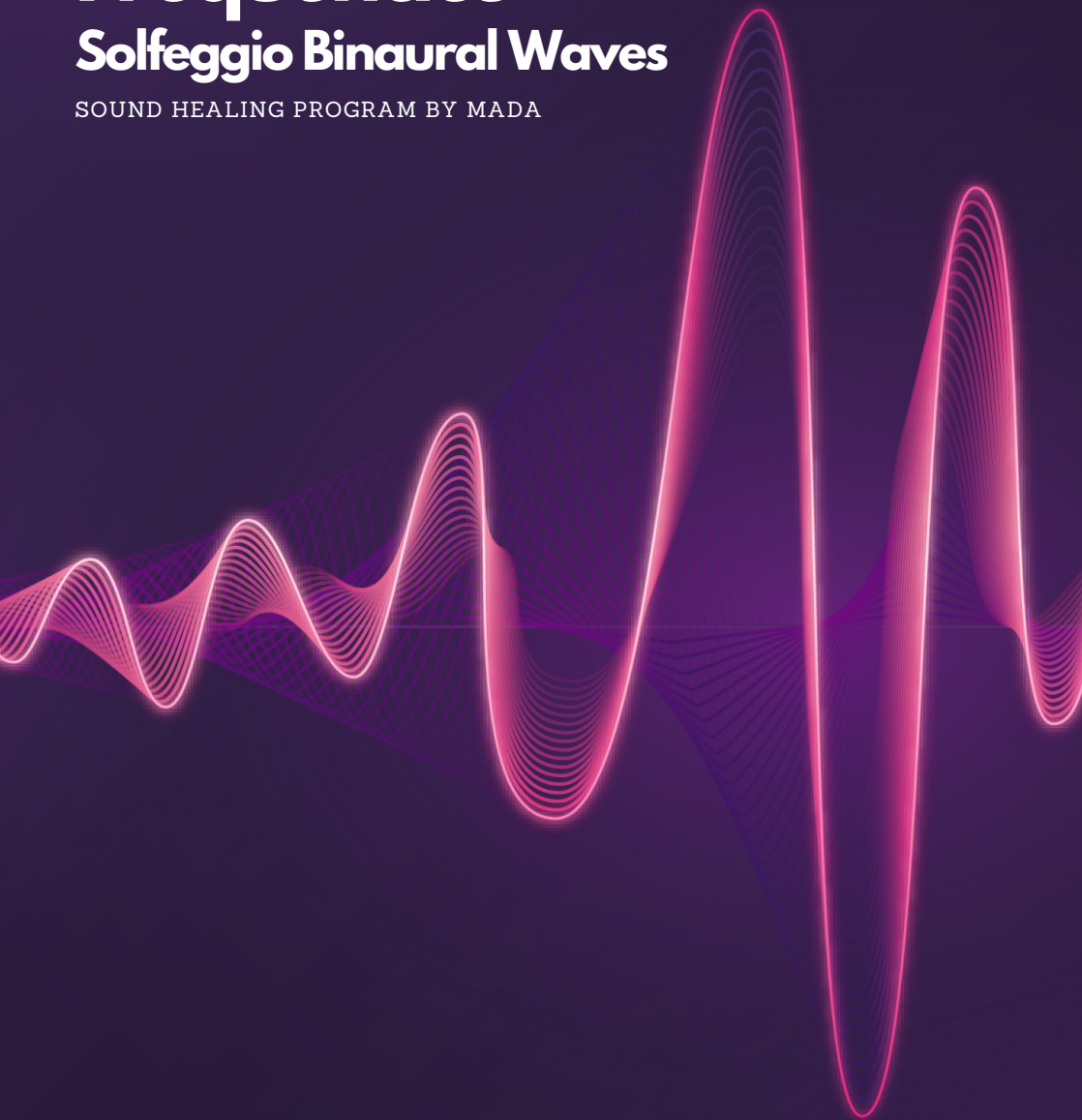


Healing Frequencies

Solfeggio Binaural Waves

SOUND HEALING PROGRAM BY MADA

專輯使用說明手冊
Album Instruction Manual



為身心帶來寧靜、釋放和重生

Bringing Serenity, Release, and Rebirth to Body and Mind

專輯使用說明手冊：

Album Instruction Manual:

歡迎來到「Healing Frequencies: Solfeggio Binaural Waves」的轉化之旅，這是一張獨特的療癒專輯，透過聲音振頻的力量和雙耳節拍，為你的身心帶來寧靜、釋放和重生。我非常高興能夠與你開啟這次身心的療癒旅程。開始前，請遵細閱下指引，以獲得療癒體驗的最佳效果：

