

Leyla singer and songwriter releases her 'Yoga Pop' music

432 Hz healing meditation Mantra "I Am Free"

UNITED STATES, November 17, 2022 /EINPresswire.com/ -- Everything in the universe has a frequency and vibrates. Atoms vibrate against each other to form a molecule, and those atoms and molecules have signature vibrational waves that can be measured in Hertz (HZ).

[Leyla](#), a recent stroke survivor, just released a new [meditation song](#) for the Third Eye Chakra called "I Am Free" in 432 HZ.

While she is continuing the journey of healing, she is very aware of how fortunate she is to still be here today and what a massive amount of luck she had.

For many people, a stroke ends in a disability and death, not to mention the aftermath for the survivors, caregivers and families. With the release of the mantra "I Am Free" she is not only raising [funds](#) for the American Stroke Association but also tapping into the healing power of music.

“

If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.”

Nikola Tesla

Solfeggio Frequencies refer to certain tones that can help heal different parts of the brain and body. Particular sound patterns, in the form of Solfeggio Frequencies, interact with the brain to generate vibrations within the body, which can induce prominent effects (when listening to a

sound with a specific frequency, the brain waves will synchronize with that frequency). These effects can lead to a state of relaxation, calmness, better sleep, stress relief, etc.



432 Hz resonates with the Third Eye Chakra and the Schumann Resonance of 8 Hz, which is the vibration of the earth/nature. It has a grounding effect on the mind, helps bringing the focus inward and tuning into the universe's wisdom, alleviates fatigue, helps with emotional and mental clarity and can lower blood pressure and heart rate.

According to international researcher and musician Ananda Bosman, the archaic Egyptian instruments that have been unearthed are largely tuned to 432 Hz and also the ancient Greeks tuned their instruments predominantly at 432 Hz.

Some spiritual views hold that our body is more than just physical and mental, it's also an energetic system called chakras. The chakras symbolize energy centers and correspond to a bundle of nerves, major organs, and areas of our spiritual body that impact our physical and emotional well-being. The Third Eye chakra is located between the eyebrows. It is said that meditating upon this chakra brings intuitive knowledge. Its attributes are intelligence, intuition, insight, and self-knowledge.

Pia Mo
casyopiamusic
[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/601733296>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2022 Newsmatics Inc. All Right Reserved.