

VIBRO SOUND

healing tracks



Choose a track
based on your
intentions for
healing and allow
yourself to **relax,**
retune, rebalance



COMPOSER KATHERINE JAMESON

Sound Therapist, Owner & founder of VibroSound.

All healing tracks are composed with sound therapy instruments, recorded in home as Katherine channels healing energies throughout the sound waves from Source.

The instrumentation involves 10 crystal bowls - Androgynous Indium, Mother of Pearl, Citrine and many more.

William records nature sounds in the Hinterland Gold Coast, which feature throughout the tracks.

Set your intention for what you wish to experience and the aspect of healing in which you are focusing your sound journey.



COLLECTIONS

RETUNE THE BODY

- ♪ 174HZ PAIN RELIEF
- ♪ IMMUNE SYSTEM SUPPORT
- ♪ 111HZ CELLULAR REJUVENATION
- ♪ 537HZ ENDOCRINE NORMALISATION
- ♪ 741HZ DETOXIFY CELLS - WHOLE BODY HEALING
- ♪ SCHUMANN RESONANCE & HEARTBEAT OF GAIA

DEEP RELAXATION & SLEEP

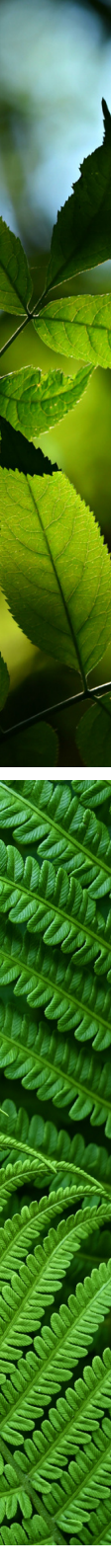
- ♪ DEEPEST SLEEP - 528HZ - VIBRATE WITH ONENESS
- ♪ CLEANSING WATERS, GOLDEN ALCHEMY - BALANCING MASCULINE AND FEMININE
- ♪ DEEP CALM, KIDS, TEENS, ADULTS
- ♪ FEELING SAFE IN YOUR BODY
- ♪ VIOLET FLAME
- ♪ RELEASE NEGATIVE THOUGHTS & RETURN TO PEACE
- ♪ DAY AT THE SPA



COLLECTIONS

SPIRITUAL JOURNEY & HOLISTIC HEALING

- ♪ HEAL THE EMOTIONAL BODY WITH SOURCE ENERGY
- ♪ DIVINE FEMININE HEALING
- ♪ HEALING POWER OF THE OCEAN
- ♪ 528HZ HEALING GRIEF THROUGH REACHING FOR THE LIGHT
- ♪ EXPLORE THE HIDDEN REALMS
- ♪ EGYPTIAN ALCHEMY
- ♪ FERTILITY & REBIRTH
- ♪ 1111HZ CROWN OPENING AND EXPANSION



RETUNING THE BODY TRACKS

Katherine Jameson

🎵 *174hz Pain relief & deep relaxation*

A great track for anxiety, depression, chronic illness, sleeplessness or tensions in the physical body.

This track contains the energy of the Ocean, Water to cleanse away stored pain & trauma from chronic pain, light pain, all types of discomfort physically, emotionally, mentally, spiritually. This track is great for a renewed sense of connection to Source, Self, Others, dense situations in your life. It leaves you feeling cleansed, opened & safe to be in the world.

🎵 *Immune System Support*

This track has rhythmic pulses which slow down the mind, and trigger our innate self-healing capabilities. A light-hearted energy to bring about the relaxation response, so you can feel supported, lifted and reminded of the true feeling of Health, Wellbeing and Home.

This track has the intention to create a crystalline container around the body and energetic field. The crystal bowls incorporated are the Master Healer; Quartz Crystal. Androgynous Indium, for balancing masculine and feminine energy channels. Citrine, for promoting child-like wonder and joy within the Spirit. The frequencies are based on supporting the immune system to normalise and balance its operation, feeding the mind/ body a myriad of ultra healing frequencies & giving the vital signals to support total wellbeing.

