

Heart Calm.wav

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When you take a beating in the most important part of you, your heart, it can be touch to just cope with any kind of external stresses. Events or situations that would not normally agitate you or upset you now seem to be amplified and out of proportion. So how can you normalize this so your heart doesn't go into constant palpitations? This frequency helps you and your heart calm down, it takes the edge off so you can cope with and see situations for what they really are and get through things much more easily. This frequency file is in WAV format and can be played with your media player on your computer or you can burn it to audio for CD playback. This file is a VERY high resolution pattern.

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