



HSA-008 · 2 TONES

Reset Then Radiate

CALM, RELEASE & RENEWAL



HARMONIC SOUND APOTHECARY™
Sound frequency elixirs for biofield recalibration

For rebuilding depleted reserves after burnout before stepping out into new engagement.

WHAT THIS FORMULA IS FOR

- Feeling entirely depleted after long periods of self-sacrifice and putting others first.
- Replenishing your energy and focus after completing a major project, launch, or high-stress season.
- Rebuilding stamina and spirit after a period of physical illness or enforced rest.
- Navigating the close of one major life chapter and preparing for a clean, fresh start.
- Establishing healthy energetic boundaries before starting a new business, career, or creative phase.
- Rebuilding your personal strength step-by-step so you can give from abundance rather than obligation.

CHAKRA ACTIVATION

Heart

FORMULA INTENTION

“To replenish your energy from within, preparing you to re-engage with the world from a full tank.”

I AM AFFIRMATIONS

- ✦ *I am filling myself first.*
- ✦ *I am whole before I give.*
- ✦ *I am resetting into fullness.*
- ✦ *I am radiating from a full place.*
- ✦ *I am clear and restored.*
- ✦ *I am giving from overflow, not lack.*
- ✦ *I am centered before I extend.*
- ✦ *I am replenished and ready.*
- ✦ *I am balanced in my own light.*
- ✦ *I am home in myself, then open.*
- ✦ *I am renewed from within.*
- ✦ *I am shining from a full cup.*

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 breaths, feeling your chest expand as you fill yourself up with energy on each inhale.

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

963 Hz · 369 Hz

HEART: returning to yourself, inner alignment, and coming back to center, 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 area of my life needs replenishment before I take on new commitments or offer energy to others?