

## BENEFITS OF 432HZ AND GAMMA WAVES FREQUENCY

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When we say a sound is tuned to 432Hz, we mean it vibrates at 432 cycles per second. Hertz (Hz) is the unit of frequency, measuring how many vibrations occur each second.

The 432Hz frequency is often associated with natural resonance—many believe it aligns harmoniously with the Earth's own frequency. Because of this connection, 432Hz is commonly used in sound healing, as it's thought to support the release of physical and emotional blockages and activate the body's innate capacity for healing.

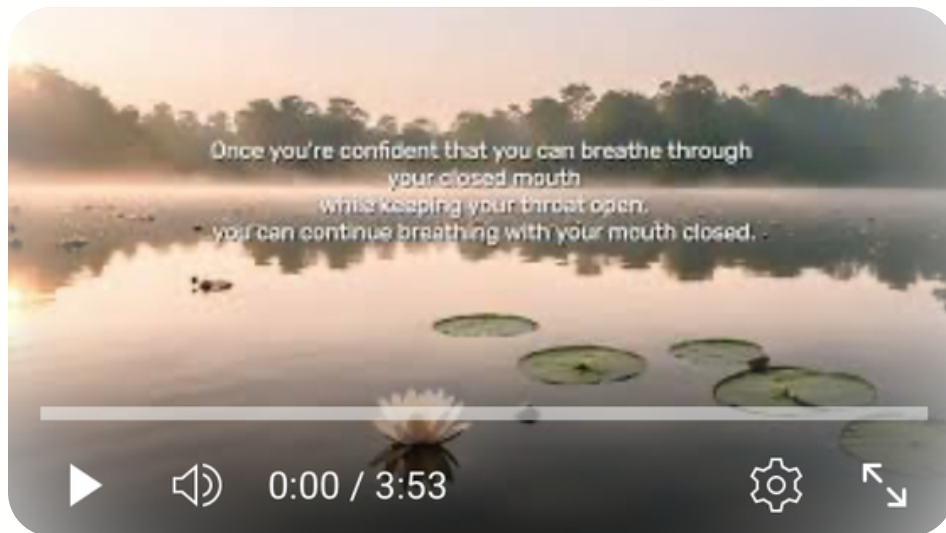
This frequency is also said to help balance the nervous system and stabilize emotions, creating a feeling of centeredness and inner calm.

In contrast, gamma brain waves, which range between 30–100Hz, are the fastest known brainwave frequencies.

In my meditation music, I often incorporate 50Hz to stimulate this state. Gamma activity is linked to peak mental performance—enhancing focus, cognitive processing, and problem-solving. These waves are associated with moments of deep insight, clarity, and creative inspiration.

By activating gamma waves, you may also find greater access to the subconscious mind since gamma waves are linked to moments of creative inspiration and insight.

# GAMMA BRAIN WAVE BREATHING TECHNIQUE



This breathing technique is designed to support gamma brain wave activation.

To begin, simply follow the video and the guided instructions.

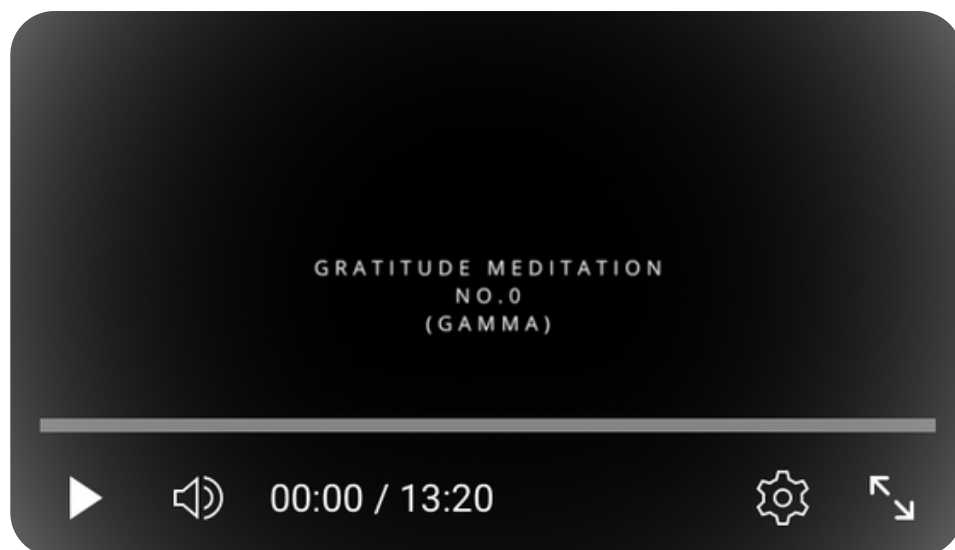
Once the video ends, continue breathing at your own pace until the music gradually fades away.

