

Chakra Sound Essences

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HOLISTIC TAPESTRIES

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It's all about little miracles making a difference to someone in their life. As kinesiologists, we are always keen and exploring ideas and methods to achieve a better or deeper balance. Having experienced the effects that sound has on the body, my ponder was: Could sound be infused into matter? Inherently, I felt that this was possible, but how? Time passed and in one of those spiritually connected moments, my answer came and I giggled for days because it was possible, true and real. I suddenly knew that water could take on the imprint of a vibration and the vibration I chose was that of the quartz crystal bowls. If you have ever experienced the vibration of the singing crystal bowls tantalizing your every cell, you might want to capture that healing vibration for a time when you weren't in the presence of the singing bowls. Each of the seven crystal bowls tones a whole harmonic note and inheritantly captures the vibration of color which corresponds to the seven energy centers known as chakras. Hence the Chakra Sound Essences were born and have become one of my most valuable tools in my Kinesiology business. These Chakra Sound Essences truly bring about those little miracles that make a difference to some one's life.

How to use the Chakra Sound Essences

The Chakra Sound Essences are offered three ways:

1. Essence Drops

The purest way is in the homeopathic essence drops that are commonly taken under the tongue. These have the vibration of sound, crystal, and color. These homeopathic essence drops give a very individual balance and can be combined to make a personal remedy. In one incident, I was at the beginning stages of a gall bladder attack, by taking a few drops of

the "E" note solar plexus sound essence the pain subsided immediately.

By experimentation, I have found the drops to be extremely effective when placed on the palms then held in the auric field in the location of the imbalance. I have relieved my cold symptom headache in this manner.

With the drops on the hand, while sweeping a meridian has shown to be extremely effective in switching on an off meridian.

With the drops on the fingers and holding the neuro-vascular points or emotional stress release points is also effective.

Ways to use the drops include:

Three to seven drops placed under the tongue directly

Three to seven drops into a glassful of water or juice or herbal beverage

Three to seven drops into a tub full of water. Immerse yourself and soak.

Three to seven drops into a herbal tincture as the essences may enhance the properties and offer direction to the herbs.

2. Aura Misters

The most sensory way the sound essences are offered is in the atomizer. The atomizers have the vibration of sound, crystal and color with aroma and color therapy added. These are used externally only for misting the aura or auras or for misting a room for many to enjoy. Mist the conference room with note "G" throat sound essence to bring about knowledge and communication. Mist the dining room at Thanksgiving with note "E" solar plexus sound essence to aid digestion .

Ways to use the atomizers are:

Mist the body all around and feel the shift

Mist a room for all to enjoy

Mist your hands and sweep a meridian

3. Soap

The most practical approach is the sound essence soap. These have the vibration of sound, crystal, and color with aroma and color therapy added. Put a bar of note "F" heart sound essence soap in the dish and build your family's immune system by the simple act of washing up

Ways to use the soaps:

Simply wash your hands with the soap and receive a balance within a daily routine.

Sound Essences are Vibrational Therapy

Vibrational Therapy, also known as Energy Medicine is based on the principle that all matter vibrates to a precise frequency and by using resonate vibration, balance of matter can be restored. We as people all vibrate and what makes us unique is that we all vibrate at different frequencies. Health resonates differently than sickness. It is important for us to keep our vibration higher than that of disease. In order to do that, we need to keep our energy centers vibrating and balanced.

Resonance works on the principle that like attracts like. When the "C" string of a harp or piano is struck, all the other octave strings of "C" begin to vibrate. They are in resonance with one another. The different parts of our physical, emotional, mental, and spiritual being resonate to different frequencies of vibration. It is integral to address all three sides of the health triangle for optimum balance. It is, therefore sensible to invite various vibrations to stimulate our senses and know we will only attract the resonance we need to achieve optimum balance.

Vibrational resonance theory gently invites stuck energy to move or vibrate again, and over-energy to practice stillness. The whole body is looking to achieve balance. This balance is in where the body can experience health and vitality.

The languages of vibration resonances are those which arouse the five senses. This includes color, light, crystals and gems, sound, aroma, symbols, and touch. In fact, just as a variety of foods creates balanced nutrition in the physical body, colors, sounds,

and aromas are essential nutrition for the physical, emotional, mental and spiritual aspects of the body.

We all need a variety of sense stimuli on a regular basis to keep us healthy. If we consciously engage our senses on a regular basis, we can help heal some of the physical and emotional traumas and restore balance in our lives. Therapeutically, engaging the senses in a conscious and specific way creates deep and lasting changes towards wholeness and health.

Essences gather momentum in the healing arts

"Essences and essence therapy are part of the newly emerging field of Energetic Medicine in the western world. This field incorporates information about the mind, the emotions, and the spirit as well as the physical body when addressing illness and health. (Sabina Pettitt, *Energy Medicine*)

Essences are structured water based on the principle of homeopathy. Essence therapy started with Dr. Bach in England in the early 1900's. The value of flower, gem, animal, shell, and now sound essences is being readily recognized in the healing arts. Used as an emotional tool the essences change a person's view point and allow them to correct the imbalance thought patterns which in turn alter the physical manifestation of the thought. It is believed that we are what we think and so by changing our perception we can improve our health. Essences also work on the subtle bodies or more commonly known as the auric field. The theory behind this is that our subtle bodies indicate imbalance first and then it manifests into our physical body so with taking essences, the vibration of the essences can alter the vibration of the auric field and prevent the imbalance from manifesting in the physical body.