Welcome to the transformative journey of Healing Harmonies, a unique healing album designed to bring solace, release, and renewal through the power of Solfeggio frequencies and Binaural Beats. I am delighted to have you embark on this healing odyssey for your body and mind. Please follow the guidelines below to maximize the benefits of this healing experience:

N0.1

需使用耳機

Headphones Required

雙耳節拍通過腦電波同步化來發揮作用，左右耳分別接收不同頻率，需使用耳機來發揮雙耳節拍作用。

Binaural Beats work by creating a synchronization of brainwaves, and headphones are essential to achieve this synchronization.

N0.2

營造空間

Setting the Space

找一個沒有干擾的寧靜空間坐下或躺下。調暗燈光，創造一個寧靜舒適的環境，讓自己可以完全沉浸在療癒頻率中，專注於療癒之旅。

Create a serene and comfortable environment where you can focus solely on the healing journey. Find a peaceful spot where you can sit or lay down without distractions. Dim the lights, if possible, and allow yourself to fully engage with the healing frequencies.

N0.3

依序收聽以獲得最佳效果

Sequence for Optimal Results

為了獲得最有效的療癒體驗，建議依序收聽每首曲目，每天收聽一首，連續八天。每首曲目皆精心打造，以處理不同的療癒主題，依序收聽可漸進式地加深整個轉化過程。

For the most effective healing experience, I recommend listening to the tracks in sequence, one track per day, for eight consecutive days. Each track is intentionally crafted to address different aspects of healing, and the progressive sequence allows for a gradual and profound transformation.

N0.4

每日收聽規律

Daily Listening Routine

在療癒之旅中，每天都要安排特定時間來收聽首曲目。定立一個適合你日程的時間，讓自己專注且不受干擾。定時及有規律的收聽可以更加增強療癒過程。

During your healing journey, set aside dedicated time each day to listen to one track. Find a time that suits your schedule and allows you to be present and undisturbed. Consistency in your listening routine enhances the healing process.

N0.5

聆聽時專注

Mindful Listening

在收聽每首曲目時，讓自己在當下完全投入，感受療癒能量。把內心引發的感受、情緒、思緒和身體感受放心交由頻率去轉化。

As you listen to each track, focus on the frequencies and the sensations they evoke within you. Pay attention to your emotions, thoughts, and physical sensations. Allow yourself to be present in the moment, embracing the healing energies.

N0.6

寫日記和反思

Journaling and Reflection

在每次收聽之後，花些時間記下你的想法、感受和任何你可能獲得的領悟，可以加深你的療癒並促進自我發現。

Consider keeping a journal throughout your healing journey. After each listening session, take a few moments to jot down your thoughts, feelings, and any insights you may have gained. Journaling can deepen your understanding and facilitate self-discovery.

N0.7

相信療癒過程

Trust the Process

療癒是一個漸進的過程，每個人的旅程都是獨特的。相信頻率和雙耳節拍的力量，引導您釋放不合適的能量，邁向更健康的狀態。對自己要有耐心，擁抱正在發生的變化。

Healing is a gradual process, and everyone's journey is unique. Trust in the power of the frequencies and Binaural Beats to guide you towards greater well-being and release. Be patient with yourself and embrace the changes that unfold.

N0.8

持續旅程

Continuing the Journey

在完成首八天的依序收聽後，隨時可以重溫任何深深觸動你的曲目。你可以根據自己目前的需要和目的，創建個人化的收聽規律。

After the initial eight-day sequence, feel free to revisit any track that resonated deeply with you. You can create your personalized listening routine based on your current needs and intentions.

With Love and Light,

Mada



聲音療癒師 | 導師

Re-mind Workshop 創辦人

香港聲音療癒學會會長

Hong Kong Sound Healing Association (HKSHA)



