BUYER'S GUIDE BY JAMES, PHARMACIST | 2026 EDITION

Shifting Vibrations Audio Reviews 2026

432 Hz tracks: what is verified?

What the audio tracks and bonuses claim,
what the evidence says, and who it may suit.

Check the Official Offer and Refund Terms >

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Written by James, a pharmacist by profession. Not a licensed financial adviser. The button above is an affiliate link.

BEFORE YOU READ

Disclosure and how this guide was prepared

Affiliate disclosure. This guide contains an affiliate link to the product's official sales page. If you buy through it, the author, James, may earn a commission from the seller at no extra cost to you. That is a financial interest, and you should weigh the guide with that in mind. The commission does not change the price you pay.

This guide is written for people searching for **Shifting Vibrations audio reviews** who want a clear, balanced answer before spending money. It is built from the public sales-page panel, public coverage of the product, and the general state of research on tone-based audio and money-mindset habits. It is not based on personal use of the program, James has not verified any buyer's financial results, and nothing here is a testimonial or a claim of personal income. See page 3 for exactly how the guide was prepared.

It will not invent personal results, quote made-up customers or promise income. Offer details are as shown on the sales page in October 2026, so confirm current terms before you pay.

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ABOUT THIS GUIDE

About the author and how this guide was prepared

About the author

James is a pharmacist by profession and writes this guide as an affiliate of the product. His professional background is in pharmacy, where claims are expected to be backed by evidence, and this guide applies that same expectation to the product's marketing. This is a consumer review, not a clinical or financial assessment. James is **not** a licensed financial adviser or mental-health clinician.

How this guide was prepared

- The product details come from the public sales-page panel, with public web reviews read for context. Points where sources disagree are labelled unverified.
- **This edition does not include hands-on results.** It makes no claim that James has listened to the tracks or earned anything from them. If a hands-on test is added later, it will be labelled and dated.

What was checked, and what was not

Fact	Where it comes from	Status in this guide
Six 432 Hz tracks, four bonus tracks, PDF, video	Sales page contents table	As listed; the audio itself was not reviewed
"$7.80 per track" and a total near $47	Panel plus reviews	Reviews report $47 one-time; confirm the live price
"Manifest or It's Free", 60 days	Sales page and reviews	Seller's claim; terms not shown on the panel
Who created the program	Panel names "Kal"; a review says "Kai"	Not verified; no credentials claimed on the panel

Editorial standards

- No invented testimonials, income promises or fabricated results. The affiliate relationship is disclosed on the cover, page 2 and every footer.
- Facts that could not be checked are labelled as unverified. Corrections are logged below.

Date	Update log
30 Oct 2026	First publication. Offer details taken from the sales page as displayed on this date.

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SECTION 1

Quick verdict at a glance

Short answer: Shifting Vibrations appears to be a real, low-priced collection of digital audio tracks marketed for "manifesting abundance". It is best understood as a set of relaxation and mindset recordings. It is not a proven method of creating money, and the claims about 432 Hz and manifestation are not supported by independent evidence.

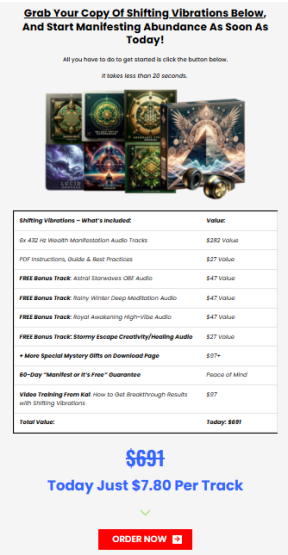
Item	What the sales material shows
Product type	Digital audio collection with a PDF guide and a video, sold through ClickBank
Core tracks	Six "432 Hz Wealth Manifestation" audio tracks
Bonuses listed	Four "free" bonus tracks (astral, deep meditation, royal awakening, stormy escape), "mystery gifts" and a video training from "Kal"
Stated value	"$691", crossed out, against "$7.80 per track" (reviews report about $47 in total)
Guarantee shown	"60-day Manifest or It's Free"
Creator	"Kal" is named in the video training; no credentials are shown on the panel
Evidence for money results	No credible independent evidence that the audio produces income

Bottom line: If you enjoy ambient, meditative audio and want a low-cost, refundable way to build a daily relaxation habit, it may be worth a trial. If you want a proven way to earn or invest, or you are buying because of the "432 Hz" or "manifest" claims, those are the wrong reasons to buy.

