



HSA-037 · 1 TONE

Awaken Creative Flow

INSPIRATION, CREATIVITY & FLOW



HARMONIC SOUND APOTHECARY™
Sound frequency elixirs for biofield recalibration

For dissolving creative blocks, overcoming perfectionism, and bringing ideas into tangible form.

WHAT THIS FORMULA IS FOR

- Overflowing with creative ideas but feeling stuck or unable to begin writing, making, or building.
- Experiencing a period of dull, flat energy where work feels uninspiring or tedious.
- Wanting to rekindle the excitement and joy you used to feel in your creative work.
- Overcoming creative blockages, perfectionism, or fear of staring at a blank page.
- Re-energizing routine tasks or ongoing projects that have lost their spark.
- Engaging your hands and mind in creative execution with ease, passion, and flow.

CHAKRA ACTIVATION

Sacral

FORMULA INTENTION

“To unblock creative flow, moving ideas smoothly out of your head and into tangible expression.”

I AM AFFIRMATIONS

- ✦ *I am awakening my creative flow.*
- ✦ *I am inspired and moving.*
- ✦ *I am creativity in motion.*
- ✦ *I am open to fresh ideas.*
- ✦ *I am flowing with natural rhythm.*
- ✦ *I am alive with inspiration.*
- ✦ *I am unblocked and free.*
- ✦ *I am my creativity, awakened.*
- ✦ *I am momentum and vitality.*
- ✦ *I am ideas moving through me.*
- ✦ *I am in my creative current.*
- ✦ *I am inspired to create.*

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

Roll your hips or stretch your lower back gently, breathing deeply into your abdomen.

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

714 Hz

SACRAL: creative movement, life-force flow, and bringing ideas into motion

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 creative idea wants to move into physical form today without needing to be perfect?