



Crown | 7th Chakra | Located on top of the head

It relates to consciousness as pure awareness. It is our connection to the greater world beyond. Crown chakra/Sahasrara is oriented to Wisdom, Spirituality, Understanding and Connection. The Element is Earth. The Note is B. The Gland is Pineal. The Planet is Uranus. The Frequency is 480 Hz. The Bija Seed Sound is Nnggh or Silence.

Its color is VIOLET.

Affirmations: I AM Connected. I AM Oneness. I AM Aware.



Third Eye | 6th Chakra | Located in the center of the forehead

It relates to the act of seeing, both physically and intuitively. Third Eye/Ajna is oriented to Self Reflection, Power of Consciousness, Perception and Imagination. The Element is Light. The Note is A. The Gland is Pituitary. The Planet is Jupiter. The Frequency is 426.7 Hz. The Bija Seed Sound is Om.

Its color is INDIGO.

Affirmations: I AM Open. I AM Enlightened. I AM Intuitive.



Throat | 5th Chakra | Located over the throat

It relates to communication, creativity and speaking your inner truth. Fifth Chakra/Vishuddha is oriented to Sound, Self-Expression, Harmony and Creative Identity. The Element is Ether. The Note is G. The Gland is Thyroid. The Planet is Mercury and Neptune. The Frequency is 384 Hz. The Bija Seed Sound is Ham.

Its color is BLUE.

Affirmations: I AM Communicative. I AM Expressive. I AM Creative.



Heart | 4th Chakra | Located over the heart

It relates to love, compassion and acceptance. Fourth Chakra/Anahata is oriented to Self-Acceptance, Self-Love, Forgiveness and Social Identity. The Element is Air. The Note is F. The Gland is Thymus. The Planet is Venus. The Frequency is 341.3 Hz. The Bija Seed Sound is Yam.

Its color is GREEN.

Affirmations: I AM Love. I AM Compassionate. I AM Emotionally Balanced.



Solar Plexus | 3rd Chakra | Located in the solar plexus

It relates to our power center, will, autonomy and our metabolism. Third Chakra/Manipura is oriented to Self-Definition, Personal Power, Vitality and Purpose. The Element is Fire. The Note is E. The Gland is Pancreas. The Planet is Mars and the Sun. The Frequency is 320 Hz. The Bija Seed Sound is Ram.

Its color is YELLOW.

Affirmations: I AM Powerful. I AM Energized. I AM Authentic.



Sacral | 2nd Chakra | Located just below belly button

It relates to our desire, pleasure, creativity and sexuality. Second Chakra/Svadhithana is oriented to Emotional Identity, Self-Gratification, Sensation and Connection to Others. The Element is Water. The Note is D. The Gland is Generative Organs. The Planet is Moon. The Frequency is 288 Hz. The Bija Seed Sound is Vam.

Its color is ORANGE.

Affirmations: I AM Creative. I AM Intimate. I AM Passionate.



Root | 1st Chakra | Located at the base of the spine

It relates to our survival instincts, our sense of grounding and connection to our physical bodies. First Chakra/Muladhara is oriented to Physical Identity, Self Preservation, Community and Stability. The Element is Earth. The Note is C. The Gland is Adrenals. The Planet is Saturn and Earth. The Frequency is 256 Hz. The Bija Seed Sound is Lam.

Its color is RED.

Affirmations: I AM Grounded. I AM Secure. I AM Connected.

Sound Healing

Everything in the Universe has a natural frequency vibration. Energy, light, atoms; even the planets are vibrating at specific frequencies and radiate sound waves. Each and every cell and system in our body has a cycle, rhythm, pattern and pulse. These systems resonate in harmony with the cycles of the Earth. Every system of the human body, when challenged, responds positively to the effects of sound healing and vibrational medicine.

While listening to sound healing, the brain relaxes into the theta state of brain wave. In this state, stress is reduced and energetic patterns begin to release. Sacred sound healing can alleviate pain, decrease inflammation, improve sleep and create an overall sense of well-being. The rich resonance and vibration of sound healing awakens dormant cellular activity, supporting the body's natural frequencies, and bringing the nervous system into more alignment.

The human body is made up of 70% water. Since sound travels five times faster in water than air, our bodies are the perfect resonators to absorb sound. When our connection to the rhythms and cycles of nature are out of balance, this disharmony can manifest imbalance or even disease. As with a musical instrument, our chakras and cells can either be in tune or out of tune. They are naturally tuned to maintain well-being and health. But physical, mental and environmental factors can interfere and cause these vibrations to slip out of tune. Sound healing can return the body to a healing balance as it activates cellular regeneration through the calming of the parasympathetic nervous system.

Crystal singing bowls are highly effective in balancing your body's chakras and nervous system because of their crystalline structure. Each singing bowl and chakra are associated with a specific musical note: Root C, Sacral D, Solar Plexus E, Heart F, Throat G, Third Eye A, Crown B. When played, they help tune chakra centers to resonate to their proper, natural state, allowing for the free flow of energy throughout the whole body.

There are many ancient techniques for supporting balanced chakra activity, including bodywork, yoga, meditation, breath work, toning and chanting. Chanting the ancient Vedic Bija seed sounds may be of deep benefit as a daily practice. With deep slow breaths begin repeating the sounds nine times each or four short and 1 long. Notice how each sound resonates within its center. (1st Chakra: LAM, 2nd Chakra: VAM, 3rd Chakra: RAM, 4th Chakra YAM, 5th Chakra, HAM, 6th Charka: OM, 7th Chakra: NNGGH or SILENCE)

With many cultures through time, music and sound have been at the heart of healing. Your experience can provide access and communication to deeper inner balance, sonically resetting negative cellular patterns, repressed emotions, intergenerational patterns and spiritual disconnections. Sound has the potential to release old wounds, ignite our spirit and re-unite us with our inner Divine truth. Through sound we can fully align with our own personal natural frequency vibration and re-unite with the harmonies and rhythms of the Universe.

Namaste & Peace
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