At one level the role of essences is to introduce a pattern of harmony into a system where there is discord. At another level, essences can provide a frequency which is missing. Taking a remedy which plays a range of frequency for the body on all levels will gently coax it towards health by accepting the resonance needed. Essences work to change something, which is out of balance or in a

state of dis-ease in the multi-dimensional human. There is an innate intelligence in all life, which demonstrates a natural tendency towards orderliness if given all the options.

Sound and Color dance together

"The use of various frequencies of sound with crystals for healing is just the beginning of an entirely new approach to healing. The vibrational patterns of sound hold the key to understanding the patterns of manifestation and organization of matter in the physical universe.--Remember the universe was created by sound." (Richard Gerber, *Vibrational Medicine*.)

The sound essences capture the pure wave form of the singing crystal bowls.

The resonance of the crystal bowls readily harmonizes with the human body which is composed of crystalline structure systems such as teeth and bones. "It is this vibration which has a great effect on the spine (a powerful sound resonator), diffusing along the nerve pathways to the organs, and the effects touch systems, tissues and cells in turn affecting the blood circulation, metabolism, endocrine and chakra balance, cleansing the auric field, and also balancing the hemispheres of the brain, but most importantly, creating alignment with our Higher Self." (Rene Brodie, *The Healing Tones of the Crystal Bowls*.)

Sound penetrates the body on a cellular level and has the capacity to rebalance the energies within by resonance.

It has been known that if the vibration of sound has been captured then also inherently the vibration of color too is captured. In ancient times, many saw color dancing within the bowls as they were sounded. These colors too are very healing and enhance our work with sound. Because the bowls and their musical notes all correlate with the seven energy centers known as Chakras it is easy to assign the color to each of the notes, hence the sound essences were named Chakra Sound Essences Now as the essences correspond to the seven chakras, it is natural to correspond the physical and emotional imbalances or corrections. While with other essences one must research the value of each essence, with

the Chakra Sound Essences you need only to familiarize yourself with the attributes of seven Chakras.

To Choose a Chakra Sound Essence look over the key words, use a pendulum, muscle checking, identify chakra imbalance, or use your intuition. See the table on the next page for guidance.

How the Chakra Sound Essences Enhance your Kinesiology Business

The Chakra Sound Essences are very effective in stimulating business because they are fun and simple to use and their effects can be readily felt. These essences can be used during a therapy session or used as homework for the client.

Using the sound remedies during a session affects the body on a multi-dimensional level. For correction, test for the appropriate essence needed, then place a few drops in the palms of your hands and sweep the corrective meridian. Place the drops on your finger tips and hold the ESR points or neuro-vascular points, temporal tap, or tap the Lebowitz points for sabotage clearing. Using the Chakra Sound Essences automatically dears faster, cutting working time and production to produce more effective results.

Offering the sound essences to your client for homework adds to the on-going healing affects of your session. By using the sound remedies daily, it will further assist your clients to accept responsibility for their own healing. Once this begins, it is only natural that your clients will want to share their experience and knowledge with family and friends. Misting a room with the Chakra Sound Essence aura mister for shared enjoyment is highly effective as family members often share similar health issues.

No matter what your specialty is, the sound remedies are easy and fun to integrate into your practice.

Go Ahead and Sing a New Tune

	Root	Sacral	Solar Plexes	Heart	Throat	Brow	Crown
Sound	C note	D note	E note	F note	G note	A note	B note
Color	Red	Orange	Yellow	Green	Blue	Indigo	Violet
Aroma	YlangYlang Vetiver	Tangerine Pettigraine Geranium	Rosemary Lemongras	Eucalyptus Peppermint	Geranium Sweet Birch	Lavender Magnolia	Frankin- sense Gardenia
Location	Base of spine	Lower abdomen	Solar plexes	Chest	Throat	Forehead	Cerbral cortex
Associated Glands	Adrenals	Gonads Ovaries	Pancreas Liver Adrenals	Thymus	Thyroid	Pituitary	Pineal
Associated Meridians	Circulation/ Sex	Bladder Kidney Large Intestine	Stomach Spleen Sm Intestin Gallbladder Liver	Heart	Lung	Triple Warmer	Central Governing
Emotional Component	Fear	Guilt	Shame	Grief	Lies	Illusion	Attachment
Physical Component	Spinal Column Legs Feet Bones Teeth Large Intestine	Pelvic area Sex organs Fluid function Kidney Bladder	Liver Dig system Stomach Spleen Gallbladder Autonomic Nervsystem Muscles Lower back	Heart Blood Circulation Lower Lungs Ribcage Skin Upper Back	Jaw Neck Throat Voice Airways Upper Lungs Nape of Neck Arms	Face Ears Eyes Nose Sinus Nervous System	
Attributes	Vitality Courage Self- Confidence	Happiness Confidence Resource- fullness	Wisdom Clarity Self-Esteem	Balance Love Self-Control	Knowledge Health Communica tion	Intuition Mysticism Understand ing	Beauty Creativity Inspiration

