

What are Chakras & Auric Fields...and why are they important?

The word **chakra** is *Sanskrit* for wheel or disk-like spinning vortex or energy center that whirls in a circular motion vibrating at different frequencies. They are the openings for life energy to flow into and out of our aura/energy field. They serve as junction points between the body and consciousness, or between matter and the mind. Their function is to vitalize the physical body and to bring about the development of our consciousness.

There are seven major etheric energy centers (root, sacral, solar plexus, heart, throat, brow and crown) in the body that are aligned along the spinal column. The location of each chakra loosely corresponds to an area of the body's anatomy and is associated with a specific element (earth, water, fire, air etc), colour, sound and shape that indicate something about the vibration or frequency of that center. For example, the frequencies of the seven main chakras are shown as rainbow colours (red=root, green=heart). Chakras that are positioned higher on the spinal column have more complex structure and functions.

The chakras are connected by to each other and the body through channels of subtle energy. The chakras, meridians/acupuncture lines and aura are all intrinsically linked - forming an intricate network that distributes life force energy. It is this complex system of energy transfer and distribution that is often the focus of all energy-based therapies.

The aura is sometimes described as an energy or electromagnetic field, subtle body or subtle bodies that surround/envelope the physical body. The etheric body is closest to the physical body. Next are the astral, mental and causal layers (names may vary). When we are in a state of harmony and

balance the auric field is oval shaped. Maintaining chakra and subtle body balance is important. When the chakras are in perfect harmony and balance, the energy flows smoothly allowing a natural state of well being to exist. New found energy flow (chi) from within supports us to make changes that we wish or need to make. When the chakras are not functioning optimally, the vital organs lack life energy to operate properly. This blockage or state of di-ease may show up as a symptom either within the physical body (discomfort, tension, or ill-health), or a challenge in an area of our life e.g., challenges in relationships, finances, career, creativity, life purpose etc.

Tools such as colour, sound, crystals, gemstones, essential oils and other energy modalities such as reiki, can clear and balance the chakras and auric fields.

Sources

Books:

Anodea, J. (2006). *Wheels of Life: User's Guide to the Chakra System*. Second edition, Woodbury, MN: Llewellyn.

Simpson, L. (1999). *The Book of Chakra Healing*. Toronto, ON: Sterling.

Web:

www.sourcevibrations.com
www.grandsolfeggio.com/

"Everything in life is vibration."

— Albert Einstein

Coherent Energy/Frequency Patterns

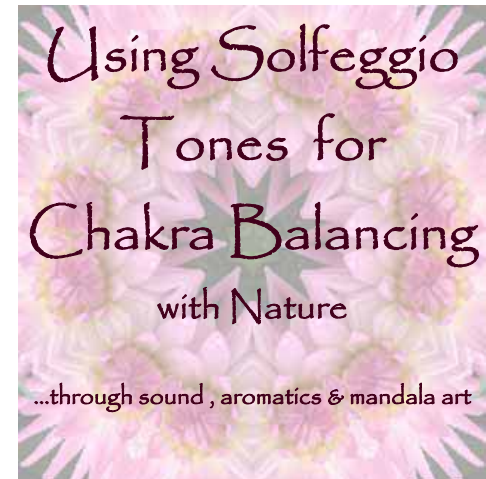
As our energy/electromagnetic field pulses wave patterns are created. Each wave pattern has a frequency (measured in cycles per second or Hz). These wave patterns energize and vitalize our body, mind/emotions, behaviours and energy/auric fields. When we are flowing with life we are flowing with optimal frequency or resonance i.e., we are in tune.

As stated earlier, when our energy fields/frequency wave patterns get disrupted by circumstances in life, we experience stress, unhappiness or dis-ease/non-coherent energy/frequency patterns. Assisting the body-mind-spirit system to clear and realign its frequency/energy patterns will return it to its optimal functioning. How is this done?

First we make an intention to make positive change whole heartedly. The use of positive affirmations supports the process. We then begin the release of conscious and unconscious negative energetic (non-coherent) patterns (shadow energies) that keep us from who we really are...perfect light-filled human beings. A variety of energy modalities e.g., sound healing (singing, toning, music, tuning forks), creative expression (writing, acting, art), reiki, colour, acupuncture, aromatherapy, provide additional support as needed. Ongoing positive actions (thoughts, feelings, words and actions) are necessary to continue the clearing process and the realignment to a new and higher level of energy/frequency patterns.

Ultimately as we receive and hold higher frequencies we hold more light (coherent energy patterns). This requires patience and compassion on our part since it takes time to positively realign patterns what may have taken a very, very long time to develop.

Change Your Resonance, Change Your Life



~ Maintaining Your Wellness ~ A Personal Kit

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Using solfeggio sounds, aromatics & mandala energy to bring harmony & balance in your life.



SOLFEGGIO CHAKRA BALANCING TONES & NATURE AMBIENT SOUNDS

The CD (~ 10 min per tone for ~60 min in total length) can be played on a standard CD player.

