

LUMINATE
BARN

ORA GUIDE

YOUR GUIDE TO A HIGHER
FREQUENCY LIFE



*A simple guide to bringing sound,
ritual and intention into everyday life.*

YOUR GUIDE

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ENERGY & INTENTION

*Everything is energy and that's all
there is to it. Match the frequency of
the reality you want and you cannot
help but get that reality*

ATTRIBUTED TO ALBERT EINSTEIN

01 • A NOTE FROM BECKY

How ORA became part of my day

Frequency seems to be everywhere at the moment. I have been interested in frequencies for a few years now. They have always been on my radar, although for a long time I never really delved particularly deeply into them. Over the last few years, though, I have found myself becoming more and more fascinated by the whole subject.

That curiosity is eventually what led me to ORA. I discovered this little box completely by chance. I saw someone selling one on Instagram and initially I just loved the way it looked. It was small, simple and really cute, so I ordered one for home. I absolutely fell in love with it. So much so that I ended up ordering another one for Luminate.

FOR ME

Something as simple as changing the sound in the room can change how the space feels.

At home I often have it playing incredibly quietly in the background. At Luminate it has become part of treatments too, sitting quietly underneath massage, intuitive work and those moments when the room begins to soften.

WHY I WANTED TO SHARE IT

More than something you switch on

After using ORA myself, I knew I wanted my clients to be able to get their hands on one too. But I felt it needed more than the little instruction booklet that came in the box.

You can use it intentionally alongside meditation or journaling, during your morning routine, while winding down in the evening, while travelling, during treatments, or simply to create a calmer atmosphere at home.

You can pair a frequency with gratitude, visualisation or an intention you are working with. There does not have to be a complicated ritual attached to it. The point is to find simple ways of making it useful in real life.



The science & the mystery



At its simplest, frequency is a measurement of repetition. With sound, frequency describes how many times a sound wave vibrates each second. It is measured in Hertz, or Hz. A 174 Hz tone completes 174 cycles each second, while a 528 Hz tone completes 528.

That part is physics. The more holistic conversation begins with the meaning and intention that different traditions and modern sound practices have attached to particular frequencies.

Humans have used sound in ritual, relaxation and spiritual practice for centuries through chanting, singing, bells, drums and other instruments. Today, sound is woven into meditation, breathwork, yoga, massage and many other wellbeing practices.

*“The most beautiful experience we can
have is the mysterious.”*

ALBERT EINSTEIN

A GENTLE DISTINCTION

What this guide means by frequency

The associations in this guide come from sound healing and spiritual wellness traditions. They are best approached as intentions, not medical prescriptions.

You do not have to believe that a particular number possesses a magical power for sound to become meaningful. Think about how quickly music can change the atmosphere. One song can energise you, another can take you straight back to a memory, and another can help you settle after a busy day.

For me, this is where ORA gets interesting. Instead of randomly choosing a frequency, you can begin pairing sound with an intention. Over time, switching on a particular sound can become the little cue that tells you it is time to slow down, focus, let go or simply give yourself a few minutes of space.



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THE NATURAL WORLD

*Everything in nature hums at
its own frequency, and so do you*

03 • YOUR 10 FREQUENCIES

Choose the feeling.
Then choose the sound.



There are no complicated rules. Use the traditional associations as a starting point, then notice which frequencies you naturally come back to.

174 Hz

GROUND & SETTLE

GROUNDING • COMFORT • SLOWING DOWN



Traditionally associated with grounding, security and physical comfort. A gentle choice when everything feels a bit too much, you feel overstimulated or you simply want to slow everything down.

HOW I USE IT

I love this one when the house feels frantic, or alongside a very low PEMF setting when I want the whole treatment to feel deeply settling.

285 Hz

RESTORE & RESET

RESTORATION • RENEWAL • RECOVERY



Used in frequency wellness practices with an intention of restoration, renewal and returning to balance. A lovely choice after exercise, a busy day or whenever your body feels as though it needs a little TLC.

HOW I USE IT

Think rest, recovery and giving yourself permission to stop.

396 Hz

RELEASE & LET GO

RELEASE • CLEARING • MOVING ON



Traditionally associated with releasing fear, guilt and emotional heaviness. Choose this when your intention is to let something go, clear your head or stop carrying a thought around with you.

HOW I USE IT

I often use 396 in the shower. I imagine anything I do not want to carry into the day washing away with the water.

417 Hz

CHANGE & NEW BEGINNINGS

CHANGE • TRANSITION • FRESH STARTS



Associated with change, transition and clearing old patterns.
A useful choice when you feel stuck, are starting something
new or know that something needs to shift.

HOW I USE IT

Lovely with journaling when you are ready to close one
chapter and make room for another.

432 Hz

BALANCE & HARMONY

CALM • BALANCE • UNWINDING



Widely used in meditation and relaxation music. Many people enjoy 432 Hz as a calm everyday listening choice for unwinding, meditation or bedtime.

HOW I USE IT

This is probably the frequency I use most at Luminate and at home. It is my easy choice when I simply want the room to feel calmer.

528 Hz

LOVE & TRANSFORMATION

LOVE • POSITIVITY • TRANSFORMATION



Often called the love or transformation frequency in modern sound healing traditions. It is associated with positivity, love and transformation.

HOW I USE IT

I use this when I want to lift the feeling in the house, alongside gratitude or visualisation, and sometimes during anxious moments with the children.

639 Hz

CONNECTION & HARMONY

CONNECTION • COMPASSION • RELATIONSHIPS



Associated with connection, compassion, relationships and communication. Choose this when your intention is to reconnect with yourself or bring a softer energy to relationships.

HOW I USE IT

A lovely one around family time, meals or moments when you want everyone to feel a little more connected.