Why the "$691 value" deserves caution

The panel adds up the seller's own values for each item, then crosses out the total next to a low per-track price. The values are not market prices and there is no evidence the bundle ever sold for $691. Judge the product by what you receive and whether the price you actually pay is reasonable, not by the size of the discount.

The sales-page panel at right is shown as it appeared.



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SECTION 2

What Shifting Vibrations is

Shifting Vibrations is marketed as a set of audio tracks tuned to 432 Hz and meant to help you "manifest abundance". The panel shows album-style covers and a boxed set with headphones. That is packaging artwork: the product is delivered digitally.

How the format works in practice

- **Delivery:** digital download or streaming after purchase. Nothing is shipped.
- **Content:** six core tracks plus bonus tracks, a PDF with instructions and best practices, and a video.
- **Time cost:** reviews suggest about five minutes a day, with at least two weeks before judging.
- **Equipment:** a phone, tablet or computer and headphones.

Track artwork from the sales page. It is design, not a photo of anything you will be shipped.

Who made it?

The video training on the panel is credited to "Kal", and the track artwork carries an AstralHQ web address. One review spells the name "Kai". No qualifications are shown on the panel, so there is nothing to verify. Buy only if the tracks are worth the price to you without any expert label.

> **Watch for look-alike pages and "free download" offers.** Names like this attract many near-identical review pages, PDFs and redirects, some offering the audio free. Do not enter card or personal details on those, and do not trust prices or bonuses that differ from the panel shown here.

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SECTION 3

What the program claims, and how to read each claim

The sales panel and the wider marketing mix describable facts, subjective benefits and big causal claims. Separating them is the most useful thing a buyer can do.

Claim on the sales material	How to read it
"Start manifesting abundance as soon as today"	A causal money claim with no independent evidence
"432 Hz wealth manifestation" tracks	432 Hz is a tuning choice; no evidence it affects wealth
"Manifest or it's free"	A results-based refund promise; confirm what counts as proof
"$691 value", "$7.80 per track"	The seller's own values and a per-track framing
"Mystery gifts" worth "$97+"	Unspecified items; their value cannot be checked
"It takes less than 20 seconds"	Refers to getting started on the page, not to results

Claims worth being skeptical about

- **"Golden frequency" stories.** Marketing around 432 Hz often adds a history of a hidden change to 440 Hz. Concert pitch was standardised by international agreement in the 20th century, and secret-plot versions of the story are not supported.
- **Pineal-gland and "activation" language.** Reviews report these ideas; no reliable evidence ties tones to such effects.
- **Subliminal messages.** Evidence that hidden spoken messages change behaviour is weak.
- **Urgency and bundle-value banners** can be reset at any time.

Claims that are reasonable

- A short daily listening routine can become a habit anchor, which is a genuine behavioural technique.
- Calm, repetitive audio with headphones can lower felt stress for many people.
- Feeling calmer may make it easier to face money tasks you have been avoiding.

> **A useful rule:** if a benefit would still make sense after you remove the word "manifest" (for example, "calming tracks for a few minutes a day"), judge it on that. If the value depends entirely on the money claim, ask for evidence before paying.