HOW: Play the CD as background music. However, for the best/focused effect, listen when you can completely relax e.g., bedtime or relax in a chair with headphones.

CD CONTENTS:

Track 1 ~ Root Chakra; UT - 396 Hz Tone; Earth Element; Night sounds with crickets & loons.

Track 2 ~ Sacral Chakra; RE - 417 Hz Tone; Water Element; Forest stream & bird sounds.

Track 3 ~ Solar Plexus Chakra; MI - 528 Hz Tone; Fire Element; Crackling fire & bird sounds.

Track 4 ~ Heart Chakra; FA - 639 Hz Tone; Air Element; Wind chimes & bird sounds.

Track 5 ~ Throat Chakra; SOL - 741 Hz Tone; Sound Element; Whales, dolphins & gentle ocean waves

Track 6 ~ Brow Chakra; LA - 852 Hz Tone; Light Element; Birds in a meadow.

For optimal frequency effect do not convert to mp3. Use on a regular basis.

NOTE: this information is not to replace medical advice.



SOLFEGGIO CHAKRA BALANCING AROMATICS

The aromatic blend consists of jojoba oil as the carrier for the following essential oils: frankincense, sandalwood, cedarwood, myrrh, patchouli, spikenard, rose, mandarin, ylang ylang, bergamot, rosewood & galbanum. In addition to the frequency of each bioessence, the aromatic blend is infused with quartz crystal, solfeggio tuning fork sounds & mandala energy.

This aromatic blend can be used for anointing, meditation & subtle aromatherapy. It can be used alone or in combination with the solfeggio chakra balancing tones.

HOW:

For ANOINTING in preparation for MEDITATION use a drop and dab the aromatic blend on pulse points, below the nose, brow and the bottoms of your feet.

Place a drop or two in the palms of your hands, rub together & inhale deeply ~ 3 times (or what you feel guided to do).

For SUBTLE AROMATHERAPY, breathe in the aromatic blend (as described above). In addition, using a drop or two, rub your hands together then gently, stroke the area close to your body (but not touching your body) starting at your feet, then moving upward towards the top of your head...then reverse the direction. This is a quick way to clear the auric/energy fields.

**First...Set the Intention (see panel on right)
Then...combine sound, aromatics & mandala art
for chakra balancing/re-alignment.
After...during the day...drink plenty of good
water & notice synchronicities, dream
images...and how you feel! Repeat as needed.**

ABOUT THE SOLFEGGIO TONES

The Solfeggio tones have been lost to the world for some time...but they have now been returned to humanity. These tones are powerful. They will tune the energy body & move energy through the chakra system, to balance & harmonize your body, returning you to your optimal self. During this process clearing occurs. With clearing, toxins are released. This may result in effects such as nausea, headache, dizziness & an increase in emotions. Allow these emotions to come up to be felt & honoured. During the day, drink lots of fresh water.

To minimize the effects of clearing (at the beginning of this journey) it may be best to listen to these tones prior to bedtime. Avoid unnecessary medications if possible. When done this way, you may find that your sleep pattern changes e.g., deep sleep for longer periods of time, as your body realigns. If you listen to these tones on a regular basis, you will notice that eventually the clearing effects are gone. This may take up to 5 to 6 weeks of regular listening. Set your own pace. In the end you may begin to feel quite different...in a good way...whole and complete.

Use the intention & holding love in your heart say the following or say whatever feels right for you:

" I choose to be whole & complete in God's Divine image"

About the six tones on this CD:

1. UT - 396 Hz - Liberating Guilt & Fear
2. RE - 417 Hz - Undoing Situations & Facilitating Change
3. MI - 528 Hz - Transformation & Miracles (DNA Repair)
4. FA - 639 Hz - Connecting/Relationships
5. SOL - 741 Hz - Awakening Intuition
6. LA - 852 Hz - Returning to Spiritual Order



EARTH MANDALA COLOUR CHAKRA CARDS

The eARTH Mandalas are created from photographs. The vibrational energy from the nature art, colour & sacred geometry also assist in balancing the chakras.

ROOT CHAKRA ~ Dahlia

SACRAL CHAKRA ~ Rain drenched Orange Day Lily

SOLAR PLEXUS CHAKRA ~ Fall Maple & Ferns

HEART CHAKRA ~ Spring Wood Violet

THROAT CHAKRA ~ Blue Iris

BROW CHAKRA ~ Delphinium

CROWN CHAKRA ~ Rain drenched Clematis

HOW: The mandala cards can be used on their own or in combination with the aromatic blend & solfeggio chakra balancing tones. Let your intuition be your guide.

When viewing the cards, gaze at the center and let the mandala take you on a journey. Alternatively or in addition, do some colour breathing while gazing at the mandala card.

COLOUR BREATHING ~ while viewing a mandala card, breathe in the colour of that chakra (in through the nose to the count of 10, out through the mouth to the count of 10, three times). Repeat for each chakra progressing from the root to crown chakra.

RANDOM SELECTION ~ intuitively pick a mandala card for guidance about a chakra that may require extra attention. Set an intention while colour breathing for the selected chakra.