🎵 *111hz Cellular Rejuvenation*

This track is specifically designed for the intention of rejuvenating the cells of the body.

111 Hz is associated with the production of endorphins. This healing frequency assists in cell rejuvenation and regeneration. By producing endorphins, 111 Hz relieves pain and elevates mood. It can increase feelings of overall well-being, empathy, and improves focus and memory. 111hz is also:

- Amplifies feelings of inspiration, vitality, rejuvenation, happiness & confidence
- Increases emotional stability - more centered/calm
- Deeper, more restful sleep
- Boosts immunity & increases well-being

Allow yourself to go on a journey, with unique combinations of crystal singing bowls, nature sounds to relax - retune - rebalance! Visualise yourself communicating with your cells and breathing the sounds and frequencies into any aspect of the body you hold tension.

RETUNING THE BODY TRACKS

Katherine Jameson

♪ *537hz endocrine immune system*

537hz, as used by Rife Frequencies, is the basis of the Endocrine System Retune track. This healing track aims to create a powerful healing flow running from the crown to the base of the body, smoothly guiding the healing frequencies of 6 crystal singing bowls, with the main being Androgynous Indium, aimed at balancing the hormones, as well as masculine and feminine energies

Allow your body to dissolve into light and draw the healing frequencies as you breathe deeply into the glands of the Endocrine System: hypothalamus, pituitary, thyroid, parathyroids, adrenals, pineal body, the ovaries/ the testes.

♪ *741hz detoxify cells - whole body healing*

This track employs Androgynous Indium Crystal bowl, for balancing left & right brain, masculine & feminine energies. The beautiful sounds of water droplets create an environment to cleanse, release and detoxify the body. Larimar is said to enlighten and heal in a physical, emotional, mental and spiritual way.

741 hz Solfeggio acts as a repulsive magnet for toxins, negativity, anger, jealousy, lies and everything or act that brings negativity in our lives. It acts as a protective armour against all things negative, inside us and outside us. This is also the frequency of Throat Chakra, the Chakra of Truth.

♪ *Endocrine System - Adrenal Glands*

This track is composed for a series of tracks to support the endocrine system to heal itself naturally. Adrenal glands produce hormones that help regulate your metabolism, immune system, blood pressure, response to stress and other essential functions. The frequencies are based around the rife frequencies and the instrumentation employs the crystal bowls, piano, synths and strings to take you on a journey to find calm.

Visualise your adrenals (small, triangular-shaped glands located on top of both kidneys) illuminating with the vibrations of the sound lounge and breathe out stress, disharmony as you listen and feel. Your intention is the driving force.

RETUNING THE BODY TRACKS

Katherine Jameson

🎵 *Schumann Resonance- Heartbeat of Gaia*

Mother Earth's natural heartbeat rhythm is the frequency of 7.83 Hz, also known as the "Schumann Resonance". A 7.83 Hz frequency is an alpha/theta brainwave frequency in the human brain. Alpha/Theta brainwave frequency is relaxed, dreamy, sleepy state, that is also when cell regeneration and healing happens.

This track takes you on a journey to deeply connect with the Earth, dropping all thoughts and unwanted energies as your spirit travels to connect with the heat-beat of Gaia. Best used for: Grounding, Anxiety, Disconnection from the body, Depression. Listen daily to feel renewed, rejuvenated and connected to being present in your life.

DEEP RELAXATION & SLEEP

Katherine Jameson

♪ *Deepest Sleep - 528hz - Vibrate With Oneness*

The healing intention of this track is to take you on a journey to completely let go of your mind, your body and to drift out into the vastness of space - finding yourself floating in the eternal love of Source Consciousness. The track is tuned to the Solfeggio Frequency of 528hz, with an emphasis on coming into the Heart Space and feeling safe, nurtured and ready to drift off to deep rest and sleep.

