

Chakra Toning

There are a lot of resources on the web. This is a good source.

<http://www.the-energy-healing-site.com/chakra-tones.html>

Breathe deep into the belly. The exhalation should be longer than the inhalation. The vowels are sounded during exhalation. Meditate on the sound with focus on the chakra to detect any vibrations.

Once you are comfortable with the sounds, you can visualise the colour of the chakra being sounded.

When you are comfortable with this, you could include the mudras for each chakra. <https://www.youtube.com/watch?v=AqM8gNMMUfA>

Chakra Toning

Chakra	Vowel sound
1	Uh as in up
2	Oo as in you
3	Oh as in go
4	Ah as in ma
5	Eye as in my
6	Aye as in say
7	Eee as in me

A E I O U Ah Uh