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SECTION 4

What is included and what it costs

Component	As listed on the panel	Reviewer note
6 core 432 Hz tracks	"$282 value"	The core of the product; the audio was not reviewed here
PDF instructions and guide	"$27 value"	A how-to guide; contents not reviewed
Bonus tracks	Astral Starwaves OBE, Rainy Winter deep meditation, Royal Awakening, Stormy Escape; "$47" or "$27 value" each	Relaxation-style tracks; "OBE" means out-of-body experience, which is unproven
Mystery gifts	"$97+ value", on the download page	Unspecified
Video training from Kal	"$97 value"	Contents not reviewed
Price	"Today just $7.80 per track"	Reviews report $47 one-time; confirm the live price
Guarantee	"60-day Manifest or It's Free"	Terms not shown on the panel

Cost in context

At about $47 the financial exposure is small. The real costs are your time and the risk of over-expecting. Decide in advance what a good outcome looks like.

A guarantee based on results needs a closer look

"Manifest or it's free" sounds simple, but "manifest" is subjective. Before paying, find out in writing what you must do to claim a refund, such as listening for a set number of days or sending proof, and whether it can be refused. Keep your own log and screenshots.

> **Before you pay:** take a screenshot of the price and guarantee wording on the day you buy. If the live page differs from what this guide says, trust the live page.

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SECTION 5

What the evidence says

This section separates what research supports from what the marketing implies. It is a general overview, not a systematic review, and it does not test these specific tracks.

Tuned music, binaural beats and relaxation

Slow, calm music and guided relaxation are widely used for stress reduction. A few small studies have compared music tuned to 432 Hz with the usual 440 Hz and found small or inconsistent differences in measures such as heart rate or anxiety. Research on **binaural beats** is also mixed: some small studies show short-term mood benefits, others none. The honest summary is "possible modest relaxation benefit for some people, inconsistent evidence".

Manifestation and money mindset

There is no credible evidence that listening to a tuned track, or "manifesting", causes income by itself. Money beliefs do influence behaviour, such as avoiding bills or not negotiating, so a routine that reduces avoidance can help. The mechanism is behaviour change, not vibrations.

Astral, "OBE" and pineal claims

Out-of-body, astral and pineal-activation ideas are spiritual beliefs. Calm audio may help some people relax or fall asleep, but there is no scientific support that it causes those effects.

Claim	Evidence status
Calm audio can help some people feel more relaxed	Plausible, modest, mixed evidence
432 Hz is better than 440 Hz for the body	Weak and inconsistent
A routine can help build consistency	Supported as a general habit principle
Tracks activate the pineal gland or cause out-of-body states	Not supported
These tracks manifest or improve income	No independent evidence found

Placebo is not a dirty word. If a routine reliably calms you and gets you to act on your finances, that benefit is real even when the explanation on the sales page is not. Just do not pay for a mechanism that is not there.

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SECTION 6

Who it may suit, and who should skip it

It may suit you if you...

- enjoy ambient, meditative or sleep-style audio and like having a variety of tracks to choose from;
- feel anxious or avoidant about money and want a low-effort daily prompt to engage with it;
- want a small, refundable experiment rather than a large commitment;
- understand that it is a mindset aid and plan to take real financial action alongside it.

You should probably skip it if you...

- are looking for a way to earn money quickly or replace a job;
- are buying mainly because of the "432 Hz", "pineal" or "manifest" claims;
- are in serious debt or financial hardship and need professional help, not a mindset audio;
- have epilepsy or another condition and have not asked your doctor about tone-based audio;
- would use the purchase as a substitute for budgeting, saving or investing education.

A note for readers under financial strain

If money is tight, even a small purchase is not trivial. Free options such as a library book on personal finance, a free budgeting template or a nonprofit credit counselling service may give you more reliable value. Spend on this only if it fits your budget comfortably and the refund terms are confirmed.

