

VIBROACOUSTIC.ORG – INNER SOULUTIONS PRODUCED FREQUENCY AND  
MUSIC TRACKS ARE DOWNLOADABLE AS MP3 / M4A (APPLE)/ FLAC.  
*Frequencies for Quality of Life*

***PAIN MANAGEMENT SERIES***

**Tranquility Frequencies**

30 minute Frequency track  
Variety of resonant frequencies to aid in Stress management.

**MyFibro Frequencies**

30 minute Frequency track  
Variety of resonant frequencies to aid in Fibromyalgia pain management.

**Osteo Frequencies**

30 minute Frequency track  
Based on NASA research on reversing bone loss.

**Arthro Frequencies**

30 minute Frequency track  
Resonant Frequencies for joint support

**Parkinson's Frequencies**

30 minute Frequency track  
Frequencies to calm tremors and spasms.

**PTSD Frequencies**

30 minute Frequency track  
High & Low Frequencies to aid PTSD.

**Migraine Frequencies**

25 minute Frequency track  
Frequencies to use with Migraines. To be used at low volume levels.

**MS Frequencies**

25 minute Frequency track  
Variety of resonant frequencies to aid pain management and reduce muscle rigidity

**Dystonia – Spasm Easing Frequencies**

55 minute – 2 tracks  
Resonant VAT Frequencies to ease muscle spasms and Dystonia. Two Tracks.

**COPD Frequencies**

31 minute Frequency track  
Frequencies to aid COPD.

**Cannabidiol (CBD) Frequencies**

30 minute Frequency track  
Resonant VAT Frequencies of Cannabidiol (CBD).

**Pain Management Frequencies Package**

All 11 Frequency Sets in the Muscle & Structure Series above \$195.95 - (save \$133 over individual cost). MP3 (high quality 256 kbs), or M4a or FLAC Download. If you already have some of these, contact us - we can substitute...



## *HUMAN BODY SERIES*

### **Oxygenation Frequencies**

30 minute Frequency track

Variety of frequencies to promote the Oxygenation of the body and reduce acidation.



### **Endocrine Frequencies**

37 minute (9 tracks)

Resonant Frequencies of the Endocrine System Pineal, Pituitary, Thyroid, Parathyroid, Thymus, Adrenal, Pancreas, Ovaries and Gonads' Frequencies.

### **Meridian Frequencies**

50 minute (12 tracks)

Resonant Frequencies with Sub-Harmonics of the 12 Acupuncture Meridians.

Thanks to Acupuncturist P. Ferrance for her help and feedback on the effectiveness of these frequencies.

### **Broken Bone Mending Frequencies**

25 minute Frequency track

Frequencies to aid in mending broken bones. Based on Cat's Purr frequencies.

### **Colon Frequencies**

55 minute

Track 1 - Inverse Frequencies of a healthy Colon.

Track 2 - Resonant Frequencies of a healthy Colon.

### **Intestinal Frequencies**

23 minute Frequency track

Resonant Frequencies to aid elimination.

### **Liver Frequencies**

55 minute

Track 1 - Inverse Frequencies of a healthy Liver.

Track 2 - Resonant Frequencies of a healthy Liver.

### **Bladder Frequencies**

55 minute

Track 1 - Inverse Frequencies of a healthy Bladder.

Track 2 - Resonant Frequencies of a healthy Bladder.

### **Prostate Frequencies**

48 minute

2 - 24 minute tracks -

Track 1 - Inverse Frequencies of a healthy Prostate.

Track 2 - Resonant Frequencies of a healthy Prostate.

### **Gall Bladder Frequencies**

55 minute

Track 1 - Inverse Frequencies of a healthy Gall Bladder.

Track 2 - Resonant Frequencies of a healthy Gall Bladder.

### **Immune System Boost - Frequencies**

30 minute Frequency track

Variety of frequencies intended to help boost the immune system.

### **Spleen Frequencies**

50 minute

2 - 25 minute tracks

Track 1 - Inverse Frequencies of a healthy Spleen.

Track 2 - Resonant Frequencies of a healthy Spleen.

### **Organ Tune-Up**

30 minute Frequency track

One Track - Resonant Frequencies of a healthy Pancreas, Gall Bladder, Liver, Kidney, Bladder, in that order

### **Human Body Frequencies Package**

All 13 Frequency Sets in the Muscle & Structure Series above \$244.95 - (save \$144 over individual cost). MP3 (high quality 256 kbs), M4a or FLAC Download If you already have some of these, contact us - we can substitute...

