



HSA-013 · 3 TONES

Radiate Peace

CALM, RELEASE & RENEWAL



HARMONIC SOUND APOTHECARY™
Sound frequency elixirs for biofield recalibration

For anchoring internal composure so your presence brings quiet calm to any room.

WHAT THIS FORMULA IS FOR

- Wanting to offer a grounded, reassuring presence for a friend, patient, or family member in distress.
- Sitting with someone through a difficult life moment, illness, or hospice/end-of-life care.
- Leading a workshop, group session, or meeting where you need the atmosphere to settle.
- Supporting a loved one without needing to offer advice, talk, or fix the problem.
- Holding space in high-tension environments while keeping your own heart soft and open.
- Creating a tranquil, peaceful atmosphere in your home during stressful family times.

CHAKRA ACTIVATION

Heart

FORMULA INTENTION

“To anchor your own emotional stability so your presence brings quiet calm to the room around you.”

I AM AFFIRMATIONS

- ✦ I am peace at my center.
- ✦ I am calm that radiates outward.
- ✦ I am settled in my own field.
- ✦ I am a source of quiet peace.
- ✦ I am still, and I share it.
- ✦ I am grounded serenity.
- ✦ I am peace others can feel.
- ✦ I am calm rippling from within.
- ✦ I am at rest, and it shows.
- ✦ I am balanced and serene.
- ✦ I am peace, flowing outward.
- ✦ I am tranquil to my core.

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 three deep exhalations, releasing all tension from your forehead, jaw, and shoulders.

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

369 Hz · 693 Hz · 936 Hz

HEART: heart radiance, warmth, and outward love, emotional harmony, settling, and coming back into balance, peace, integration, and heart coherence

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 embody a calmer, steadier presence for myself and those around me today?