



HSA-035 · 2 TONES

Let Feeling Become Knowing

CLARITY, PERCEPTION & INTUITION



HARMONIC SOUND APOTHECARY™
Sound frequency elixirs for biofield recalibration

For translating subtle gut feelings into clear understanding you can articulate and act on.

WHAT THIS FORMULA IS FOR

- Having a strong gut feeling or hunch about something but struggling to explain it in words.
- Talking yourself out of accurate intuitive impressions shortly after receiving them.
- Wanting to understand subtle energetic dynamics in a meeting or relationship clearly.
- Clearing mental fog while preserving your sensitivity and perceptual depth.
- Translating non-verbal insights, creative hits, or dreams into practical plans.
- Communicating your instincts confidently to others without feeling foolish or irrational.

CHAKRA ACTIVATION

Third Eye

FORMULA INTENTION

“To bridge intuitive perception with mental clarity, turning abstract feelings into clear, usable knowledge.”

I AM AFFIRMATIONS

- ✦ *I am letting feeling become knowing.*
- ✦ *I am trusting my felt sense.*
- ✦ *I am clear on what I feel.*
- ✦ *I am wisdom rising from within.*
- ✦ *I am tuned to my inner signals.*
- ✦ *I am knowing through feeling.*
- ✦ *I am clear and perceptive.*
- ✦ *I am honoring my intuition.*
- ✦ *I am certain from the inside.*
- ✦ *I am feeling my way to clarity.*
- ✦ *I am my knowing, made clear.*
- ✦ *I am guided by inner sense.*

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

Rest your hand on your throat or chest, close your eyes, and allow your thoughts to quiet down.

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

285 Hz · 417 Hz

THIRD EYE: embodied intuition, felt knowing, and trusting inner signals, clear perception, mental clearing, and seeing what is really happening

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

How can I translate the gut feeling I've been having into a clear, simple decision?