

Chakra Sounds Guide

Each chakra has a tone that connects the chanter with the energetic vibrations of each chakra.

Chakra One: Uh, heavy like the sound of a didgeridoo,

Chakra Two: OO, as in you.

Chakra Three: O, like the sound you make when slightly surprised, Oh?

Chakra Four: Ah, like a relief.

Chakra Five: I or eye, a higher sound made in the throat.

Chakra Six: AY, like in play.

Chakra Seven: EE, like the sound of a bee buzzing.

