

# Healing With Sound

– A Complete Guide to Sound Healing Therapy -

## CHAKRA SYSTEM



SAHASRARA

CROWN CHAKRA



AJNA

THIRD EYE



VISHUDDHA

THROAT CHAKRA



ANAHATA

HEART CHAKRA



MANIPURA

SOLAR PLEXUS



SVADHISHTHANA

SACRAL CHAKRA



MULADHARA

ROOT CHAKRA

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Musical Note: C#  
Sacred Sound: LAM  
Color: Red  
Sense: Smell  
Physical Aspects

Gross circulation  
Large/thick muscles  
Hormones  
Heart muscle  
Sore muscles  
Colon  
Constipation  
Anemia  
Bones  
Circulation of digestion  
Tendons and ligaments  
Asthma  
Colds  
Constipation  
Testes/Ovaries

Emotional Aspects Self empowerment  
Listlessness  
Ability to self-direct  
Willpower  
Survival issues  
Repression  
Dependence  
Groundedness

Self-healing steps: Researching  
Astrological: Aries  
Chakra: 1<sup>st</sup> /Base/Root  
Gland: Adrenals  
Element: Earth  
Level of Consciousness: Physical

<u>Musical Note:</u>	D#
<u>Sacred Sound:</u>	Vam
<u>Color:</u>	Orange
<u>Sense:</u>	Taste
<u>Physical:</u>	Digestion Liver Pancreas Gallbladder Spleen Cramps Blood sugar
<u>Emotional:</u>	Self-approval Complainer Sexuality issues Low self esteem Shyness Fear Addictions Intimacy
<u>Self-healing steps:</u>	Risking
<u>Astrological:</u>	Gemini
<u>Chakra:</u>	2 <sup>nd</sup> /Sacral
<u>Glands:</u>	Gonads/Ovaries
<u>Toning Sound:</u>	Ooo
<u>Element:</u>	Water
<u>Level of Consciousness:</u>	Emotional/Astral

Musical Note: E#  
Sacred Sound: Ram  
Color: Yellow  
Physical:  
Oxygenation of digestion  
Respiration  
Colitis  
Ulcers  
Lymph  
Small  
Intestine  
Liver, spleen  
Respiration  
Nerves  
Lymph  
Ulcers  
Stomach

Emotional: Information brokers  
Don't share real emotions lightly  
Mental clarity  
Stubbornness  
Control issues  
Trust issues

Self-Healing Steps: Revealing

Astrological: Cancer

Energy Center: Solar Plexus  
Glands: Pancreas, Liver  
Element: Fire  
Level of Consciousness: Mental/Intellectual

Musical Note: F#  
Sacred Sound: YAM  
Color: Green  
Physical:  
Insomnia  
Thymus  
Immune system  
Allergies  
Kidneys  
Bladder  
Reduces blood pressure  
Insomnia  
Thymus  
Heart  
  
Emotional: Heart  
  
Love  
Lack of responsiveness  
Inflexibility  
Self-Healing Steps: Releasing  
Astrological: Libra  
Energy Center: 4<sup>th</sup> Chakra/Heart  
Gland: Thymus  
Element: Air  
Level of Consciousness: Causal/Lower Creative

Musical Note: G#  
Sacred Sound: HAM  
Color: Light Blue  
Sense: Hearing  
Physical:  
Prioritizing physical issues  
Depression  
Communication  
Creativity blockage  
Dishonesty

Emotional:

Prioritizing  
physical  
issues  
Depression  
Communic  
ation  
Creativity  
blockage  
Dishonesty

Self-Healing Steps: Reforming  
Astrological: Scorpio  
Energy Center: 5<sup>th</sup> Chakra/Throat  
Gland: Thyroid  
Toning Sound: Ay  
Element: Ether  
Level of Consciousness: Causal/Higher Creative

<u>Musical Note:</u>	A
<u>Sacred Sound:</u>	AUM
<u>Color:</u>	Blue
<u>Sense:</u>	Intuition
<u>Physical:</u>	Body's rebuilding Toxins Eyes and ears Deafness Stop bleeding Insanity Pituitary
<u>Emotional:</u>	Prioritizing non-physical issues Creativity blockage Trust issues Lack of motivation All nervous ailments Breathing difficulties
<u>Self-Healing Steps:</u>	Reaping
<u>Astrological:</u>	Capricorn
<u>Energy Center:</u>	6 <sup>th</sup> Chakra/Third Eye
<u>Gland:</u>	Pituitary
<u>Toning Sound:</u>	Ee
<u>Element:</u>	Thought
<u>Level of Consciousness:</u>	Intuitive

Musical Note:	B
<u>Sacred Sound:</u>	AUM / ॐ
<u>Color:</u>	Violet
<u>orPhysical:</u>	<p>Affects the whole body</p> <p>Subtle circulation</p> <p>Body mechanics</p> <p>Nerves/electrical body</p> <p>Blood purification</p> <p>Epilepsy</p> <p>Blood and fluid balance of minerals</p> <p>Neuralgia</p> <p>Cramps and inflammation</p> <p>Glandular imbalances</p> <p>Immune deficiencies</p> <p>Body regulation</p> <p>Utilization of minerals</p> <p>Eyes and ears</p> <p>Deafness</p> <p>Epilepsy</p> <p>Nervous system</p>
<u>Emotional:</u>	<p>Martyr</p> <p>Scattered</p> <p>Nervous disorders</p> <p>Self respect</p>
<u>Self-Healing Steps:</u>	Rejoicing
<u>Astrological:</u>	Pisces
<u>Energy Center:</u>	7 <sup>th</sup> Chakra/Crown
<u>Gland:</u>	Pineal
<u>Element:</u>	Light
<u>Level of Consciousness:</u>	Knowing/Oneness