



HSA-041 · 1 TONE

Open to Higher Knowing

CLARITY, PERCEPTION & INTUITION



HARMONIC SOUND APOTHECARY™
Sound frequency elixirs for biofield recalibration

For elevating perspective beyond detail clutter and seeing the broader picture clearly.

WHAT THIS FORMULA IS FOR

- Feeling bogged down by small administrative details and losing sight of the big picture.
- Treating every minor problem with equal urgency and feeling mentally scattered.
- Facing a major career or personal crossroads where every option seems overwhelming.
- Wondering about the broader purpose or direction behind recent challenges or shifts.
- Breaking free from narrow, self-limiting assumptions about what is possible for your future.
- Clearing mental fog so you can prioritize what truly matters with wisdom and poise.

CHAKRA ACTIVATION

Crown

FORMULA INTENTION

“To elevate your view above minor details, restoring long-term clarity and perspective.”

I AM AFFIRMATIONS

- ✦ I am open to higher knowing.
- ✦ I am guided beyond logic.
- ✦ I am receiving clear insight.
- ✦ I am tuned to higher wisdom.
- ✦ I am clear and coherent.
- ✦ I am open to what transcends thought.
- ✦ I am led by higher clarity.
- ✦ I am receptive to guidance.
- ✦ I am knowing beyond the mind.
- ✦ I am clear from a higher place.
- ✦ I am wisdom flowing in.
- ✦ I am open to deeper truth.

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

Sit upright, lengthen your spine, take three deep breaths, and set the intention to step back from details.

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

471 Hz

CROWN: higher clarity, perspective, and a wider view

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 long-term goal or broader perspective am I losing sight of because of daily detail clutter?