



HSA-064 · 4 TONES

Step Forward, Speak Clearly

CONFIDENCE, POWER & ACTION



HARMONIC SOUND APOTHECARY™
Sound frequency elixirs for biofield recalibration

For moving through hesitation first, allowing your physical progress to give authority to your words.

WHAT THIS FORMULA IS FOR

- Circling the exact same decision or step for weeks without taking physical action.
- Recognizing that you need to move first and speak from having executed rather than planning.
- Watching your motivation start strong and then thin out before completing the work.
- Overcoming reluctance when preparing to launch, publish, or present a new project.
- Knowing the next physical step and needing the drive to execute it without delay.
- Wanting to act your way through a challenge rather than trying to talk your way through it.

CHAKRA ACTIVATION

Solar Plexus, Throat

FORMULA INTENTION

“To get you moving through hesitation so your words carry the weight of real-world experience.”

I AM AFFIRMATIONS

- ✦ *I am stepping forward with courage.*
- ✦ *I am speaking clearly.*
- ✦ *I am discovering truth through action.*
- ✦ *I am moving beyond hesitation.*
- ✦ *I am bold and expressive.*
- ✦ *I am finding truth as I move.*
- ✦ *I am confident in motion.*
- ✦ *I am clear and forward-moving.*
- ✦ *I am acting to find my way.*
- ✦ *I am courageous and vocal.*
- ✦ *I am truth revealed through movement.*
- ✦ *I am stepping into clarity.*

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

Stand or sit tall for a moment before listening, roll your shoulders back, and name one small next step.

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.

INSIDE THIS FORMULA

174 Hz · 528 Hz

SOLAR PLEXUS: aligned action, forward movement, and taking the next step, receiving support, self-trust, and the strength to let help in

147 Hz · 258 Hz

THROAT: clear expression, speaking up, and sharing what is true, inner listening, receiving truth, and knowing what needs to be said

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.

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 task or goal will I tackle first today so that I can speak from a position of momentum?