---

## *MUSCLE & STRUCTURAL FREQUENCIES*

### **Sciatica Frequencies**

61 minute - 3 Tracks

20 minute track with Resonant Frequencies and their subharmonics for L4 and L5 vertebrae and their supporting muscles. 15minute track with Resonant Frequencies and their subharmonics for the Piriformis muscle.

26 minute track with Resonant Frequencies and their subharmonics for L4 and L5 vertebrae and Rife frequencies for sciatica.

### **Spinal Vibrational Frequencies**

24 minute Frequency track which addresses the Resonant Frequencies of all of the vertebrae in the spinal column, one frequency at a time.

### **Neck & Shoulder Frequencies**

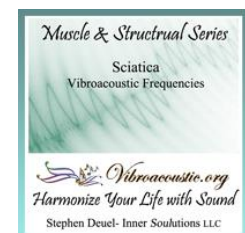
26 minute Frequency track

Resonant Frequencies with subharmonics of the neck, shoulder and upper back muscles.

### **Hand Frequencies**

24 minute Frequency track

Resonant Frequencies with sub harmonics of the muscles of the hand.



### **Knee Frequencies**

32 minute Frequency track

Resonant Frequencies with subharmonics of the muscles which support the knee.

### **Hip Frequencies**

28 minute Frequency track

Resonant Frequencies with subharmonics of the muscles which support the hips.

### **Foot Frequencies**

30 minute Frequency track

Resonant Frequencies with subharmonics of the muscles which support the Feet.

### **Arm & Shoulder Frequencies**

30 minute Frequency track

Resonant Frequencies with subharmonics of the muscles of the arm and shoulder.

### **Spinal C1 and C2 Frequencies**

30 minute Frequency track which addresses the Resonant Frequencies and their sub harmonics of the C1 and C2 vertebrae in the spinal column.

### **Abdominal Frequencies**

30 minute Frequency track

Resonant Frequencies with subharmonics of the abdominal muscles.

### **Throat Frequencies**

30 minute Frequency track

Resonant Frequencies with sub harmonics of the Throat muscles - to aid in muscles relaxation and Dysphonia.

### **Upper Back Frequencies**

28 minute Frequency track

Resonant Frequencies with subharmonics of the upper back muscles and upper back Vertebrae (C6, 7, T1 - 6).

### **Middle Back Frequencies**

28 minute Frequency track

Resonant Frequencies with subharmonics of the middle back muscles and middle back Vertebrae (T1 - 12).

### **Lower Back Frequencies**

28 minute Frequency track

Resonant Frequencies with subharmonics of the lower back muscles and lower back Vertebrae (T7 - 12 & L1 - 3).

### **Pelvic Support Frequencies**

A 30 minute Frequency track. Resonant Frequencies and their subharmonics of supporting muscles of the Pelvis with frequencies and sub harmonics of Platinum, Gold, Silver, DNA Repair and Cell Regeneration.

## **Calf Frequencies**

A 24 minute Frequency track. Resonant Frequencies and their subharmonics of supporting muscles of the calf (leg) with frequencies and sub harmonics of Platinum, Gold, Silver, DNA Repair and Cell Regeneration.

## **Muscle & Structure Frequencies MP3 Package**

All 16 Frequency sets in the Muscle & Structure Series above \$288.95 - (save \$190 over individual cost). MP3 (high quality 256 kbs), M4a or FLAC Download If you already have some of these, contact us - we can substitute...

**Thanks to Trisha Adams, LMT for her help with choosing the appropriate muscles for our tracks that work with the resonant frequencies of muscles as well as testing and feedback of our Frequency CDs.**

---

## *ENERGY AND BALANCING SERIES*

### **Seven Chakra Balancing - Frequencies**

A 15 minute long track with Frequencies for balancing the seven Major Chakras. Chakra Frequencies and their subharmonics. Great also as a short warm up for deep tissue massage.

### **Color as Sound Frequencies**

27 minute - 9 tracks.  
Sub harmonics of the color wheel's spectrum

### **Solfeggio Frequencies**

30 minute - 6 tracks.  
Solfeggio Frequencies and their subharmonics.

### **Vibrational Technologies Ascension Frequencies**

A 35 minute Frequency track with 12 Chakra frequencies and their subharmonics. Based upon the Ascension Frequencies Tuning Fork Set we use in our Vibrational Technologies sessions. For more information on Vibrational Technologies, please see [www.innersolutions.org](http://www.innersolutions.org).