When to use: When feeling anxious, struggling with insomnia, when life is feeling overwhelming and you need to 'switch off'. Take deep long breaths as you drift into the soundscape, allowing your being to vibrate with the light of the Universe, the stars and all that is.

♪ *Cleansing Waters, Golden Alchemy - Balancing Masculine and Feminine*

This track takes on a journey to find the centre point of your being-ness, and reconnecting you into the harmony of living a life aligned to your Divine Feminine and Divine Masculine aspects working together.

We each hold both Masculine and Feminine Energies, and when out of alignment it can create a range of disconnected or dysfunctional aspects in our reality. The instrumentation of this track has the intention to reharmonise both channels, breathe the sound vibrations in throughout the left side of your body, breathe the imbalances out. Breathe in through the right, and release - let go and drift into homeostasis.

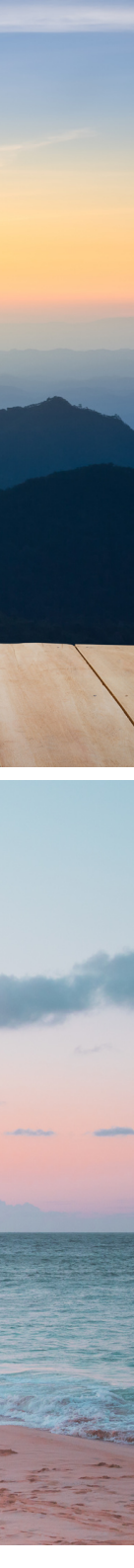
♪ *Deep calm - kids, teens, adults*

Welcome to a world of complete relaxation.

This track has been composed to invoke a sound healing experience that gives your mind, body and soul a deep rest. The musicality of the track is consciously created as a very basic structure, so the mind can almost tune out and focus on slowing down the breathing and thought patterns.

This track has been created with the thought of kids and teens needing to unplug from the array of media, data, information input they receive and to create time to focus purely on their sense of self - their connection to their body and listening fully to a sound healing journey, to see where their imagination and mind may wander when visuals and stimulation are taken away!

Close your eyes and go on a journey to Deep Calm.



DEEP RELAXATION & SLEEP

Katherine Jameson

♪ *Feeling safe in your body*

This track is a highly grounding energy, the intention is to create a sense of connection with the mind, body and the Earth. Allow the quartz, citrine and venusian energies to spark a sense of warmth within your body. The chord structure is very simple, allowing a sense of safety and continuousness for the nervous system to truly relax.

The healing sounds of nature, coupled with the intention of the rhythms to begin a re-connection with physicality, emotional balance and ease. This track is great for PTSD, anxiety, any disorder where it is uncomfortable to be within the body!

Set your intention to ground your energy down into the Earth, and release out through the breath any fears, tensions or worries. Bring to mind a memory of when you felt safe, protected, love, connected and expand this feeling right throughout your cellular and molecular structures- recreating a new sense of safety in your body.

♪ *Violet Flame*

This track is designed to induce deep states of relaxation, promoting sleep. The intention & frequencies used are to clear the body through the use of the Violet Flame bowl. The Venusian energies are to support releasing blockages in the heart chakra, allowing for you to be open to the abundant flow of giving and receiving love.

This track is simple and sparse in it's musicality, thus allowing the body to deeply relax to the repetitive nature & letting the mind slow to an almost sleeping state.

Great for:

- Anxiety - Sleep Disorders - Blockages of Emotions - Connecting to the Love Energies - Clearing & Cleansing hurt, pain, trauma - Very Gentle, Warm, Soft, Loving Track

♪ *Release Negative Thoughts & Return To Peace*

The intention of the track is to create a deeply relaxed and stilled state of being. Listen through headphones and set the intention to release all negative thought currents, all looping thought patterns and energies of doubt or worry. Allow the sounds to fill your mind, your spirit and consciously watch your breathing slow - taking in cycles of breath - 1, 2, 3, 4, 5, in - hold - and out for a count of 5, 4, 3, 2, 1.

