

VAT Frequencies & Vibroacoustic Music

Practitioner Quick Reference

Inner Soulutions — Frequency & Music Track Selection Guide

InnerSoulutions.com · Vibroacoustic.org

A quick-reference listing of all VAT Frequency and Vibroacoustic Music tracks produced by Inner Soulutions. All tracks are available as MP3 download at InnerSoulutions.com.

Pain Management Series

Tranquility Frequencies

30 min

Variety of resonant frequencies to aid in stress management.

MyFibro Frequencies

30 min

Variety of resonant frequencies to aid in fibromyalgia pain management.

Osteo Frequencies

30 min

Frequencies in the range identified by NASA-funded research on bone density.

Arthro Frequencies

30 min

Resonant frequencies for joint support.

Parkinson's Frequencies

30 min

Frequencies to calm tremors and spasms.

PTSD Frequencies

30 min

High & low frequencies to aid PTSD.

Migraine Frequencies

25 min

Frequencies to use with migraines. Use at low volume levels.

MS Frequencies

25 min

Variety of resonant frequencies to aid pain management and reduce muscle rigidity.

Dystonia – Spasm Easing Frequencies

55 min (2 tracks)

Resonant VAT frequencies to ease muscle spasms and Dystonia. Two tracks.

COPD Frequencies

31 min

Frequencies to aid COPD.

Cannabidiol (CBD) Frequencies

30 min

Resonant VAT frequencies of Cannabidiol (CBD).

Human Body Series

Oxygenation Frequencies

30 min

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

Endocrine Frequencies

37 min (9 tracks)

Resonant frequencies of the endocrine system — Pineal, Pituitary, Thyroid, Parathyroid, Thymus, Adrenal, Pancreas, Ovaries and Gonads.

Meridian Frequencies

50 min (12 tracks)

Resonant frequencies with sub-harmonics of the 12 acupuncture meridians.

Thanks to Acupuncturist P. Ferrance for her help and feedback.

Broken Bone Mending Frequencies

25 min

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

Colon Frequencies

55 min (2 tracks)

Track 1 — Inverse frequencies of a healthy Colon. Track 2 — Resonant frequencies of a healthy Colon.

Intestinal Frequencies

23 min

Resonant frequencies to aid elimination.

Liver Frequencies

55 min (2 tracks)

Track 1 — Inverse frequencies of a healthy Liver. Track 2 — Resonant frequencies of a healthy Liver.

Bladder Frequencies

55 min (2 tracks)

Track 1 — Inverse frequencies of a healthy Bladder. Track 2 — Resonant frequencies of a healthy Bladder.

Prostate Frequencies

48 min (2 tracks)

Track 1 — Inverse frequencies of a healthy Prostate. Track 2 — Resonant frequencies of a healthy Prostate.

Gall Bladder Frequencies

55 min (2 tracks)

Track 1 — Inverse frequencies of a healthy Gall Bladder. Track 2 — Resonant frequencies of a healthy Gall Bladder.

Immune System Boost Frequencies

30 min

Variety of frequencies intended to help boost the immune system.

Spleen Frequencies

50 min (2 tracks)

Track 1 — Inverse frequencies of a healthy Spleen. Track 2 — Resonant frequencies of a healthy Spleen.

Organ Tune-Up

30 min

Resonant frequencies of a healthy Pancreas, Gall Bladder, Liver, Kidney, Bladder — in sequence.

Muscle & Structural Frequencies

Sciatica Frequencies

61 min (3 tracks)

L4 & L5 vertebrae and supporting muscles; Piriformis muscle; L4 & L5 with Rife frequencies for sciatica.

Spinal Vibrational Frequencies

24 min

Resonant frequencies of all vertebrae in the spinal column, one frequency at a time.

Neck & Shoulder Frequencies

26 min

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

Hand Frequencies

24 min

Resonant frequencies with subharmonics of the muscles of the hand.

Knee Frequencies

32 min

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

Hip Frequencies

28 min

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

Foot Frequencies

30 min

Resonant frequencies with subharmonics of the muscles which support the feet.

Arm & Shoulder Frequencies

30 min

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

Spinal C1 and C2 Frequencies

30 min

Resonant frequencies and subharmonics of the C1 and C2 vertebrae.

Abdominal Frequencies

30 min

Resonant frequencies with subharmonics of the abdominal muscles.

Throat Frequencies

30 min

Resonant frequencies of the throat muscles — to aid in muscle relaxation and Dysphonia.

Upper Back Frequencies

28 min

Resonant frequencies of the upper back muscles and vertebrae (C6, 7, T1–6).

Middle Back Frequencies

28 min

Resonant frequencies of the middle back muscles and vertebrae (T1–12).

Lower Back Frequencies

28 min

Resonant frequencies of the lower back muscles and vertebrae (T7–12 & L1–3).

