

# Sound Essence

## { Chakras }

Chakras are energy centres that are located slightly off of the physical body and have been described as spinning wheels of colour. The chakras connect our auric field which consists of the light bodies with the meridians. They represent the emotional aspect of ourselves. The auric field expresses, receives and assimilates life-force energy and transmits this energy to the chakras, which filter the information and direct it to the meridians, which connect to the organs and glands.

Life-force energy continually flows up and down our body. Every chakra centre processes this life-force energy differently depending on the emotional theme of the filtering process.

The chakras process daily events of our life. For example if the life-force energy flows through us and is processed through a chakra in love and trust, the colour of the chakra will be pure and bright and we feel fabulous and empowered. Now if the life-force energy is filtered through a chakra in fear and doubt, then the colour of that chakra will be dull and muddy and we will feel lousy and hurt.

The light bodies of the auric field directly influence how each chakra processes our life-energy and reacts to each experience. Our light bodies influence the life-force energy flowing through us and this expression is in the functioning of our chakras. Therefore, a change in thought or vibration can instantly shift the expression of the chakra. Each chakra has a specific tone, colour, frequency and function. When the chakras are functioning normally, they will be open, spinning appropriately and the colour will be pure and clear. When chakras become blocked, the life-force energy becomes blocked leading to pain and discomfort and eventually disease.

It is through the symbology of the chakras that we get the clue that these energy centres need to be maintained and revitalized by way of vibration. These revitalizing vibrations come from sound, colour and thought and more such as sacred geometry, crystals and gems, aromatherapy, homeopathy, flower, tree, sea and gem essences, herbs and food. The Sound Essence Chakra Balancers embrace the seven aspects of healing vibrations, which are found in: Sound, Colour, Crystals and Gems, Positive Word Affirmations, Sacred Geometry, Symbols and Aroma. These seven aspects of healing vibrations interact with the physical and energetic body to produce full spectrum vibrational healing for chakra balancing.

Aware or unaware, visible or invisible, these vibrational remedies impact us powerfully. This is because in these seven aspects are found the true essence of our being. The entire magic of balancing the chakras is vibrationally supporting the seven senses related to the seven chakras.

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## { Chakras / Semitones }

The whole notes C, D, E, F, G, A, and B resonate with the seven main chakras. The five semitones C#, E♭, F#, G#, and B♭ are bridges for the seven chakras located on the back of the body supporting the transitional aspects of the spine. For example, the C# is located where the sacral meets the lumbar, the E♭ is located where the lumbar meets the thoracic, F# is located where the thoracic meets the cervical and the G# is located where the cervical meets the skull and the B♭ is located where the physical meets the etheric.

These steps (semitones) between the tones (whole notes) are crucial points of injected energy.

The seven whole notes resonate specifically with the seven main chakras and the five semitones support the five middle chakras. The Sacral Chakra then has notes C# and D supporting it as the Solar Plexus Chakra has E♭ and E supporting it. There is no bridge between E and F as this is already a half note separation. The Heart Chakra is supported by F and F# and the Throat Chakra is supported by G and G# and finally the Brow Chakra is supported by A and B♭.