

Chakras and Musical Notes by Simon Heather

Does a chakra respond to one musical note or to a number of sound frequencies? Do everyone's chakras vibrate at the same sound frequency?

Each chakra may respond to a number of sound frequencies depending on what we are doing – being active / resting / meditating. Like an endocrine gland a chakra may be overactive or under active. Each chakra may have an optimal frequency for good health. This frequency may be different for each person.

There is very little research on this subject because it is very hard to measure chakra function. Most information on the chakras is based on people's subjective responses. Different spiritual teachers will see chakras differently depending on their level of awareness.

Dr. Motoyama

Dr. Motoyama developed the AMI machine that measures which of the chakras is most active/inactive. The AMI machine cannot measure the amount of energy in the chakra but can indicate which chakra is active at any moment by measuring the energy in the meridians. (For information on the AMI machine please go to the link in the reference section).

Dr. Motoyama says – “If the chakra is awakened we can see the very bright colours of the aura and also feel much energy from this awakened chakra. Then we measured subjects with the AMI machine and have been able to determine if particular chakras are awakened, for example those who have the manipura (solar plexus) chakra awakened have highly energised spleen, liver, stomach meridians.”

Mantras

In Vedic Philosophy there are mantras for the chakras, these are known as bija (seed) mantras. The bija mantras for the chakras are related to the five elements. Some Indian teachers sound these mantras on one note while other teachers use the Indian scale. Each chakra has a number of petals and each petal has a sound associated with it. For example the heart chakra has 12 petals and 12 associated sounds. (For more information on the bija mantras please see the articles mentioned in the reference section).

Musical Scales

If we use a musical scale to balance the chakras we are primarily using our intention. There are lots of scales for balancing the chakras used by different teachers and they all work to some extent. The common denominator is intention.

It is highly unlikely that our chakras will be tuned to a particular musical scale. To use a musical scale to balance the chakras we need to find a low note that is comfortable for our voice to start the scale. Intention is the power of focused energy or awareness. To balance our chakras we need to consciously direct our intention to achieve this.

Each chakra will respond to a particular frequency or frequencies. This may be a musical note or may be a sound frequency that lies between the notes of our Western

scale. The chakra may also be responding to the harmonics of a particular sound frequency.

Subtle Bodies

We have three main subtle bodies – Etheric, Astral and Causal. Each of these subtle bodies has a set of chakras (see link to my article on the Astral and Causal Bodies in the references).

As we grow spiritually it is likely that the vibration of our chakras will change. As we grow spiritually the chakras in our Astral Body will become more active. The Astral chakras relate to our psychic senses such as clairaudience and clairvoyance.

Very evolved people like saints and yogis will have active Causal Chakras. This will enable them to view events that have happened in the past. They may also be able to predict the future. Some very advanced yogis can absorb prana directly from the ethers through their chakras so they don't need to eat food.

There are seven main chakras in the Etheric Body plus lots of minor chakras. These minor chakras include the Soma Chakra, the Altar Major Chakra, the Hand and Feet Chakras and the Spleen Chakra. In Vedic Philosophy there are also said to be five chakras below the base chakra that relate to our previous existence as animals.

Gurudas says that there are actually two different chakra systems. There is one chakra system for the Western and one chakra system for the Eastern races. He says that these will merge to create one new system. Easterners have the coccyx associated with the first, the testes/ovaries associated with the second chakra, and the thymus associated with the fourth chakra. Westerners have the testes/ovaries associated with the first chakra and the spleen associated with the second chakra (Gurudas - Flower Essences and Vibrational Healing 1989).

Chakra Health

To keep our chakras in a healthy state we need to become aware of our energy field. This is particularly important when we are in contact with hostile people or people who are very negative. Our chakra system needs to be strong to avoid being affected by other people's emotions. If we have a weakness in our energy field other people will unconsciously sense this and challenge us in many different ways.

A healthy energy system allows us to set strong boundaries with other people. If we have low self-esteem this will affect the function of our solar plexus chakra and lead us to look for approval (see my book 'Reclaiming Your Sacred Spirit').

When we seek approval from another person we are unconsciously giving our energy (power) to that person. Setting boundaries helps us to take back our power. There are two sayings that can help us with this -

“What good is your yes if you can't say no”. “The first step to loving yourself is saying no to others”.

Psychic Protection

If our energy field is weak and we come in to contact with people with negative energies it is likely that we may pick up some of these energies. In Shamanism they say that shock, trauma and prolonged stress causes 'Soul Loss'. Once we have 'Soul Loss' our energy field becomes depleted and unwanted energies can get into our energy body. For more information on psychic protection please see my article mentioned in the reference section.

Grounding

The chakra system needs to have a strong earth connection through the feet. If this connection is lost then we can become ungrounded and be easily affected by the energy of people around us. The flight or fight response can cause us to be ungrounded.

To maintain a good earth connection we must walk on the earth for 20-30 minutes every day. Ideally this should be done in bare feet on the grass or on the earth. Walking on concrete, tarmac or paving stones is not so helpful. If you live in a flat you can use a grounding mat (see links below). Lying on the ground or sitting on the earth is equally beneficial.

Assemblage Point

The Assemblage Point is the main place where our energy field connects with our physical body. The Assemblage Point is directly connected with our life force energy.

If the Assemblage Point is out of alignment it will affect the function of the chakras and the acupuncture meridians. For more information on the Assemblage Point please see the link in the reference section.

Plants

Plants produce oxygen and eliminate volatile organic compounds from the air at the same time. The most effective purifying indoor plants are Aloe Vera, English Ivy, Spider Plant, Weeping Fig, Peace Lily, Chrysanthemum, Bamboo Palm, Dracaena, Rubber Plants, Barberton Daisy, Azaleas and Orchids.

Surround yourself with plants in your living area but not in your bedroom. Most plants can't produce glucose, carbohydrates and oxygen without light. To get through the night, most plants reverse the process of photosynthesis and breathe by burning carbohydrates and oxygen while producing carbon dioxide and water.

If you have plants in your bedroom, as the night progresses, your bedroom will be filled with carbon dioxide, which can cause Hypercapnia, a condition where there is an abnormally high concentration of carbon dioxide in your blood. This condition triggers a reflex that increases your breathing pattern to access more oxygen.

When your bedroom fills with carbon dioxide, you will tend to over-breathe, with short and frequent breaths, to try to access more oxygen. This change of breathing leads to sleep disruption.

Snake Plants (Mother-in-law's tongue) actually give out oxygen at night. Place one in your bedroom and you'll breathe better while you sleep.

<https://greatist.com/connect/houseplants-that-clean-air>

References

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