

# Sound Essence

## { Chakra Chart }



CHAKRA	Root	Sacral	SolarPlexus	Heart	Throat	Brow	Crown
<b>Sound</b>	C note	C# note / D note	E♭ note / E note	F note / F# note	G note / G#note	A note / B♭note	B note
<b>Scale</b>	Do	Re	Me	Fa	So	La	Ti
<b>Colour</b>	Red	Orange	Yellow	Green	Blue	Indigo	Violet
<b>Sense</b>	Smell	Taste	Sight	Touch	Sound	Color/Light	Thought
<b>Aroma</b>	Ylang /Y lang Vetiver	Tangerine Petitgrain Geranium Cedarwood	Rosemary Lemongrass Bergamot Grapefruit	Eucalyptus Peppermint Rosewood	Geranium Sweet Birch Pepper Lemon	Lavender Magnolia Ylang Ylang	Frankincense Gardenia
<b>Gemstone</b>	Red Jasper Rose Quartz	Carnelian Goldstone Rose Quartz	Citrine Tiger's Eye Amber Rose Quartz	Aventurine Turquoise Rose Quartz	Blue Lace Agate Sodalite Kyanite Rose Quartz	Lapis Lazuli Moonstone Silver Rose Quartz	Amethyst Rose Quartz
<b>Location</b>	Base of Spine	S1-L5 / Lower Abdomen	L1-T5/ Solar Plexus	Chest /C7-T1	Throat / C1-Skull	Forehead/top of Skull	Cerebral Cortex
<b>Associated Glands</b>	Adrenals	Gonads Ovaries	Pancreas Liver Adrenals	Thymus	Thyroid	Pituitary	Pineal
<b>Associated Meridians</b>	Circulation/ Sex	Bladder Kidney Large Intestine	Stomach Spleen Small Intestine Gall Bladder Liver	Heart	Lung	Triple Warmer	Central Governing
<b>Element</b>	Earth	Water	Fire	Air	Sound	Color	Light
<b>AuraBand</b>	Etheric	Emotional	Mental	Astral	Etheric	Celestial	Ketheric
<b>Emotional Component</b>	Fear	Guilt	Shame	Grief	Lies	Illusion	Attachment
<b>Physical Component</b>	Spinal Column Legs Feet Bones Teeth Large Intestine	Pelvic Area Sex Organs Fluid Function Kidney Bladder	Digestive System Spleen, Liver Gall Bladder Autonomic Nervous System Stomach Muscles, Lwr Back	Heart Blood Circulation Lower Lungs Ribcage Skin Upper Back	Jaws Neck Throat Airways Upper Lungs Nape of Neck Arms	Face Ears Eyes Nose Sinus Nervous System	Brain Nervous System
<b>Attributes</b>	Vitality Courage Self-confidence	Happiness Confidence Resourcefulness	Wisdom Clarity Self-esteem	Balance Love Self-Control	Knowledge Health Communication	Intuition Mysticism Understanding	Beauty Creativity Inspiration



## { Chakra Balancers }



**Root Chakra - note C** - base of the spine...Characteristics of a balanced root chakra are strong and determined feelings that life is good. There is a belief that dreams will easily manifest and there is worthiness of abundance and security; there is prosperity in all areas of life. There is a connectiveness to the physical which builds the foundation for all higher charkas as the root chakra is the source of life-force.



**Sacral Chakra - note C#** - transitional point between the sacrum and lumbar spine...C# supports the sacral chakra. This vibration bridges the characteristics and attributes of the first chakra, note "C" which is related to foundation and family and the second chakra, note "D" which relates to movement and a relationship with one another. This bridge moves us out of the family tribe and into a dance with a partner in life.



**Sacral Chakra - note D** - in hip region...The characteristics of a strong sacral chakra are the connectedness to self, other humans, animals, nature and the spiritual world. A balanced sacral chakra connects us to our pure creative energies that truly nourish our being; it houses our creative juices. There is a sense of "awe" with every sight, sound and experience as if life were new and original. The essence of the sacral chakra is to allow the soul to embrace the body.



