



HSA-018 · 6 TONES

Release into Peace

CALM, RELEASE & RENEWAL



HARMONIC SOUND APOTHECARY™
Sound frequency elixirs for biofield recalibration

For releasing heavy emotional luggage at the end of a long season or demanding day before resting.

WHAT THIS FORMULA IS FOR

- Needing to put down the heavy emotional luggage of a long workday or months-long challenge.
- Wanting to release tension and process feelings quietly without having to talk through them.
- Concluding an intense period of caregiving, grieving, or high-stress problem solving.
- Gently closing an intense emotional chapter or therapeutic process before going to sleep.
- Finding quiet companionship and comfort during deep, lonely moments of grief or transition.
- Releasing physical and mental fullness so your body can sink into restorative rest.

CHAKRA ACTIVATION

Heart

FORMULA INTENTION

“To clear the heaviest emotional burdens first, paving the way for deep peace and quiet unwind.”

I AM AFFIRMATIONS

- ✦ I am releasing completely.
- ✦ I am letting go into peace.
- ✦ I am safe to surrender.
- ✦ I am carried gently into calm.
- ✦ I am free of what I held.
- ✦ I am dissolving into stillness.
- ✦ I am at peace as I release.
- ✦ I am light and unburdened.
- ✦ I am softening into rest.
- ✦ I am fully let go.
- ✦ I am peace after release.
- ✦ I am serene and free.

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

Take a long, slow exhale through your mouth and allow your entire body to sink heavily into your chair or bed.

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

396 Hz · 963 Hz · 639 Hz · 936 Hz · 693 Hz · 369 Hz

HEART: release, clearing emotional heaviness, and making room for renewal, returning to yourself, inner alignment, and coming back to center, connection, compassion, and relationship harmony, peace, integration, and heart coherence, emotional harmony, settling, and coming back into balance, heart radiance, warmth, and outward love

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 am I ready to yield and surrender right now so that my mind and body can truly rest?