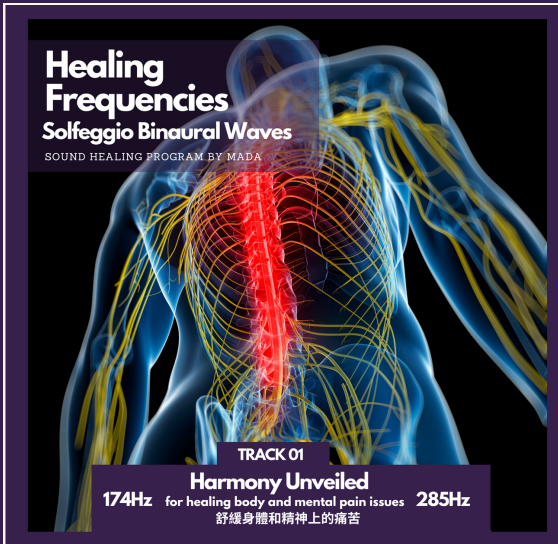
https://www.instagram.com/mada_heals/

TRACK 01

Harmony Unveiled

174Hz  285Hz

for healing body and mental pain issues



融合174Hz和285Hz的頻率，舒緩身體和精神上的痛苦。有助改善痛症、擺脫精神和身體的負擔、增強安全感。

Experience the sublime convergence of 174Hz and 285Hz, unlocking the secrets of harmony and healing to soothe both body and mind. Allow this track to unveil a profound sense of tranquility and release from mental and physical burdens.

 <https://youtu.be/9lFEnuhZsdk>

TRACK 02

Resilience Resurfaced

285Hz  396Hz

for healing trauma and past events



融合285Hz和396Hz的頻率，轉化過去的創傷，並迎接新的力量。有助於緩解情緒上的創傷和煩惱，釋放內在的恐懼和負面情緒，帶來新的希望和對未來的信心。

Awaken inner resilience with the fusion of 285Hz and 396Hz frequencies, gently guiding you to resurface from past traumas and embrace a newfound strength. This track is a journey of healing, leaving the weight of the past behind.

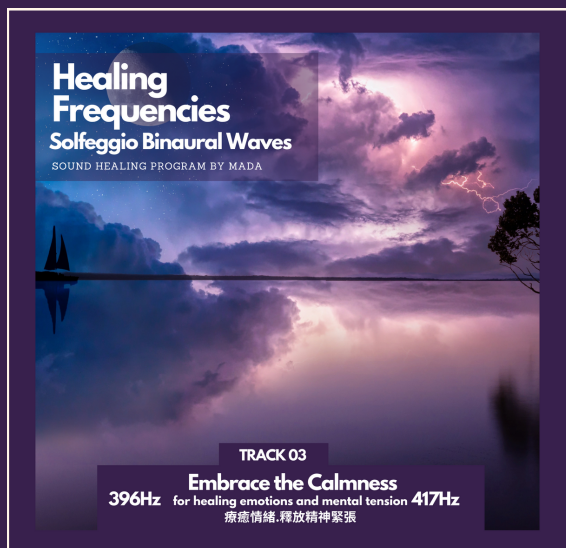
 <https://youtu.be/LWgJjwq40tY>

TRACK 03

Embrace the Calmness

396HZ  417HZ

for healing emotions and mental tension



融合396Hz和417Hz的頻率，療癒情緒及精神緊張。有助擺脫恐懼和挫折感、釋放緊繃和困擾的情緒，恢復自我價值感，重新找回平和與安寧。

Surrender to the serenity of "Embrace the Calmness," where the mingling frequencies of 396Hz and 417Hz lead you on a transformative path to emotional release and mental clarity. Let go of tension and embrace inner peace.



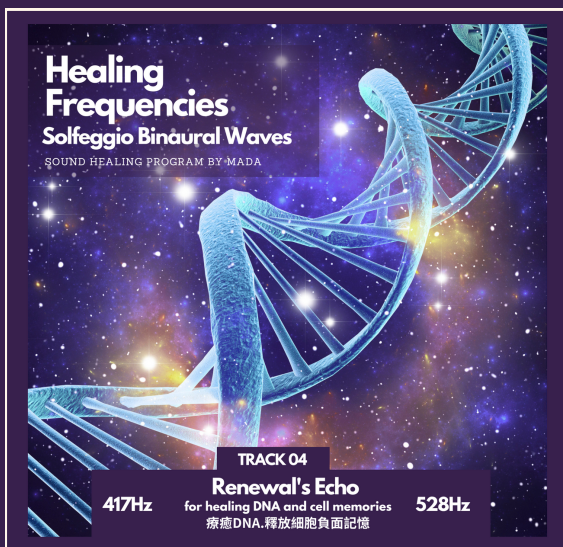
<https://youtu.be/NTZj3NNdhfQ>

TRACK 04

Renewal's Echo

417HZ  528HZ

for healing DNA and cell memories



融合417Hz和528Hz的頻率，促進DNA的療癒及釋放細胞負面記憶。有助消除負面影響和過去痛苦的痕跡，促使你迎接新的機會和帶來改變深層的更新和重生。

Within "Renewal's Echo," the echoes of 417Hz and 528Hz intertwine, resonating deeply to cleanse DNA memories and foster cellular rejuvenation. Allow this track to echo the essence of renewal within your being.