Your situation	Suggested approach
Curious, stable finances, like audio routines	Reasonable low-risk trial within the refund window
Stressed about money, no plan yet	Build a basic budget first; treat the audio as optional support
In debt or under pressure	Seek free professional guidance before buying anything
Wanting investment returns	This is not an investment product; look elsewhere

Check the current price and refund terms on the official page >

SECTION 7

Pros and cons

Pros	Cons
+ Very low time commitment: about five minutes a day, as reported.	– The "manifest abundance" claim is not supported by evidence.
+ Six core tracks plus bonus tracks give variety for different moods.	– The "$691 value" is the seller's own total, not a market price.
+ Instant digital delivery on phone, tablet or computer.	– "Manifest or it's free" is subjective; the proof required is not shown.
+ A 60-day guarantee is advertised, which lowers the risk if honoured as described.	– Pineal, astral and "golden frequency" ideas are unproven.
+ No physical product and no ingestion.	– The creator is named but no qualifications are shown.
+ Can work as a habit anchor for people who like audio routines.	– Free calming audio can offer a similar effect.

Scorecard (reviewer's judgement, not a lab test)

Criterion	Rating	Why
Ease of use	9 / 10	About five minutes, no setup
Value for price	6 / 10	Low cost and several tracks, but quality not reviewed
Transparency of claims	3 / 10	Seller-set values, unproven frequency and pineal claims
Evidence for money results	1 / 10	None found
Evidence for relaxation benefit	5 / 10	Plausible but mixed
Risk if refund is honoured	Low to moderate	Small price; the proof needed for "manifest or it's free" is unclear

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SECTION 8

A 14-day structured test plan

If you decide to try the program, use a simple structure so you can judge it fairly instead of relying on mood. Reviews suggest at least two weeks of daily listening, so this plan uses 14 days. It is a general habit experiment and is not provided by the product's seller.

Days	What to do	What to record
1 to 2	Pick one core track and listen once daily at the same time, with headphones at a comfortable volume	Stress level 1-10 before and after
3 to 5	Keep the routine; right after, do one small money task (check one account balance)	Did you do the task? Y/N
6 to 8	Add a two-line note: what money decision am I avoiding?	The decision named
9 to 11	Take one small action on that decision (cancel an unused subscription, set a savings amount)	Action taken
12 to 13	Review your notes; compare average stress before vs. after	Trend, if any
14	Decide: keep, adjust or refund. Keep your log, since a results-based guarantee may ask for evidence	One sentence reason

How to interpret your results

- **Stress fell and you acted on money tasks:** the routine is doing something useful for you, whatever the reason.
- **You felt nothing:** that is a valid result. Do not extend the trial in hope. Use the refund.
- **You felt unwell or uncomfortable:** stop and speak to a doctor or pharmacist if it continues.
- **Do not use sleep or meditation tracks while driving or operating machinery.**

> **Track real outcomes, not feelings of luck.** If you look for "signs" of wealth coming, almost any event can be interpreted as one. Measurable items such as money saved, bills reviewed and tasks completed are far more reliable than a sense that things are "lining up".

Check the current price and refund terms on the official page >

SECTION 9

Alternatives and what to pair it with

Whether or not you buy this program, the following options address the same needs (calm, focus, financial follow-through) with different trade-offs.

Option	Typical cost	Strengths	Limits
Free guided meditation or breathing apps and videos	Free to low	Evidence base for stress reduction is stronger than for "manifestation" audio	No money-specific focus
A basic monthly budget or spending tracker	Free	Directly changes financial behaviour	Needs weekly attention
Library books on personal finance	Free	Credible, structured and unhurried	Slower than a short audio
Nonprofit credit counselling or financial coaching	Free to moderate	Personalised help for debt and planning	Appointments required
Shifting Vibrations	About $47 one-time (reported)	Variety of tracks; guarantee advertised	Manifestation and 432 Hz claims unproven

Five habits that move money outcomes more than any audio

- Write down your monthly income and fixed costs, so you know your real margin.
- Automate a small transfer to savings on payday, even a modest amount.
- Build toward an emergency fund before taking investment risks.
- Review recurring subscriptions every quarter and cancel what you do not use.
- Invest in a skill that raises your earning power, which compounds over years.

These are general principles, not personalised advice. For decisions about investing, tax or debt, consult a qualified, licensed professional in your country.

