is not medical or psychological treatment and does not replace professional care, medication, therapy, or emergency support. If you are dealing with intense distress, trauma symptoms, a health concern, or thoughts of harming yourself or someone else, please seek qualified professional support immediately.

HOW TO LISTEN

Listen with headphones or speakers at a comfortable, low-to-moderate volume. You can sit, lie down, journal, stretch, breathe quietly, or play it while you rest. Let the sound support you in the background. You do not need to force a feeling, visualize anything perfectly, or have a dramatic experience. Notice what feels different during the day, especially in your choices, mood, body, and interactions.

REFLECTION PROMPT

What project am I making that is ready for me to drop perfectionism and infuse with genuine love?