<https://youtu.be/0sxluuUegQQ>

TRACK 05

Eternal Connections

528HZ  639HZ

for healing relationships and loneliness



融合528Hz和639Hz的頻率，療癒人際關係並消除孤獨感。有助於修復人際關係的影響，打破孤獨感、促進與他人的聯繫，體驗和諧的人際關係。

In "Eternal Connections," the timeless frequencies of 528Hz and 639Hz intertwine, weaving a tapestry of healing for relationships and an end to loneliness. Discover the threads that bind us to one another in this harmonious journey.

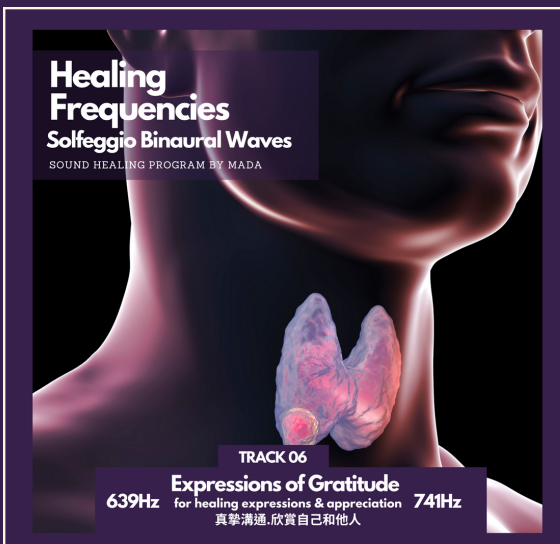
 <https://youtu.be/-JVbmmEBRQw>

TRACK 06

Expressions of Gratitude

639HZ  741HZ

for healing expressions and appreciation



融合639Hz和741Hz的頻率，幫助你在溝通中得到療癒，欣賞自己和他人的。有助於清理心靈和思緒，提高直覺能力，讓你的溝通更加真摯，更容易欣賞自己和他人的價值，促進和諧的人際關係，並增強愛與關懷的表達。

Unleash "Expressions of Gratitude" through the resonating frequencies of 639Hz and 741Hz, allowing profound healing in communication and self-appreciation. This track celebrates the power of heartfelt expression.

 <https://youtu.be/c46SDJgXkDk>

TRACK 07

Limitless Clarity

741HZ  852HZ

for healing limiting thoughts and worries



融合741Hz和852Hz的頻率，澄清思緒，釋放限制性的想法和憂慮。有助於擺脫負面信念、提高洞察力和靈感、釋放內在的拘束，獲得無限的清晰與內在自由。

Embrace "Limitless Clarity" as the frequencies of 741Hz and 852Hz intertwine, clearing the path to release limiting thoughts and worries. Experience boundless clarity and inner freedom.

 <https://youtu.be/GjtSR3J3WQo>

TRACK 08

Faith restored

852HZ  963HZ

for healing faith and trust issues



融合852Hz和963Hz的頻率，重新點燃信念，重建信任，帶來內心的寧靜和對自己及世界的信心。有助於釋放內在的恐懼和不信任，激發內在的勇氣、促進深層的靈性連結與覺醒，重新建立對未來的信心，讓你的信念得到重生。

"Faith Restored" blends the frequencies of 852Hz and 963Hz, reigniting faith, rebuilding trust, and bringing peace of mind and confidence in oneself and the world.

In this track, reestablish your faith in the future, and let your belief be reborn.

 <https://youtu.be/gPBsoUVYqXU>



專輯也可在其他串流平台收聽，你也可以在iTunes購買專輯。

Album also available in other streaming platforms and you can also purchase purchase the album on iTunes

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<重要聲明>

本「Healing Frequencies: Solfeggio Binaural Waves」旨在支持療癒和身心健康，但並不意味著取代任何專業的醫療或心理治療。
如果你有特定的健康或心理問題，請諮詢合格的醫療專業人士。

Important Note:

While "Healing Frequencies: Solfeggio Binaural Waves" is designed to support healing and well-being, it is not intended to replace professional medical or psychological treatment. If you have specific health concerns or mental health issues, please consult a qualified healthcare professional.

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