Pelvic Support Frequencies

30 min

Supporting muscles of the Pelvis with Platinum, Gold, Silver, DNA Repair and Cell Regeneration frequencies.

Calf Frequencies

24 min

Supporting muscles of the calf with Platinum, Gold, Silver, DNA Repair and Cell Regeneration frequencies.

Thanks to Trisha Adams, LMT for her help choosing appropriate muscles and testing feedback.

Energy and Balancing Series

Seven Chakra Balancing Frequencies

15 min

Frequencies for balancing the seven major Chakras and their subharmonics.

Also works as a short warm-up for deep tissue massage.

Color as Sound Frequencies

27 min (9 tracks)

Sub-harmonics of the color wheel's spectrum.

Solfeggio Frequencies

30 min (6 tracks)

Solfeggio frequencies and their subharmonics.

Vibrational Technologies Ascension Frequencies

35 min — 12 Chakra frequencies

Based upon the Ascension Frequencies Tuning Fork Set used in Vibrational Technologies sessions.

Bio Balance Frequencies

32 min

BioTonic with frequencies and subharmonics of Platinum, Gold, Silver, DNA Repair and Cell Regeneration.

Thanks to Cortni Dyer for collaborating on this track.

Inner Soulutions Vibroacoustic Music

Deep Relaxation & Stress Relief

De-Stress – Music for Relaxation

15 min | © Chris Deuel & Inner Soulutions 2020

Warm, relaxing vibroacoustic music created for Sound Tables. Listeners frequently report effortless deep breathing and immediate calm. Ideal for first sessions or stressed clients.

Deep Inner Peace

48 min | © Chris Deuel & Inner Soulutions 2014

Tuned to 432 Hz and mixed to take full advantage of the sound table's energy field. Excellent for stress relief, massage, meditation, and muscle relaxation. One of the most versatile tracks in the library.

Spaces Between

30 min | © Chris Deuel 2025 | NEW

Microtonal soundscapes from earthy to otherworldly, featuring live modified electric guitar and analog Moog bass. Ideal for meditation, sound healing, Reiki, and massage.

Conscious Flight

45 min | © Chris Deuel & Inner Soulutions 2011

Combines music, VAT frequencies and 7 Hz binaural beats to entrain the brain toward a Zen meditative state. Use with or without headphones. Also available with Audiostrobe® for light glasses.

Integration & Balancing

Inner Alignment – Creating Coherence

15 min | © Chris & Stephen Deuel & Inner Soulutions 2014

Energy Center clearing and alignment from Earth Star to Stellar Gateway. Features live Tibetan Bowl. Works well as a focused standalone session or combined with other frequencies.

Messages From The Sound Current

60 min (50 min version also available) | © Chris Deuel 2022

Expansive soundscapes with precisely crafted bass that resonates the body. Builds to a deeply consonant, blissful state. Well suited for longer sessions or deep meditative work.

Celestial Caverns

60 min | © Chris Deuel 2023

A full hour of handcrafted ambient tracks using hardware synthesizers. Beautiful harmonic spaces that flow into one another. Excellent for meditation, Reiki, and massage.

A Temple in the Sky

15:33 min | © Chris Deuel & Inner Soulutions 2020

A short, transportive piece inspired by a vision along the Niagara Gorge. Works well as an opener or closer within a longer session.

Energy & Clarity

Hathor Immaterial

33 min | © Chris Deuel 2025 | NEW

Channeled, multidimensional music blending otherworldly soundscapes with something deeply human. For the adventurous listener seeking something beyond the typical new age aesthetic.

Lunar Circuits

20 min | © Chris Deuel 2025 | NEW

Three sections moving from rhythmic and energizing through graceful and ephemeral to a generative modular sequence. A compact, dynamic track well suited for shorter sessions.

Meditative & Transformational

Violet Flame Meditation

16 min | © Chris Deuel & Inner Soulutions 2015

Sonic representation of the Violet Flame — music, Tibetan Bowls and Tibetan Bells, optimized for vibroacoustic equipment. Featured in Raquel Spencer's Boundless Foundations Class.

Violet Flame II

31 min (5 tracks) | © Chris Deuel & Inner Soulutions 2020

Five piano-based meditations on the functions of the Violet Flame: washing, cleansing, spinning, raising, and sealing.

Seven Rays

30 min (7 tracks) | © Chris Deuel & Inner Soulutions 2020

Seven meditations upon the Seven Rays.

Stars Become Portals – Five Harmonic Drones

30 min (5 tracks) | © Chris Deuel 2020

Five harmonic drones for Sound Tables and Sound Chairs. Ideal for entering a deep coherent state quickly.

"After 4 minutes, I just dropped into a coherent state." — Stephen

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