

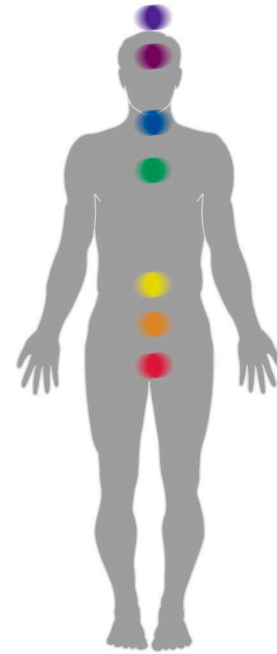
## CHAKRA BALANCE

Chakras (Sanskrit for "Wheel") are spinning energy vortexes originating along the astral spine located in the center of the physical body. They are linked together by energy channels and are responsible for (among other things) the proper functioning of the organs in their vicinity.

Sound therapy works on the principle that everything in the universe is in a constant state of vibration. The speed of this vibration will determine its frequency. Apply this to our bodies and we find that all the cells and even the various organs in our body also vibrate and resonate at different frequencies.

It is believed that each of our chakras also has a certain frequency and that we can use music and sound to stimulate a resonance in a particular chakra which will in turn promote its spin, encouraging the flow of energy and ultimately balance all of the chakras.

Certain vowel sounds are associated with each of the seven different chakras that are aligned along our body. The vocalisation of each of these vowel sounds will stimulate a resonance in the related chakra and encourage a balanced state. The Chakras are also related to specific elements of the physical and astral worlds: Earth, Air, Fire, Water, Ether, Spiritual Awakening, and Enlightenment.



### 1. ROOT CHAKRA - "THE MOTHER BEAT" – EARTH

Begin with an "UH" sound (as in the word "huh") that is the very deepest sound you can make. Focus your attention on the root chakra, located at the base of the spine. If you would like to add color visualization to this exercise, use the color RED. The sound you make can be very soft and gentle. It does not have to be loud. Close your eyes while you are making this sound. Become aware of where the sound is resonating in your body. The sound will always resonate in your throat, but become aware of where else that sound is resonating. Now visualize the sound resonating at the base of your spine and in your reproductive area. Feel the sound vibrating the area and, as it does, become aware that the energy center associated with that area is also resonating, becoming balanced and aligned. Make this "UH" sound for the duration of the recording.

### 2. SACRAL CHAKRA – "HEAVENLY FLOW" - WATER

Now focus your attention on the second chakra, located about three inches below the navel. The vowel sound for this chakra is "OOO" (as in the word "you"). A color that will compliment a visualization for this sound is ORANGE. Begin to tone an "OOO" sound, making it a little less deep and a bit higher in pitch than the last sound. Close your eyes and become aware of where the sound is resonating in your body. Now focus your attention on the second chakra and project the sound there. Experience this energy center balancing and aligning with the other chakras. Make this "OOO" sound for the duration of the recording.

### 3. SOLAR PLEXUS CHAKRA – "IGNITE YOUR FIRE" - FIRE

The sound for the navel chakra, located at the navel area and several inches above, is "OH" (as in the word "go"). YELLOW will compliment your visualization. Begin to tone a very soft and gentle "OH" sound that is beginning to fall in the mid range of your voice. This sound should be higher than the last sound. Become aware of where that sound is resonating in your body. Now focus your attention on the navel and solar plexus area and focus the sound there. As the sound

resonates this area, experience this energy center balancing and aligning with the other chakras. Make this “OH” sound for the duration of the recording.

#### **4. HEART CHAKRA - “GRATEFUL HEART” – AIR**

The vowel sound for the heart chakra, located in the middle of the chest, to the right of your physical heart, is “AH” (as in the word “father”). “AH” is often a sound we make when we are in love and the heart chakra is the center associated with love. If you wish to add a color to compliment this sound, use GREEN. Begin to tone a soft and gentle mid-range “AH” sound, higher in pitch than the last sound. Become aware of where the sound is resonating in your body. Now focus your attention on your heart chakra and project the sound there. As you resonate the heart chakra with sound, experience this energy center balancing and aligning with the other chakras. Make this “AH” sound for the duration of the recording.

#### **5. THROAT CHAKRA - “EXPRESS YOURSELF” – SOUND**

The vowel sound for the throat chakra, located at the throat, is “EYE” (as in the word “I”). A color to compliment this sound is BLUE. Begin to tone a soft and gentle “EYE” sound, which is still higher in pitch than the last sounds. Become aware of where the sound is resonating in your body. Now focus your attention on the throat chakra and project sound there. As the sound resonates the throat chakra, experience this energy center balancing and aligning with the other chakras. Make this “EYE” sound for the duration of the recording.

#### **6. THIRD EYE CHAKRA – “HIGHER VISION” - LIGHT**

The vowel sound for the third eye, located in the forehead between the two eyes and slightly above them, is “AYE” (as in the word “say”). A color that works well with this sound is INDIGO. Begin to tone a soft and gentle “AYE” sound higher in pitch than the last sounds. Close your eyes while making this sound and become aware of where that sound is resonating in your body. Now focus your attention on this chakra and project the sound to that area. As the sound resonates the third eye, experience this energy center aligning and balancing with your other chakras. Make this “AYE” sound for the duration of the recording.

#### **7. CROWN CHAKRA - “UNIVERSAL HARMONY” – THOUGHT**

The vowel sound for the crown chakra, located at the top of the head, is the very highest “EEE” (as in the word “me”) sound that you can create. A color that is used here is PURPLE. Begin to tone the highest “EEE” sound that it is possible for you to make. Make this sound soft and gentle. Close your eyes and become aware of where that sound is resonating in your body. Now focus your attention on your crown center, and begin to project sound there. As the sound resonates the crown chakra, experience this energy center-balancing and aligning with the other chakras. Make this “EEE” sound for the duration of the recording.

At the completion of this exercise, you may feel light-headed. I suggest you sit in a state of meditation and enjoy this experience. Are there any images or thoughts, which are coming to you in this state? Take adequate time when you have completed this exercise for processing the experience you have had with sounding the chakras in this manner. What did you feel like before you began this exercise? What do you feel like now that you have completed it? If you wish to ground the energy that you have moved up from the root chakra to the crown chakra, tone the deepest “UH” sound you can make.