### **Bio Balance Frequencies**

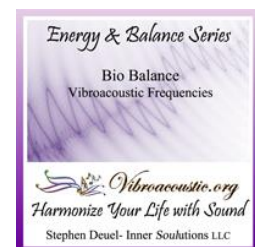
A 32 minute Frequency track. BioTonic with frequencies and sub harmonics of Platinum, Gold, Silver, DNA Repair and Cell Regeneration. Thank you to Cortni Dyer for collaborating on this track.

### **Pelvic Support Frequencies**

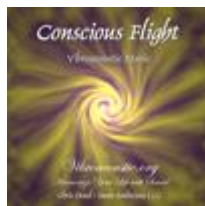
A 30 minute Frequency track. Resonant Frequencies and their subharmonics of supporting muscles of the Pelvis with frequencies and sub harmonics of Platinum, Gold, Silver, DNA Repair and Cell Regeneration.

### **Calf Frequencies**

A 24 minute Frequency track. Resonant Frequencies and their subharmonics of supporting muscles of the calf (leg) with frequencies and sub harmonics of Platinum, Gold, Silver, DNA Repair and Cell Regeneration.



## **Vibroacoustic.org - Inner Soulutions Vibroacoustic Music**



### **Conscious Flight**

Vibroacoustic Music

Vibroacoustic Music - A 45 minute journey into inner peace.

This track was created for Sound Tables and other Vibroacoustic equipment by Chris Deuel and Inner Soulutions.

An excellent combination of music, sound, VAT (Vibroacoustic) frequencies and binaural beats. The track may be used with or without headphones in your Sound Table (use headphones if you wish to take advantage of the 7 HZ binaural brainwave entrainment). Its purpose is to relax, entrain the brain down to a Zen meditative state – and let you travel inwardly while remaining conscious of your travels ... Excellent for stress relief, massage, meditation, and muscle relaxation.

This track is also available with Audiostrobe © If you would like to use this version with your Light Glasses, Please let us know in the "Note" section when ordering and we will send the Audiostrobe © version.

Conscious Flight ©© Chris Deuel & Inner Soulutions 2011

Available as a MP3 (high bit rate - 256 kbs), M4a or FLAC download

*"Hi Stephen, I just listened to Conscious Flight on our VAT table and thought I would send you a quick note of appreciation. Wow! Stunned! Wonderful composition for VAT! Congratulations and thanks to you and your son. I hope you create more pieces like that." --Joel, CT*



### **Deep Inner Peace**

Vibroacoustic Music

Vibroacoustic Music - A 48 minute journey into inner peace.

This track was created for Sound Tables and other Vibroacoustic equipment by Chris Deuel and Inner Soulutions.

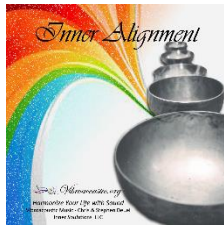
Excellent for stress relief, massage, meditation, and muscle relaxation.

**Deep Inner Peace** was inspired by the vision to produce a piece of music that induces healing and tranquility through the use of pure sounds and love inspired melodies. Musically mixed specifically to take advantage of the unique energy field that is produced by a sound table. The sounds are mixed in a way that is clearly evident to the body that this is not just a piece of music intended to be listened to in headphones, but rather a soothing symphony of vibration intended to envelop you in light and sound revealing to you your inner brilliance! Ultimately, may this music transport you to a *Deep Inner Peace*.

Deep Inner Peace was designed as Vibroacoustic Music. It is mixed such that the music is soft and at a low enough level that it is less likely to be heard by those in other rooms while at the same time being Felt very well in the Sound Table. The tuning for the track is 432 hz.

Deep Inner Peace ©© Chris Deuel & Inner Soulutions 2014

Available as a MP3 (high bit rate - 256 kbs), M4a or FLAC download



## Inner Alignment

Vibroacoustic Music Vibroacoustic Music - A 15 minute Energy Center clearing and alignment. This track was created for Sound Tables and other Vibroacoustic equipment by Chris & Stephen Deuel and Inner Solutions. The intent while creating the tracks and playing the Tibetan Bowl was for each Energy Center in our body, starting at the Earth Star and working up through major and minor centers to the Stellar Gateway, to be cleared, resonantly tuned and aligned in order to allow for their highest functioning.

Inner Allignment ©© Chris & Stephen Deuel & Inner Solutions 2014  
Available as a MP3 (high bit rate - 256 kbs), M4a or FLAC download



## Violet Flame Meditation

Vibroacoustic Music Vibroacoustic Music - A 16 minute track created for Sound Tables and other Vibroacoustic equipment by Chris Deuel and Inner Solutions.