Check the current price and refund terms on the official page >

SECTION 10

Buying safely: refund and red-flag checklist

A refund promise is only as good as the process behind it. Use this checklist before and after you buy.

Before you buy

- Open the official sales page and read the guarantee terms in full. Note how many days you have, what proof is needed and how to request it.
- After the link loads, check the address bar and make sure the checkout is a recognised payment page before entering card details.
- Decide in advance whether you will accept any optional add-ons. You can usually decline them.
- Take a screenshot of the price, bonuses and guarantee wording on the day you buy.
- Never share bank or card details by email or chat; use the checkout page only.

After you buy

- Save the receipt and the support or refund instructions.
- Set a calendar reminder well before the 60 days end, not on the last day, and keep your listening log.
- If you request a refund, use the method stated on the receipt and keep the confirmation.

Red flags that mean stop

Red flag	Why it matters
A page offering the tracks "free" or as a download	Likely a pirated copy or phishing page, not the seller
Asks for more than the offer shown here	Different offer from the one reviewed
Guarantees income or returns	No legitimate seller can guarantee this
A guarantee with no stated process or proof rules	Makes refunds hard to obtain
Pressure to "act in the next 10 minutes"	Genuine value does not disappear in minutes

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SECTION 11

Frequently asked questions

Are Shifting Vibrations audio tracks legit or a scam?

The product appears to be a real digital item that buyers receive after purchase. The claims that 432 Hz tracks manifest money are unproven. "Real product" and "proven wealth method" are different things.

What are the Shifting Vibrations tracks?

The panel lists six core 432 Hz tracks, four bonus tracks (astral, deep meditation, royal awakening and a creativity/healing track), a PDF guide, a video and "mystery gifts". This guide did not review the audio.

Does 432 Hz really work better?

Evidence is weak and inconsistent. Some people simply enjoy the sound. There is no evidence it affects wealth.

Do the reviews show real results?

Reviews vary widely and many are affiliate-written with similar wording, including this one, which discloses its link. Look for reviewers who disclose commissions and avoid income promises.

Will it make me money?

No audio can guarantee that. If it helps you feel calmer and act on your finances, the improvement comes from your actions.

How does "Manifest or It's Free" work?

The panel shows a 60-day results-based guarantee but not the terms. Read them before buying, and confirm what proof is needed.

Is it safe?

It is not a medicine or supplement and involves no ingestion. Stop if you feel unwell. James is a pharmacist, but this is not medical advice: anyone with epilepsy or another health condition should ask their doctor before using tone-based audio. Do not use sleep or meditation tracks while driving.

Is this financial advice?

No. This guide is general information. For investing, tax or debt decisions, speak to a licensed professional.

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SECTION 12

Final verdict and next step

Shifting Vibrations is a low-cost bundle of ambient audio tracks with a heavily spiritual and value-stacked sales pitch. As a relaxation and habit aid it may be useful to some people. As a wealth-creation method it is unsupported by evidence. The honest way to approach it is as an inexpensive experiment you can reverse.

Question	Answer
Is it a real product?	Yes, a digital audio collection with bonuses
Is it proven to create wealth?	No
Is 432 Hz proven to help?	No, evidence is weak and mixed
Could it help some people feel calmer or more consistent?	Possibly
Is the financial risk small?	Yes, at about $47 with an advertised 60-day guarantee
Should it replace budgeting or financial education?	No

My recommendation: Try it only if you like this style of audio, you can comfortably afford it, and you will run the 14-day test with written criteria. If it gives you nothing you can name, ask for the refund and put the energy into a budget and a savings habit instead.

See the official offer and current guarantee terms →

Affiliate link: I may earn a commission if you buy, at no extra cost to you.

Important notices

This guide is for general information only and is not financial, investment, legal or medical advice. It is not affiliated with or endorsed by the product's seller, and the product name belongs to its owner. Results are not guaranteed and vary by person. Offer details, prices and guarantee terms may change; always confirm them on the official page. The author may earn a commission from purchases made through the link in this guide.

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