

SYNÆSTHESIA

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The tuning practice adopted for western cultures from 16th century and still used today is known as “Twelve-Tone Equal Temperament”. According to Joachim Ernst-Berendt, the 12 Tone Equal Temperament mistunes all consonant intervals except the octave which can create situations such boxed-in thinking, stuffed and suppressed emotions, and a fear based consciousness.

Before the 16th century 12-Tone musical scale there was a 6-Tone tuning scale called the Solfeggio Frequencies. The Solfeggio Frequencies used a system of tuning known as “Just Intonation.” The method of Just Intonation featured pure intervals between every note that were mathematically related by ratios of small whole numbers leading to a much purer sound.

Used in Ancient Gregorian Chants, and because the music held mathematical resonance, the Solfeggio Frequencies were capable of spiritually inspiring mankind to be more 'Godlike'. They are said to have the capacity to affect matter and consciousness.

SYNÆSTHESIA explores the healing powers of the Solfeggio Frequencies through an immersive visual and audio experience. For each of the six Solfeggio Frequencies artist Ashley G. Garner created six a looping videos paired with one of the audio frequencies made by musician ALURIA to create a meditative experience for the viewer to help activate the healing abilities that each Solfeggio Frequency is related to. Each film was assigned a color based off that color's psychological effect in association with each frequencies intent.

UT – 396 Hz

Intent: turning grief into joy, liberating guilt & fear

This frequency liberates the energy and has beneficial effects on feelings of guilt. It cleanses the feeling of guilt, which often represents one of the basic obstacles to realization, enabling achievement of goals in the most direct way. The 'Ut' tone releases you from the feeling of guilt and fear by bringing down the defense mechanisms. 396 Hz frequency searches out hidden blockages, subconscious negative beliefs, and ideas that have led to your present situations.

VIOLET Spiritual

Positive: Spiritual awareness, containment, vision, luxury, authenticity, truth, quality.

The shortest wavelength is violet, often described as purple. It takes awareness to a higher level of thought, even into the realms of spiritual values. It is highly introvertive and encourages deep contemplation, or meditation. It has associations with royalty and usually communicates the finest possible quality. Being the last visible wavelength before the ultra-violet ray, it has associations with time and space and the cosmos.

Anemone's & Thistles

The name **anemone** comes from the Greek word for "windflower." According to Greek mythology, the **anemone** sprang from Aphrodite's tears as she mourned the death of Adonis. Thought to bring luck and protect against evil, legend has it that when the **anemone** closes its petals, it's a signal that rain is approaching.

The thistle takes on the symbolism of a flower, in other words it is a symbol of an enlightened person - a person who has gained their crown. The stem of the flower is representative of the spine and the flower head is the opened crown chakra. There is added power to the symbolism because the flower head is purple - both purple and violet are symbolically the crown chakra or the 'third eye'. The thorn simply takes on thorn symbolism, in effect, the person being symbolically represented has had a life in which they have had to face significant adversity or problems.



RE – 417 Hz

Intent: undoing situations and facilitating change

The next main tone from the Solfeggio scale produces energy to bring about change. This frequency cleanses traumatic experiences and clears destructive influences of past events. When speaking of cellular processes, tone 'Re' encourages the cell and its functions in an optimal way. 417 Hz frequency puts you in touch with an inexhaustible source of energy that allows you to change your life.

BLUE. Intellectual.

Positive: Intelligence, communication, trust, efficiency, serenity, duty, logic, coolness, reflection, calm.

Blue is the colour of the mind and is essentially soothing; it affects us mentally, rather than the physical reaction we have to red. Strong blues will stimulate clear thought and lighter, soft blues will calm the mind and aid concentration. Consequently it is serene and mentally calming. It is the colour of clear communication.

Mums

A symbol of the sun, the Japanese consider the orderly unfolding of the chrysanthemum's petals to represent perfection, and Confucius once suggested they be used as an object of meditation. It's said that a single petal of this celebrated flower placed at the bottom of a wine glass will encourage a long and healthy life.



MI – 528 Hz

Intent: transformation and miracles (DNA repair)

Tone 'Mi' is used to return human DNA to its original, perfect state. This frequency brings transformation and miracles into your life. The process of DNA reparation is followed by beneficial effects – increased amount of life energy, clarity of mind, awareness, awakened or activated creativity, ecstatic states like deep inner peace, dance and celebration. Tone 'Mi' activates your imagination, intention and intuition to operate for your highest and best purpose.

YELLOW. Emotional

Positive: Optimism, confidence, self-esteem, extraversion, emotional strength, friendliness, creativity.

Negative: Irrationality, fear, emotional fragility, depression, anxiety, suicide.

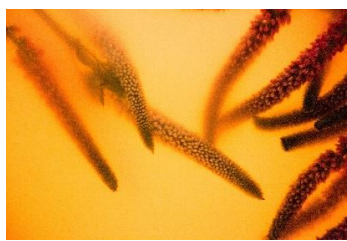
The yellow wavelength is relatively long and essentially stimulating. In this case the stimulus is emotional, therefore yellow is the strongest colour, psychologically. The right yellow will lift our spirits and our self-esteem; it is the colour of confidence and optimism.

Veronica Flower

The most commonly attributed meaning for blooms is that of fidelity. The easy care that it needs can be used to show carefree feelings. It can be a sign that all is well and that there should be no stress.

