

# SUPREME SOLFEGGIO

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Produced by Jonathan Goldman

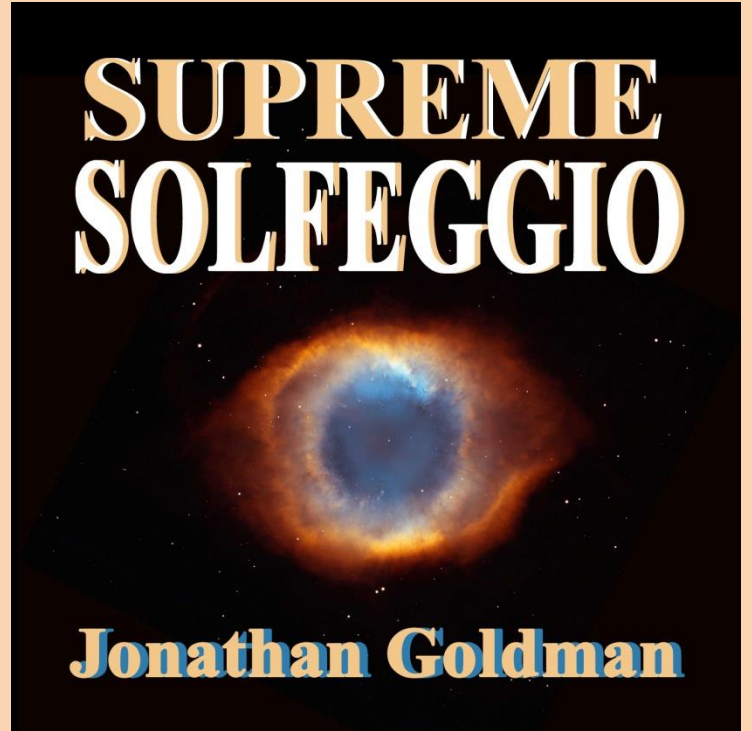
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Special Thanks to Dr. Joseph Puleo for assisting in bringing down the  
HEALING CODES / SOLFEGGIO FREQUENCIES and to Dr. Len  
Horowitz for enhancing them.

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## SUPREME SOLFEGGIO LINER NOTES

In 1998, I came across a book, *HEALING CODES* by Drs. Puleo and Horowitz. The book was about a many fascinating subject. In one section of the book there were listed a set of numbers which were said to be sacredly inspired. Though this series of numbers represented only a very small portion of the book, I immediately recognized their importance and realized that these numbers could be turned into tuning forks which represented the numbers as frequencies. I did so. The scale of these tuning forks was quite distinguished from any that had thus far manifested on this planet. At the time, there were only 6 of these numbers and thus 6 tuning forks were created. I had 3 sets of these tuning forks made. I kept one, sent one to Dr. Horowitz and the last set went to someone who also recognized the importance of the tuning forks and proceeded to create a huge following based upon these tuning forks and their six frequencies.

It is my great honor to be both the first person to have these six frequencies manifested as tuning forks, but also the first person to use them in a recording. This recording was "*The Lost Chord*". The conjunction of all six of these tuning forks was utilized to represent a kind of cosmic transporter sound on this recording—a nexus point between the Hindu chakras and the Kabbalistic sephiroth of the Tree of Life.

Then in 2001, Dr. Horowitz gave me the complete series of 9 frequencies (only 6 frequencies had been revealed in the book). Once again, it was my privilege to be the first to create a set of these 9 tuning forks and also to use them in a recording. These forks are used in an ascending series in my CD of "*Holy Harmony*", beginning with the lowest frequency tuning fork and then followed by the fork with the next highest frequency. When the entire sequence of tuning forks, going from lowest to highest frequency was complete, the series began again with the lowest tuning fork.

This album which features not only the sounds of the set of the complete 9 frequencies of the tuning forks, but also an ancient chant to resonate with the Christ energy. (Extensive information on this can be found on the liner notes of "*Holy Harmony*" CD).

Since that time, the 9 frequencies have become extremely popular, with literally millions of references on different websites. They have become now known as the "Solfeggio Frequencies", which many believe are the original sounds of creation. There are multitudinous articles on the Solfeggio Frequencies as well as a number of books on the subject.

Here are the frequencies and some suggested energy that may be encoded with each tone from Drs. Puleo and Horowitz:

- 174—Turning Spirit into matter
- 285—Grounding Spiritual Energy
- 396—Turning Grief to Joy

417—Reconnecting with Source  
528—Miracles & DNA Repair  
639—Personal Relationships & Connection with  
    Spiritual Family  
741—Solving Situation  
852—Final Clearing  
963—Turning matter into Spirit

Because these frequencies are so unique and varied (creating over a 4 octave span), they cannot necessarily all be sounded together at the same time without creating some form of dissonance (harsh or unpleasant sound). Played individually, all the tuning forks work wonderfully and create a healing and hypnotic effect. Indeed, as noted, on *Holy Harmony*, the tuning forks were sounded separately in an ascending series. This particular method of using the tuning forks worked splendidly.

Nevertheless, I was first guided to spend a year creating a recording that centered on the 528 Solfeggio Frequency as well as utilizing all the other tones as tuning forks that produced a consonant and pleasant sound when listened to. This became known as “*Waves of Light*”. The resultant frequencies created deep states of relaxation and helped induce altered states of consciousness. Next, I was guided to go further with the Solfeggio Frequencies and spent a great deal of time experimenting with the different potentials inherent in creating different ways of sounding these tuning forks together.

I worked with these 9 frequencies trusting my inner guidance. I tried numerous variations of sounding these tuning forks. Please remember that by their nature, many of these 9 Solfeggio Tuning Forks will not necessarily sound pleasant when they are resonated together. Yet, I was able to create a recording using these Solfeggio Frequencies which were utilized together in four different synergistic layers. I have been told by mathematicians, that there are times when 6561 (9x9x9x9) different possible additive sonic combinations of these tones occur.

From my perspective the results of this recording are profound—the sounds are harmonious and enchanting. I believe I was divinely inspired to create this recording in this particular manner in order to create frequency patterns which possess the potential of manifesting the extraordinary, from producing sonic portals for inter-dimensional travel, to generating frequencies for healing. From my perspective, this recording has some sort of supreme sonic significance. Thus, I have named it “*Supreme Solfeggio*”.

Please let us know how this recording resonates with you and in particular, if you have any unique experiences that result from listening to “*Supreme Solfeggio*”. Remember, the miraculous can occur—particularly through using these frequencies.

Blessings of Light & Love through Sound  
Jonathan Goldman