741 Hz

CLARITY & FOCUS

CLARITY • EXPRESSION • FOCUS



Traditionally associated with clarity, expression and problem solving. A useful daytime choice when your brain feels busy and you want to focus, journal or work creatively.

HOW I USE IT

This is one I like at my desk when I need to concentrate and there are about 47 tabs open in my brain.

852 Hz

INTUITION & INNER CONNECTION

INTUITION • AWARENESS • INNER SPACE



Associated with intuition, inner awareness and deeper meditation. Lovely alongside Reiki, journaling, meditation or any practice where you want to turn your attention inward.

HOW I USE IT

Use it when you want less outside noise and a little more space to listen to yourself.

963 Hz

MANIFESTATION & HIGHER CONNECTION

REFLECTION • VISUALISATION • SPIRITUAL CONNECTION



Traditionally associated with the crown chakra, expanded awareness and spiritual connection. I like this one for meditation, visualisation, affirmations and manifestation work.

HOW I USE IT

This is the one I would pair with a vision board or a quiet few minutes imagining the life you are creating, then letting the intention go and getting on with your day.

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A GENTLE REMINDER

*Your body is always listening,
and frequency is simply the
language it understands best*

04 • QUICK REFERENCE

What do I need today?

Start with how you feel. Then choose the frequency that matches the intention you want to bring into the moment.

Everything feels a bit too much	174	Ground & settle
My body needs some TLC	285	Restore & reset
I need to get this out of my head	396	Release & let go
I am ready to shift something	417	New beginnings
I just want to feel calm	432	Balance & harmony
I want to shift the energy	528	Love & transformation
I want us to feel more connected	639	Connection
I have 47 tabs open in my brain	741	Clarity & focus
I need to listen to myself	852	Intuition
I want to visualise what comes next	963	Higher connection

05 • RITUALS

Your morning ORA



Your ORA should fit around real life. It is not another wellness task to get right, and it definitely is not something to feel guilty about when you forget to switch it on.

Some mornings you might sit quietly, journal and choose a frequency with a clear intention. Other mornings you might press a button while making breakfast and getting everyone out of the door. Both count.

Keep it simple. Decide how you want to feel. Choose the frequency that best matches that intention. Let it play quietly while you shower, get dressed, make breakfast, journal or step outside for your morning light.

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EVERYDAY RITUALS

*Wellness is not about doing more.
It is about tuning back in to
what was always there*

A NOTE FROM ME

My Luminate morning

Some mornings I absolutely nail my routine and some mornings the ORA does not go on at all. That is real life.

On a good morning I love 396 Hz in the shower. I use the water almost like a reset and visualise anything I do not want to carry into the day washing away. If I want the house to feel lighter and more uplifting, I might put on 528 Hz while everyone is getting ready.

I will often combine that with the other things I already do rather than adding another job. I might lie on my PEMF mat with the heat on, use red light, journal for a few minutes or get outside into the morning light.

THE IMPORTANT BIT

My wellbeing routine is there to support me, not become another list of things I have failed to do.

WIND DOWN

An easy evening ritual



Evenings are where I tend to choose a frequency based on how the house feels. Sometimes that means 174 Hz when everyone is overstimulated, 432 Hz when we simply need calm, or 528 Hz if I want to soften the mood.

You could play ORA quietly while you have a bath with Epsom salts, read, stretch, journal or get ready for bed. Lower the lights and let the sound become a little cue that the busy part of the day is finished.

There is no perfect routine. Five quiet minutes can be just as meaningful as an hour long ritual.

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SMALL MOMENTS

*Small signals, repeated with care,
are how the body finds its way home*

Frequency + intention



For me, this is where ORA becomes more than background sound. Before you switch it on, decide how you want to feel or what you want to bring your attention towards.

I want to feel calmer today.
I am ready to let this go.
I want clarity around what comes next.
I want to feel more connected.

If you are using ORA with manifestation or visualisation, close your eyes for a moment and imagine the feeling of the reality you are working towards. Not just what it looks like, but how you would feel living it. Then let it go.

*“The energy of a single thought may
determine the motion of a universe.”*

NIKOLA TESLA • 1893 LECTURE

A LITTLE SPACE FOR IMAGINATION

*“Imagination is more important
than knowledge. Knowledge is
limited. Imagination encircles
the world.”*

ALBERT EINSTEIN · 1929



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A MOMENT TO REFLECT

*Your energy is a signal worth
listening to*

KEEP IT YOURS

How to use ORA

01

CHOOSE

Use the quick reference page or simply choose the frequency you feel drawn to.

02

SET THE VOLUME

It does not need to dominate the room. I often have mine playing very quietly.

03

PAIR IT WITH REAL LIFE

Showering, journaling, treatments, getting ready, working, travelling or winding down.

04

ADD AN INTENTION

One sentence is enough. You do not need a complicated ritual.

05

NOTICE

You may naturally keep returning to the same few frequencies. There is no wrong choice.

The point is not to use every frequency or follow a perfect routine. The point is to make ORA yours.

A FINAL NOTE FROM ME

Make it part of your life,
not another thing to get right.

I hope this guide gives you ideas rather than rules. Play with the frequencies. Use them quietly in the background, bring them into a ritual, take ORA away with you, or simply switch it on when the house needs a different feeling.

Some days you might choose a frequency with a very clear intention. Other days you might just press the one you like the sound of. Both are absolutely fine.

Becky x

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A GENTLE NOTE

ORA is a wellbeing and relaxation sound device. The frequency associations in this guide draw on sound healing and spiritual wellness traditions, rather than established medical effects. ORA is not intended to diagnose, treat or cure medical conditions or replace professional healthcare.



Find your frequency

luminate-wellness.co.uk

[@luminate_wellness_barn](https://www.instagram.com/luminate_wellness_barn)