Throughout the track the use of the didgeridoo allows old energies to shake up, as the instruments vibration has a very clearing and cleansing out effect. Let yourself go, let old ways of thinking soften and mix into the creative forces of your Spirits true frequency: peace, relaxation, wellbeing, love, joy, creativity!



DEEP RELAXATION & SLEEP

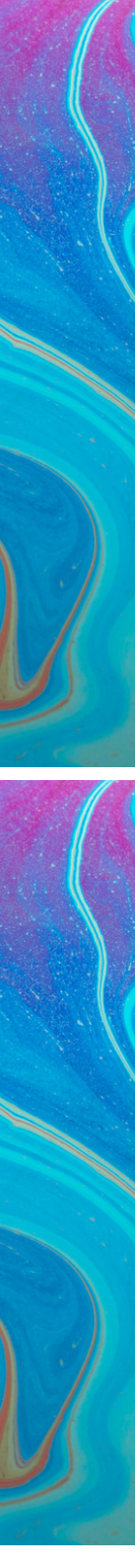
Katherine Jameson

♪ *Day At The Spa*

Day At The Spa is inspired by a need for a total body massage, without having to find a massage therapist. This track employs panning vibrations from 33hz-97hz which moves through every frequency of the spine and the nerve bundles in the lumbar. The vibrations are felt as a wave up and down the body, allowing you to relax those hard to reach tensions in the body. The instrumentation is influenced by oriental instrumentation such as the bamboo flute, running water and gorgeous piano melodic lines.

Invest 20 minutes in this track, go on a journey and find yourself in a world of deep, deep relaxation. Specifically designed to target tension and assist the lymphatic to detoxify and retune.





SPIRITUAL JOURNEY & HOLISTIC HEALING

♪ *Heal the emotional body with source energy*

This track was channeled to heal and restore the energy field of the Emotional Body, the layer of our energy field that holds dense or trapped emotions. It brings you deeper into your physical body with the vibrations and frequencies/ chosen musical chords to allow yourself to let go and expand through uncomfortable emotions, and return to a state of centredness, grounding and acceptance of what is and love for Self.

This track can be used at any time of the day or night, when you feel you can't move through looping thoughts or dense emotions, when you need to find calm in a chaotic period of life or just as a simple tool to connect back into your emotions - safely and held through loving frequencies and vibrations. Ground yourself into the now and feel yourself let go!

♪ *Divine Feminine Healing*

Intention: This track was composed to create a sensation of connection to Divine Feminine Energies, for connecting to a safe loving feminine presence, for those who don't have a mother, or don't have a mother they needed, for those who want to find balance in their own masculine and feminine energy channels, for those who wish to accept and feel more self love and accept love from the world around them, for those who wish to relax into a world of bliss, calm, high loving energies and open their heart to receiving more love and abundance.

This track has potent energies channeled through sacred voice, leaving you feeling connected to your multidimensionality and connection to Source and Love.:

Use this track when you are needing to realign masculine and feminine energies, when you're needing to feel held, loved, safe, supported and transported to higher planes of existence to remember your own Divinity.

♪ *528hz Healing grief through reaching for the light*

This track was composed with the intention of allowing one who is experiencing emotions of grief, isolation, loneliness, feeling lost etc. to have a space to go inward and reconnect to the Light within. There are many experiences on this human journey which can leave a long lasting effect on our state of being, our emotions and our connection to joy, peace, contentment and self-connection.

This track employs the main frequency of 528hz which has shown benefits to bring about a centred state promoting more love, connection, centeredness . 528 Hz is one of best Solfeggio frequencies which has a very relaxing effect on mind and body and listening the music during bedtime can help people with sleep disorders by boosting sleep quality.



SPIRITUAL JOURNEY & HOLISTIC HEALING

🎵 *Healing Power of The Ocean*

Healing Power of the Ocean is a beautiful journey to connect you with the element of water - for **purification, releasing toxic energies & negative thoughts, connecting yourself back into nature.** This track is deeply healing and holds the intention to **harmonise the water molecules of the body.** This track is gentle, slow and makes space for you to breathe deep and to reflect on your life. Sacred Toning throughout the track allows your body to harmonise and connect to your innate self-healing abilities.