This cd was created with the intent of forming a sonic representation of the violet flame. It is attuned to the sacred temple of the violet flame in the etheric realm and acts as a bridge between the physical and higher dimensions. When used in conjunction with vibroacoustic technology, a powerful resonant field is formed around the body which allows the transmuting energies of the violet ray to be more easily accessed and worked with. This music can help attune you to the healing violet energies of St. Germaine and help relax the body and mind, so that any energies which no longer serve you can be transmuted into a more favorable attribute.

- Violet Flame Meditation was featured in Raquel Spencer's Boundless Foundations Class. Music, Tibetan Bowls and Tibetan Bells. Optimized for Vibroacoustic equipment.

Violet Flame Meditation ©© Chris Deuel & Inner Solutions 2015  
Available as a MP3 (high bit rate - 256 kbs), M4a or FLAC download



## Stars Become Portals – Vibroacoustic Music **NEW**

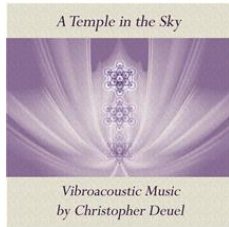
Vibroacoustic Music - 30 minute, 5 track created for Sound Tables and other Vibroacoustic equipment by Chris Deuel and Inner Solutions.

"Five Harmonic Drones" - First time I tried this I was in a rather agitated state.

After 4 minutes, I just "dropped" into a coherent state. These are wonderful harmonic explorations that were created for Sound Tables or Sound Chairs. Chris has his own table that he helped build and he keeps it next to his workstation so

that he can feel how everything is working on the table while he is creating the music. – Stephen  
Stars Become Portals ©© Chris Deuel 2020

Available as MP3, M4A or FLAC (16/44.1) and FLAC (24/96 - Hi Def) download.  
MP3 (320 kbs), M4A File is (324 kbs), FLAC (596 kbs), FLAC HiDef (2574 kbs).



### **A Temple in the Sky - Vibroacoustic Music **NEW****

Vibroacoustic Music - A 15:33 minute track created for Sound Tables and other Vibroacoustic equipment by Chris Deuel and Inner Solutions.

"This track was inspired by a shared vision I had with a close friend while hiking along the Niagara Gorge. As we moved along the side of the river, we both glimpsed what appeared to us as a crystalline temple floating above the water. While writing this music, I imagined what the journey into this etheric structure might be like. My hope is that this music will help us travel into an inner-space that is more open than our current surroundings." - Chris

Temple in the Sky ©© Chris Deuel & Inner Solutions 2020

Available as a MP3 (high bit rate - 256 kbs), M4a or FLAC download

### **First Responders De-Stress - Vibroacoustic Music **NEW****

Vibroacoustic Music - A 15 minute track created for Sound Tables and other Vibroacoustic equipment by Chris Deuel and Inner Solutions.

"This track feels So Good – like a warm hug. I found that I was able to effortlessly breathe so deeply...

First Responders De-Stress ©© Chris Deuel & Inner Solutions 2020

Available as a MP3 (high bit rate - 256 kbs), M4a or FLAC download

### **Violet Flame II - Vibroacoustic Music **NEW****

Vibroacoustic Music – 5 tracks (31 min total) created for Sound Tables and other Vibroacoustic equipment by Chris Deuel and Inner Solutions.

"Violet Flame II explores five functions of the Violet Flame; washing, cleansing, spinning, raising and sealing. These piano based meditations wind their way through illusive harmonies and beautiful melodies. Each piece was made with the intention to transmute whatever is holding us back into a more joyous counterpart." - Chris

Violet Flame II ©© Chris Deuel & Inner Solutions 2020

Available as a MP3 (high bit rate - 256 kbs), M4a or FLAC download

### **Seven Rays - Vibroacoustic Music **NEW****

Vibroacoustic Music – 7 tracks (30 min total) created for Sound Tables and other Vibroacoustic equipment by Chris Deuel and Inner Solutions.

Meditations upon the Seven Rays.

Seven Rays ©© Chris Deuel & Inner Solutions 2020

Available as a MP3 (high bit rate - 256 kbs), M4a or FLAC download

**MP3 / M4a / FLAC price: \$29.95 each**

**Purchase any 3 of our Frequency MP3s / m4a /FLAC downloads  
and get the 4th free. All 54 tracks: Special pricing at [InnerSolutions.com](http://InnerSolutions.com)**

All above Frequency tracks are available at [InnerSolutions.com](http://InnerSolutions.com). We add to our library on occasion. Check for an up to date listing.

All Frequency tracks and Vibroacoustic Music produced by Inner Solutions, Stephen Deuel and Chris Deuel is original copyright material.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.