

“The Essence of Sound”
“Full Spectrum Vibrational Healing for the Meridians, Chakras and Figure Eight Energies”
by Evelyn Mulders

INTRODUCTION

If a picture is worth a thousand words then a symbol must be worth a million words. The symbols of the chakras when we listen with our eyes gives us a profound understanding of their value and how they are important in keeping our bodies balanced and healthy. A symbol is able to expand our mind and let ideas incarnate into newly formed patterns. A symbol can feel and mean the same thing to people of different cultures and through the ages of generational change. Symbols hold their knowledge through the test of time.

The chakras are symbolic representations of the many facets of our being. The chakras are allocated to colours, notes, geometric shapes (yantras), sounds (mantras), elements, animal symbols, sanscript letters and nature purposes. Each chakra is represented with a different number of petals, which are thought to represent the vibrational expression of each chakra. The chakra symbols are succinct in expressing the essential qualities of each chakra.

Each chakra is commonly assigned a specific colour similar to the rainbow colours, red, orange, yellow, green, blue, indigo and violet. The colours represent the relative vibration of the chakras, moving from the slowest vibration at the root chakra to the most rapid vibration at the crown chakra. The colours themselves offer symbolic colour in our life such as red is strong and forceful, orange is less aggressive but nevertheless fiery. Yellow is solar and warming, green is cool and promotes natural growth, blue is the colour of healing, indigo is expansive, violet is associated with spiritual aspiration. The same holds true for the harmonic scale representation of the chakras. Note C relating to the colour red and the root chakra is the longest wavelength vibration and the note B relating to the colour violet and the crown chakra is the shortest wavelength. Sound and colour are very close in vibration and can offer the body similar healing affects. The yantras or geometric shapes inside of the chakra symbol also offer the body healing information.

Each chakra is also assigned to an element. This links the qualities of the chakra to the qualities represented by the elements. The elements are an ancient holographic representation of the universe.

The yantra of the base chakra signifies elemental earth. The crescent moon, the yantra of the sacral chakra signifies elemental water. The triangle of the solar plexus chakra signifies elemental fire. The hexagon of the heart chakra or the Star of David signifies the element of air and bridges the elemental chakras and the spiritual chakras. The throat has a circular yantra related to the element ether, which I would like to believe relates to sound, the brow does not have a yantra but relates to colour and light and the crown chakra is not traditionally described in terms of colour or yantras but relates to thought.

The element earth related to the base chakra does not exactly refer to mother earth. It refers to the qualities of a person, which may be considered earthy such as someone with the attributes of practicality, survival, organization and structure. The Earth is slow to change and it needs to be manipulated. The element Water related to the sacral chakra refers to the qualities

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of a person, which may be considered fluid in nature such as someone with the characteristics of reflection, movement, flow and depth. Water is shapeless yet dynamic. There is a close connection between all water and the influence of the moon. The element Fire relates to the solar plexus chakra and refers to the qualities of a person considered to be fiery in nature with the characteristics of action, change, expansion and passion. Fire is difficult to confine because it is expansive and volatile. Fire has the power to shift energy from one state to another.

The element Air relates to the heart chakra and refers to the qualities of a person considered to be airy such as pervasion, omnipresence, and invisibility. Air cannot be seen we cannot touch air yet it touches us, similar to love we cannot touch love but love touches us. Air is always moving, it is unlimited and shared by everyone. Spirit or Ether is represented by the throat chakra. This chakra refers to the qualities that help to manifest thoughts into action. It represents negative time and space. It represents mystery.

The brow chakra has representation in the light element referring to the inner light of the third eye.

The crown chakra has representation through thought, as it is our connection to our higher source.

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. 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

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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 Chakra Sound Essences 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.

This chapter offers the reader exploration into the many aspects of the chakras and the ability to gather insight on balancing their body. Each Chakra is related to a special sense and this is highlighted throughout the chapter. The entire magic of balancing the chakras is vibrationally supporting the seven senses related to the seven chakras.

Root Chakra	Smell	Aromatherapy
Sacral Chakra	Taste	Food, Herbs, Homeopathy, Flower, Sea, Gem and Sound Essences
Solar Plexus Chakra	Sight	Symbology and Sacred Geometry
Heart Chakra	Feel	Healing Touch and Crystals and Gems
Throat Chakra	Sound	Music and Yantras
Brow Chakra	Light and Colour	Colour Therapy
Crown Chakra	Thought	Prayer, Mantras and Positive Word Affirmations

By using the various therapies that support the senses related to the charkas enables the filters of charkas to be healthy and pure which promotes feeling fabulous and empowered.