



CHAKRA CHIMES

EXERCISES TO HELP YOU EXPLORE YOUR CHAKRA CHIME



Position of notes on the chime, and the quality of the corresponding chakra:

- » » 8 = C Aura - Connection to higher levels
- » » 7 = B Crown - Divine wisdom
- » » 6 = A Third eye - Intuition
- » » 5 = G Throat - Creativity and communication
- » » 4 = F Heart - Love and compassion
- » » 3 = E Solar plexus - Personal power
- » » 2 = D Sacral - Sexuality
- » » 1 = C Root - Grounding

NR	NOTE	POSITION	EXERCISE
1	C-G	1, 5	Play the C-G interval (3:2 ratio), called the perfect fifth. This interval is considered sacred in many cultures and can be an energy booster. Repeat three times allowing the sound waves to travel through your body and consciousness.

2	C-E	1, 3	Play the C-E interval. This interval is thought to engage the emotions and has a calming effect.
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3	TUNING UP THE CHAKRAS: An interval is the distance between two tones, and each interval has a different energetic quality. For the Pythagorean tuning to be experienced most effectively, play the bottom note “C” and then add one of the upper seven notes for harmony. Let the resonance of each interval taper off before you start the next interval.		
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EXAMPLES:

- For the root chakra strike the bottom C.
- For the solar plexus strike C (1st) followed by E (3rd).

For best result, use your own voice and make a deep sound in harmony with the chime, as stated below.

NOTE	POSITION	CHAKRA NAME	QUALITY	VOCAL SOUND
C	1	Root	Grounding - with emphasis on the relations between you and the “tribe”, or society in general	UH
D	2	Sacral	Personal relations - often with emphasis on sexuality	OOO
E	3	Solar Plexus	Personal power	OH
F	4	Heart	Love/Compassion	AH
G	5	Throat	Creativity - often with emphasis on communication	EYE
A	6	Third eye	Intuition	AYE
B	7	Crown	Divine (spiritual) wisdom	EEE
C	8	Aura (LightBody)	Connection to higher spiritual planes	OHM

NOTE	POSITION	EXERCISE
4	C-D	1, 2
	C-E	1, 3
	C-G	1, 5

5	C-B	1, 7	Play the C-B interval, also considered a dissonance.
	C-C	1, 8	After playing C-B for a while, move to C-C (1st and 8th). This is especially helpful when feeling lethargic and wanting more energy.

6	EXPLORING HARMONY: In western music a chord is created when three or more notes are played at the same time. You may wish to explore the chakra correspondences. Try these chords or create your own: • C-E-G = 1, 3, 5 / • C-F-G = 1, 4, 5 / • C-D-G = 1, 2, 5 / • C-F-G-B = 1, 4, 5, 7 / • C-E-G-C = 1, 3, 5, 8 / • C-E-G-B = 1, 3, 5, 7 / • C-E-G-A = 1, 3, 5, 6		
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7	French sound healer Fabien Maman, in his book “The Role of Music in the Twenty-First Century”, suggests that the following scales carry a ‘summer tuning.’ Try sounding and singing these scales or create your own: • C, D, E, G, A, C - Ascending (1, 2, 3, 5, 6, 8) • C, B, G, F, D, C - Descending (8, 7, 5, 4, 2, 1)		
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Maman also suggests that the different notes resonate with the different glands in the body:

- C (1) - Adrenals / • F (4) - Gonads / • B (7) - Pineal / • D (2) - Thymus / • G (5) - Pancreas / • E (3) - Pituitary / • A (6) - Thyroid

Try dampening the first note before playing the second one and so on, to stop the notes from ringing all at once.

8	CHAKRA COMBINATIONS EXERCISES: Try these harmonies below with the related affirmations:					
	Grounded Power: C-E, Root/Solar “I stand in my power.”	Grounded Wisdom: C-B, Root/Crown “I bring the divine wisdom to the earth plane.”	Compassionate Insight: C-F-A-C, Root/Heart/ Third Eye/Aura “Connected to heaven and earth, my intuition and compassion guide me.”	Powerful Expression: C-G-E-C, Root/Throat/ Solar/Aura “Firmly rooted in this plane and connected beyond, I speak my truth.”	Grounded Intuition: C-A-C, Root/Third Eye/ Aura “Connected and grounded, my intuition guides me.”	Inspired Relationships: D-B, Relationships/ Divine Wisdom “I let spirit guide my relationship.”