|           |                                                                                                                                                                                                                                                                                                                                                       |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Round I   | <ul style="list-style-type: none"><li>• Inhale for a count of 4 and exhale for a count of 4 with your mouth open</li><li>• Feel the sensation of air moving through your open throat</li></ul>                                                                                                                                                        |
| Round II  | <ul style="list-style-type: none"><li>• Start by inhaling through your open mouth, then close your mouth at counts 2 and 4 while keeping your throat open</li><li>• Exhale with your mouth open, then close your mouth at counts 2 and 4 while keeping your throat open</li><li>• Imagine "Ma Ma" while inhaling and "Pa Pa" while exhaling</li></ul> |
| Round III | <ul style="list-style-type: none"><li>• Inhale with your mouth open on count 1, then close your mouth at counts 2, 3, 4</li><li>• Exhale with your mouth open on count 1, then close your mouth on counts 2, 3, 4</li></ul>                                                                                                                           |
| Round IV  | <ul style="list-style-type: none"><li>• Inhale and exhale with your mouth closed, while keeping your throat open you will still breathe through your nose, but much less than before</li></ul>                                                                                                                                                        |

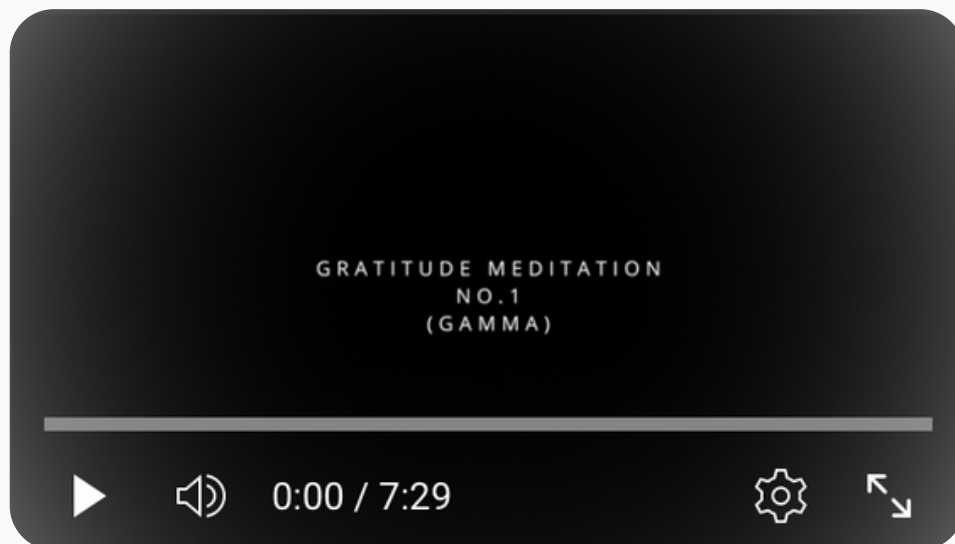
## GRATITUDE MEDITATIONS

WITH AND WITHOUT GAMMA WAVES

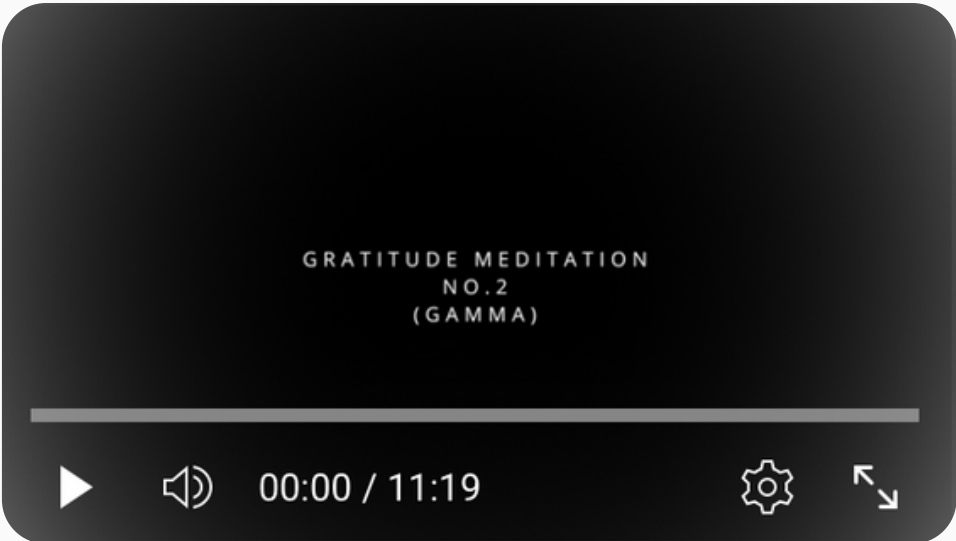
*The background music is created by Emma through a unique program that offers deep resonant tones of a set of seven high-purity quartz crystal singing bowls, captured at the healing frequency of 432Hz and recorded in the resonant acoustics of the Hackney Round Chapel in London. This music is then blended with Gamma waves and narrated by Emma.*



