

CHAKRA SOUND CHART

Each chakra vibrates at a different frequency, from the lowest/deepest/slowest frequency at the root to the highest/fastest at the crown – with each chakra having its own sound, just like it has its own color.

Sound is vibration. Music and sound, good or bad, influence us and impact our energy systems.

Sound, either as music, musical notes or chanting can be used for chakra balancing – repetition supports bringing the body-mind-soul complex into a meditative state, where healing occurs, and creates a continuous vibrational environment.

Visualization with the associated chakra color while using sound can deepen & amplify the experience.

| | Chakra | Color | Note / Tone | Vowel | Vowel sound | Mantra (Bija) chakra seed syllable variations | | |
|---|--------------|--------|-------------|---------|---------------|---|--------------|------|
| 1 | Root | Red | C | UH / U | “huh” | LAM | Lum | Lang |
| 2 | Sacral | Orange | D | OOO / O | “you” / “ewe” | VAM | Vum | Vang |
| 3 | Solar Plexus | Yellow | E | OH / AH | “go” | RAM | Rum | Rang |
| 4 | Heart | Green | F | AH / A | “father” | YAM | Yum / Sam | Yang |
| 5 | Throat | Blue | G | EYE / I | “I” | HAM | Hum | Hang |
| 6 | Third Eye | Indigo | A | AYE / E | “say” | AUM | Aum / OM | Aum |
| 7 | Crown | Violet | B | EEE / E | “me” | AH | Ahh... / Aum | |

The depth and pitch increase with each chakra note or mantra sound, with the deepest sound and lowest pitch at the root, and the highest at the crown, with the intermediate chakras calibrated between them. Notes start at middle C.

Bija is the Sanskrit word for the sound essence of the chakra (its seed).

Focus your attention on the chakra as you make its sound, either as a note, vowel or mantra sound. Vowel or mantra seed can be repeated or chanted 3 or more times.

Sounds may be soft and gentle - they do not have to be loud. You do not have to be able to carry a tune or sing to sound the chakra notes – you can sound them silently or aloud.

Each chakra sound, for 1 or 2, or up to 5 minutes each, starting at the root, can be chanted as part of a sound meditation chakra balancing exercise. You would focus on the chakra as you sound the associated note, and you can add visualization of the associated color to enhance the meditation.