

# Audwin Trapman

## 528hz Solfeggio Healing Tone

If you have not already, please download the free 528hz Healing Solfeggio tone from this my download page. This is the basic version that is approved by my spiritual team for our healing purposes. No other downloads of tones are needed.

<https://audwintrapman.com/getting-started/>

Once the tone is showing/playing on your computer screen, go to File/Save As, and download to your desktop. Open your music program and select import song, find the tone on your computer and import into your music collection.

Push the repeat button on your player to make it continuous looping one song play. If your music player doesn't have repeat then download iTunes or another music APP which has repeat. The repeat button is beside the arrows beside the name playing ... and can also be found in your Menu Bar/controls/repeat/one.

This website and their tones are Angel approved to be contamination free. I get asked about YouTube tones, please do not use them due to serious contamination concerns.

*Play the 528Hz tone non stop, 24 hours a day, including in your room while you are sleeping, for the entire 4 weeks.*

Playing it on speakers is always better than headphones, as you want the tone sound to resonate through your body, your cells, and your bedroom and vibrate the air itself. The louder you can play it the better. At night turn it down just enough that you can still sleep. Amazon sells MP3 Players, and also wired computer desktop speakers. These are an excellent idea as they sound great and are easy to use, and can be left on 24/7.

Try not to disturb others though :)

The tone will continue to work on you and your energies even when you are not home, so have it play even while you are away from home.

**IMPORTANT: Many people tell me that the tone is aggravating to listen to. This is because the entities affecting you really don't like the tone, and are passing on the aggravation feeling to you, in the hopes to stop you from playing the tone. As the entities and their issues are healed then you will find the tone is enjoyable to listen to. Push through the aggravation feeling.**

The site where we got this free tone from also has paid versions which you may want as well.

Miracle Tone <https://attunedvibrations.com/product/528hz-miracle-tone/>

DNA repair <https://attunedvibrations.com/product/528hz-dna-repair/>

You can read what they say about the tone here. <https://attunedvibrations.com/528hz/>

You want the 528Hz download. Ignore the others as far as this healing goes. Eventually you can add more Solfeggio tones from the website in the future once the main issues are healed.