# NO. 1



NO. 2



## NO. 3



## NO.4



## NO. 5



## NO. 6

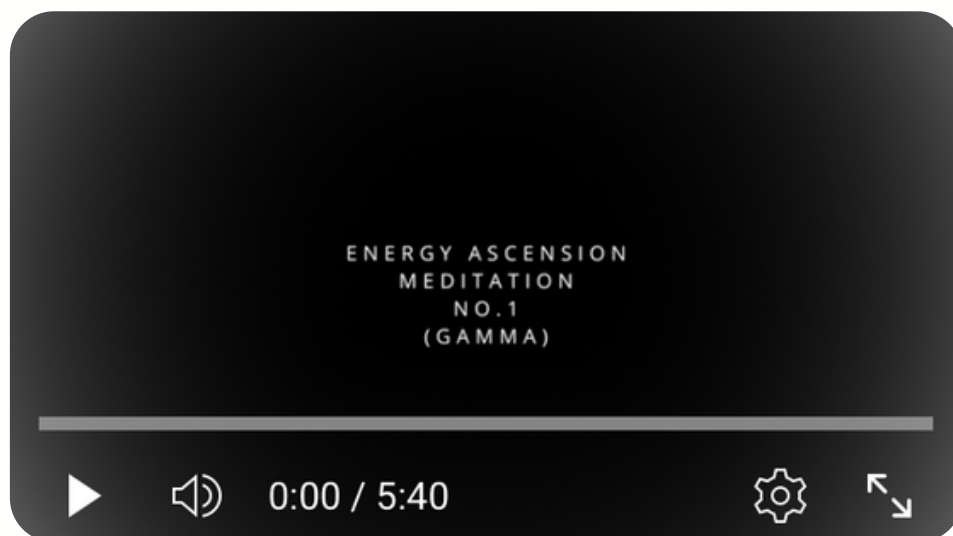
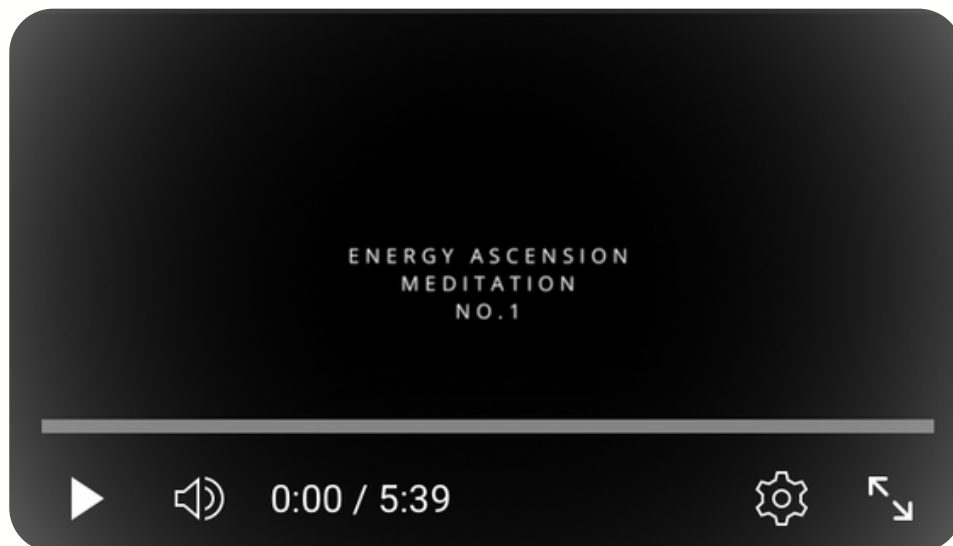