Set your intention for any mental, emotional, physical or spiritual upheaval, healing, relaxation or integration. Close your eyes, breathe deep and relax into the healing power of the ocean. .

🎵 *Fertility & Rebirth*

This track was composed for a client who was hoping to be supported in conceiving a baby, This track was composed with the frequencies for healing the womb space, 528hz for heart expansion, 10 crystal singing bowls to align feminine and masculine energies as Katherine channeled the intention to create a pathway to open to a sense of rebirth and fertility.

This track is perfect for those who want to birth a new idea, concept or pathway in life. For upgrading the body and connecting to the energy of fertility. For a deep relaxation and rest, as 70% of disease is stress related. Relax and go into the beauty of Fertility & Rebirth

🎵 *Inner Earth Realm*

This track was composed with the intention of allowing one who is experiencing emotions of grief, isolation, loneliness, feeling lost etc. to have a space to go inward and reconnect to the Light within. There are many experiences on this human journey which can leave a long lasting effect on our state of being, our emotions and our connection to joy, peace, contentment and self-connection.

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SPIRITUAL JOURNEY & HOLISTIC HEALING

🎵 *Egyptian Alchemy*

This track is for those who wish to explore their Ancient Egyptian heritage, timelines and soul aspects.

This track is not for the first-time meditator. The healing frequencies, codes and sacred voice have been channeled in connection with Isis and the highest timeline of that era - to usher in an initiation into the high frequency consciousness of that time. Close your eyes, go on a journey and set your intention to connect your Soul to the energy available at that time, feel it move throughout your physical body and energy bodies.

Let go, and go within.

🎵 *1111hz Crown Opening & Expansion*

Are you interested in opening your crown, your connection to the Universe, Source Consciousness, your higher self and spiritual gifts? The crown is a powerful space to draw and channel healing energies, and live a life connected to intuitive senses which in turn support the choices we make in life.

This track utilises clearing instruments like the didgeridoo, rainstick, chimes and strings to create a waterfall of sounds to clear and cleanse the crown. The energies of the crystalline singing bowls incorporated in the track are there to support your expansion, and the expansion of your energy field to hold more high frequency light and connect to these higher aspects of you. Set your intention to open and connect, close your eyes and go on a journey. The power is inside of you.



Soundscapes to Choose From

16 to 20 mins - \$40

- Align Masculine & Feminine Energy
- Cellular Rejuvenation 111hz
- Crown Chakra
- Crystalline Intelligence
- Deep Calm – Kids, Teens, Adults
- Egyptian Alchemy
- Endocrine System Normalisation
- Heart Chakra
- Throat Chakra
- Violet Flame

20-25 minutes - \$45

- Bass Chakra
- Cleanse Body & Align Toxicity 741hz
- Crown Opening & Expansion 1111hz
- Day at the Spa
- Deepest Sleep 528hz
- Divine Feminine Healing
- Feeling Safe in Your Body
- Fertility & Rebirth
- Gentle Gong Clearing
- Heal the Emotional Body with Source Energy
- Healing Grief Through Reaching for the Light
- Healing Power of the Ocean
- Inner Earth Realm
- Luna Calm
- Opening to Allowing Feminine Energy
- Pain Relief and Deep Relaxation
- Release Negative Thoughts & Return to Peace
- Rest in the Void of Source
- Rest, Restore, Rejuvenate
- Retune the Adrenals
- Sacral Chakra
- Softly Soothing 174hz
- Solar Plexus Chakra
- Third Eye Chakra
- Upgrade the Auric Field

25-30 minutes \$50

- Delta Sleep Cycle Stage 1
- Schumann Resonance – Align with Gaia

30-35 minutes - \$55

Immune System Balancing



Wellbeing Spot