Amaryllis

Legend has it that the amaryllis - the stunning red flower we've come to associate with the holidays - began as a shy, timid nymph. Amaryllis fell deeply in love with Alteo, a shepherd with Hercules' strength and Apollo's beauty, but her affections were unrequited. Hoping that she could win him over by bestowing upon him the thing he desired most - a flower so unique it had never existed in the world before - Amaryllis sought advice from the oracle of Delphi. Following his instructions, Amaryllis dressed in maiden's white and appeared at Alteo's door for 30 nights, each time piercing her heart with a golden arrow. When at last Alteo opened his door, there before him was a striking crimson flower, sprung from the blood of Amaryllis's heart. With this romantic - albeit tragic - tale as its beginning, the amaryllis has come to symbolize pride, determination and radiant beauty.



FA – 639 Hz

Intent: re-connecting and balancing, relationships

It enables creation of harmonious community and harmonious interpersonal relationships. Tone 'Fa' can be used for dealing with relationships problems. When talking about cellular processes, 639 Hz frequency can be used to encourage the cell to communicate with its environment. This ancient Solfeggio frequency enhances communication, understanding, tolerance and love.

GREEN. Balance

Positive: Harmony, balance, refreshment, universal love, rest, restoration, reassurance, environmental awareness, equilibrium, peace. Green strikes the eye in such a way as to require no adjustment whatever and is, therefore, restful. Being in the centre of the spectrum, it is the colour of balance - a more important concept than many people realise. When the world about us contains plenty of green, this indicates the presence of water, and little danger of famine, so we are reassured by green, on a primitive level.

DAISY

The daisy's message is, ultimately, one of hope and renewal. In sending daisies, the sender hopes the viewer will see the world as they once did as a child. They represent new beginnings and true love – because each daisy flower is really two flowers blended together in harmony. The center petals are one flower surrounded by the “rays” of another flower.

The gold fish brings good luck in the form of tranquility, wisdom and long life. It is one among the eight sacred **symbols** of the Buddha where they represent fertility, abundance and harmony with the flow of life. Ancient Greeks believed **goldfish** enhanced good luck in marriage and relationships.



SOL – 741 Hz

Intent: solving problems, expressions/solutions

It cleans the cell (“Solve polluti“) from the toxins. Frequent use of 741 Hz leads to a healthier, simpler life, and also to changes in diet towards foods which are not poisoned by various kinds of toxins. Tone ‘Sol’ cleans the cell from different kinds of electromagnetic radiations. Another application of this sound frequency is solving problems of any nature. The fifth frequency of the Solfeggio scale will also lead you into the power of self expression, which results in a pure and stable life.

RED. Physical

Positive: Physical courage, strength, warmth, energy, basic survival, 'fight or flight', stimulation, masculinity, excitement.

Being the longest wavelength, red is a powerful colour. Although not technically the most visible, it has the property of appearing to be nearer than it is and therefore it grabs our attention first. It stimulates us and raises the pulse rate, giving the impression that time is passing faster than it is. It relates to the masculine principle and can activate the "fight or flight" instinct. Red is strong, and very basic. Pure red is the simplest colour, with no subtlety. It is stimulating and lively, very friendly. At the same time, it can be perceived as demanding and aggressive.

Orchid & Tulips

Confucius admired the orchid and wrote many poems comparing them to the character of noble scholars. They became the topic of many of his philosophical and literary works, and formed the basis of his moral teachings. He once said, "The orchids grow in the woods and they let out their fragrance even if there is no one around to appreciate it. Likewise, men of noble character will not let poverty deter their will to be guided by high principals and morals."

A Turkish legend may be responsible for the red tulip's symbolism. The story goes that a prince named Farhad was love struck by a maiden named Shirin. When Farhad learned that Shirin had been killed, he was so overcome with grief that he killed himself - riding his horse over the edge of a cliff. It's said that a scarlet tulip sprang up from each droplet of his blood, giving the red tulip the meaning "perfect love."



LA – 852 Hz

Intent: awakening intuition, returning to spiritual order

Tone 'La' is linked to your ability to see through the illusions of your life, such as hidden agendas of people, places and things. This frequency can be used as means for opening a person up for communication with the all-embracing Spirit. It raises awareness and lets you return to spiritual order. Regarding cellular processes, 852 Hz enables the cell to transform itself into a system of higher level.

WHITE.

Positive: Hygiene, sterility, clarity, purity, cleanness, simplicity, sophistication, efficiency.

Just as black is total absorption, so white is total reflection. In effect, it reflects the full force of the spectrum into our eyes. White is purity and, like black, uncompromising; it is clean, hygienic, and sterile. Visually, white gives a heightened perception of space.

HAWTHORN

The Celtic **meaning** of the **hawthorn** tree deals with balance and duality. The **hawthorn** is full of contradictions, none of which went unnoticed by the soul-minded Celts. In May, the **hawthorn** is in its glory with strikingly beautiful blossoms. These are nestled tightly among the **hawthorn's** large and lethal looking thorns.

Excellent herbalists and botanists, ancient Celts understood the superior medicinal value of hawthorn leaves and blossoms. However, it was considered a bad omen to bring its branches inside the home. This is largely due from the smell of cut branches was much the same as **decaying flesh** (indeed, the chemical components are the same). Here we see life-giving aspects as well as associations of death within the same symbolic tree. Further, the hawthorn is imbued with male energy, yet it is historically a symbol of fertility and associated with the female goddess aspects (mother, maiden, crone).

The hawthorn is a standing testament to the idea of duality; it is a perfect depiction of the concept of yin and yang.