# ENERGY ASCENSION MEDITATIONS

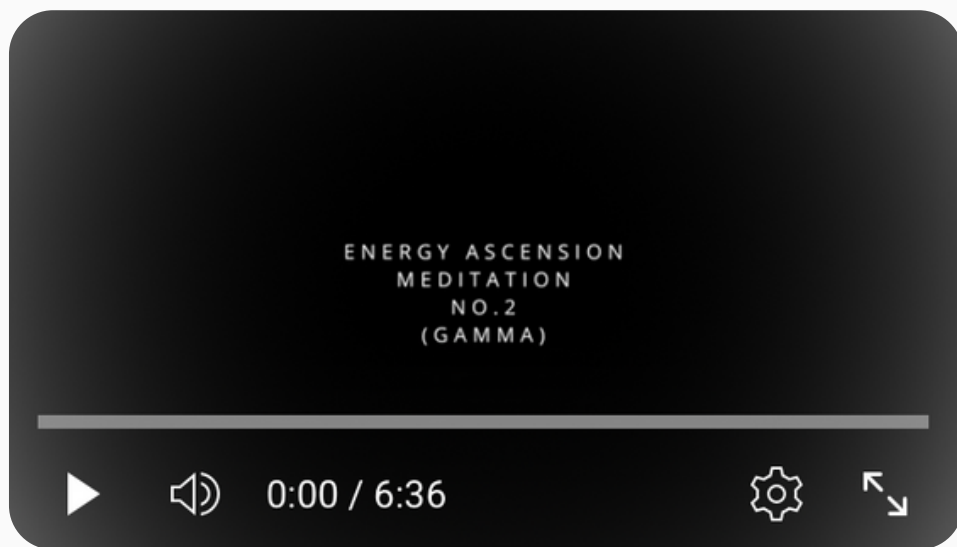
WITH AND WITHOUT GAMMA WAVES

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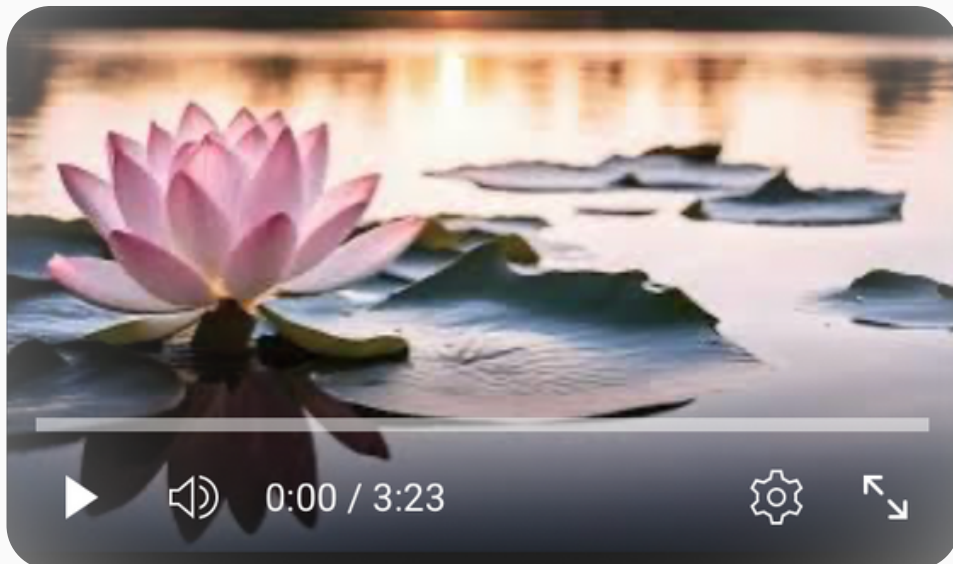
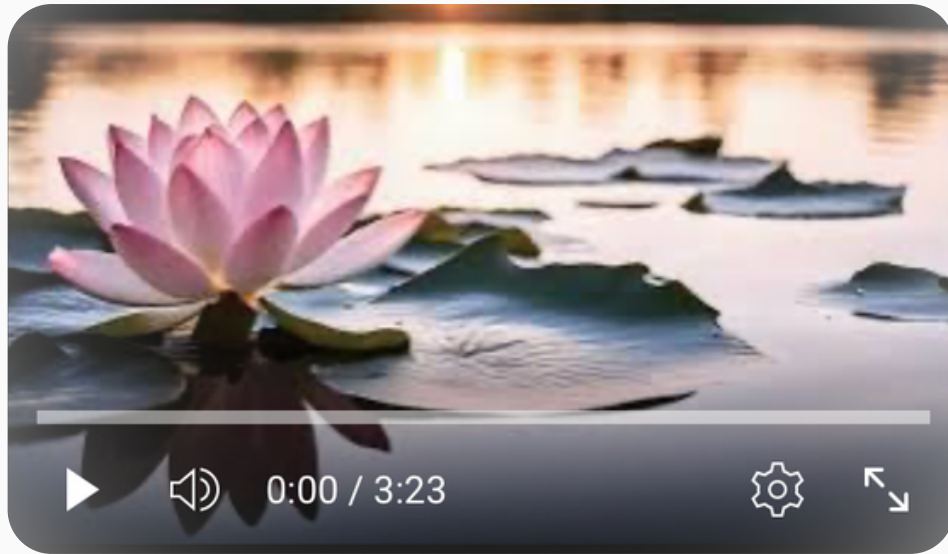
## NO. 1



## NO. 2



## NO. 3



## NO. 4