**Solar Plexus Chakra - Note Eb** – transitional point between the lumbar and the thoracic spine...Eb supports the solar plexus chakra. This vibration bridges the characteristics and attributes of the second chakra note "D" which is related to relationship and partnership and the third chakra note "E" which is related to individual and self. This semitone bridges our connection with others into how we feel about our self-esteem, our self worth and ourselves. In order to have a strong relationship with others, we have to have a strong relationship with ourselves first. It is important to grasp the concept that we fit into this world as perfectly as a blade of grass.



**Solar Plexus Chakra - note E** - located in gut...Characteristics of a strong solar plexus chakra are a healthy sense of personal identity and a strong sense of personal power. The third chakra is all about "me". It is about our self-esteem, our ego, personal power, will, and responsibility and gut intuition. We need to know who we are, own our personal power and take responsibility for our own lives. Third chakra energy is logical instead of artistic, sophisticated instead of innocent, suspicious instead of trusting and responsibility bound instead of free flowing. The second chakra follows the right brain identity whereas the third chakra thinks like the left-brain.



**Heart Chakra - Note F** - located in the chest...The characteristics of a balanced heart chakra is acting out of love and compassion and recognizing that the most powerful energy we have is love. The heart chakra is all about unity, peace, and unconditional love; hope, forgiveness, compassion and generosity. As the heart chakra opens so does the ability to connect with the higher self. It radiates love and forgiveness.



## { Chakra Balancers }

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**Heart Chakra - Note F#** - transitional point between the thoracic and the cervical spine...F# supports the heart chakra. This vibration bridges the characteristics and attributes of the fourth chakra "note F", which is related to compassion and unconditional love and the fifth chakra "note G" which is related to the freedom of expression. This semitone takes information from the heart and moves it into the throat for expression. This vibration supports us in finding our calling in life and establishing our self in the world. This vibration helps us go after what we want and to have a positive attitude about our accomplishments.



**Throat Chakra - Note G** - located at the throat...The characteristics of a balanced throat chakra are the ability to communicate openly with personal expression. The throat chakra is the expression of the spoken word for all of the chakras. Through the fifth chakra we express everything that is alive within us such as our laughing, crying, our feelings of love and happiness, anxiety and aggressiveness, our intention and desires as well as our ideas, knowledge and perception of the inner worlds.



**Throat Chakra - Note G#** - transitional point between the cervical spine and the skull...G# supports the throat chakra. This vibration bridges the characteristics and attributes of the throat chakra "note G" which relates to the freedom of expression and the brow chakra "note A" which relates to inner direction. This vibration gives us the ability to express ourselves in accordance with our life's journey. It supports us in our personal growth by helping us awaken to our spiritual consciousness.



**Brow Chakra - Note A** - location is at the forehead...The characteristic of a balanced brow chakra is the use of mental power, connecting with the process of manifestation. The brow chakra enables us to connect with the energy of the world beyond our five senses and teaches us to go beyond the superficial appearances and find our deeper truths and then cultivate our resources of creativity and wisdom. Through the sixth chakra we are able to open ourselves to universal creative energy, which allows us to direct ourselves towards fulfilling our life's purpose.



**Brow Chakra - note B $\flat$**  - transitional point where the top of the head meets the etheric...B $\flat$  supports the brow chakra. This vibration bridges the characteristics and attributes of the brow chakra "note A" which relates to inner direction and "note B" which relates to spiritual connection. The importance of this semitone is to prepare us for the next transition and that is into the spiritual realm, which signifies the completion of the cycle of life. B $\flat$  is the transition between the attachment to the physical identity and to the identification of the self as a divine spark. This transition point cannot be activated until the other vibrational frequencies are aligned. When you use the vibrational essence of B $\flat$  with your chakra's balanced, the affect will be pleasantly noticeable.



**Crown Chakra - Note B** - location- top of the head...Characteristics of a balanced crown chakra, is being connected wholly with the universe, self and God. Life is flowing freely and there is a deep sense of peace. Through the seventh chakra, we get our divine inspiration and our divine creativity. This is the chakra where everything comes together and we get the big picture. This is where all the information from all the charkas merges. When this chakra is balanced, there is a sense of peace, serenity, knowing and a connection with the universe.