References

Energy Medicine: *Pacific Flowers and Sea
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Vibrational Medicine: *New Choice for
Healing Ourselves* by Richard Gerber, M.D.
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The Healing Tones of the Crystal Bowls:
Heal Yourself with Sound and Colour by
Rene Brodie 1996

The Chakra Handbook by Shaalila Sharamon
and Bodo I. Baginski 1988

Root Chakra

Harmonic Function
 Good health
 Well grounded
 Vitality
 Stability
 Prosperity
 Safety and security

Deficiency
 Disconnection from
 the body
 Lack of stamina
 Poor focus
 Disorganization
 Financial difficulty
 Fearful, anxious
 Poor boundaries

Excess
 Overeating
 Sluggish and lazy
 Ridgid boundaries
 Greed and hoarding
 Fear of change
 Addiction to security

Physical Imbalance
 Poor circulation
 Vericose veins
 Lower back pain
 Swollen hands&feet
 Lazy feeling
 Dry skin and hair
 Constipation
 Diarrhea
 Headaches

Sacral Chakra

Harmonic Function
 Graceful movement
 Experience pleasure
 Ability to change
 Being creative
 Enthusiasm for life
 nurturing

Deficiency
 Poor social skills
 Denial of pleasure
 Lack of passion
 Excessive boundaries
 Fear of change
 Fridigity
 Fear of sex

Excess
 Adiction to pleasure
 Emotionally sensitive
 Obsessive
 attachment
 Poor boundaries

Physical Imbalance
 Frequent urination
 Lower back pain
 Swollen hands & feet
 Puffed and bloated
 Menstruation
 difficulties
 Depressed
 Mood swings

Solar Plexes Chakra

Harmonic Function
 Responsible & reliable
 Confidence
 Spontaneity
 Meeting challenges
 Peace & balance
 Warm personality

Deficiency
 Weak willed
 Easily manipulated
 Poor dicipline
 Emotionally cold
 Victim mentality
 Blaming others
 unreliable
 Poor self worth

Excess
 Need to be right
 Stubborness
 Arrogant
 Overtly aggressive
 Manipulative
 Temper tantrums
 Competetive
 Ambitious

Physical Imbalance
 Puffed & bloated
 Burping, belching
 Gas
 Indigestion
 Diarhea/constipation
 Sugar or salt
 cravings

Heart Chakra

Harmonic Function
 Warmth & sincerity
 Connection to life
 Compassinate
 Unity
 Peaceful & balanced
 Loving

Deficiency
 Anti-social
 Intolerant
 Critical &
 judgemental
 Lonliless
 Free of rejection
 Lack of empathy

Excess
 Co-dependancy
 Demanding
 Jealousy
 Clinging
 Over-sacrificing

Physical Imbalance
 Chest pain
 Lung congestion
 Pasty complexion
 Upper back tension
 Blood pressure
 imbalance
 Circulation
 imbalance

Throat chakra

Harmonic Function
Expressing feelings
& thought
Living Creatively
Good sense of timing
Good sense of
rhythm
Imaginative speech
Trusting inner
guidance
Passing knowledge

Deficient
Fear of speaking
Difficulty putting
feelings to words
Shy, Quiet,
Withdrawn
Out of touch
With own desires
Not trusting of
intuitive powers

Excess
Too much talking
Talking as a defense
Dominating voice
Inability to listen
Appear strong at all
costs
Language is coarse
and blatant

Physical Imbalance
Cold symptoms
Tickle or phlegm
Coughing
Stress
Hyperactivity
Allergies
Signs of goiter
Stuffy, runny nose
fatigue

Brow Chakra

Harmonic Function
Intuitive
Perceptive
Imaginative
Insight of the world
Integrate
Information on many
levels
Think & live
holistically
Intellectual skills

Deficient
Lack of imagination
Difficulty seeing into
the future
Bogged under stress
Poor vision
Poor memory

Excess
Difficulty
concentrating
Obsessed
Delusions
Hallucinations
nightmares

Physical Imbalances
Sleeping
disturbances
Difficulty
Concentrating
Sinus/nose
congestion
Pain in the eyes
Hard to make
decisions
Slow thinking
Headaches
Depression
Hormonal difficulties

Crown Chakra

Harmonic Function
Intelligent
Thoughtful
Aware
Spiritual connection
Ability to perceive,
analyze and
assimilate
information
Open-minded
Wisdom
mastery

Deficient
Spiritual cynicism
Separated from
abundance and
wholeness
Learning difficulties
Uncertainty
Lack of purpose
Fear of Death

Excess
Over intellectualism
Confusion
Spiritual addiction
Disassociation from
body

Physical Imbalances
Nervous system
imbalances
Poor short term
memory
Poor coordination
Tired
Hallucinations
Ringing in the ears
Dimming vision