

UNDERSTANDING CHAKRA FREQUENCIES

You may have seen chakras paired with musical notes like C, D, or E. That's one common system used in sound healing, especially in the West. However, the frequencies shown on this card come from a different approach known as the **Cosmic Octave**.

WHAT IS THE COSMIC OCTAVE?

This system calculates frequencies based on the natural rhythms and cycles of the universe — like the Earth's rotation, the Moon's orbit, or the length of a year. These cosmic vibrations are then shifted into an audible range (what we can hear) through a process called octave scaling.

Rather than assigning chakras to the musical scale, this method aligns each chakra with a planetary frequency to support deeper resonance with nature and the cosmos.



ABOUT Sonic Energy CHAKRAS



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WHAT ARE CHAKRAS?

Chakras are believed to be subtle energy centres that lie between the physical and energetic bodies. Originating in ancient Indian traditions and used in Yoga, Tantric Hinduism, and Vajrayana Buddhism, these energy points are said to influence different physical, emotional, and spiritual aspects of our being.

There are **seven main chakras**, each connected to a specific part of the body and associated with qualities such as grounding, creativity, intuition, and spiritual awareness.

CHAKRA	THEME	PLANETARY BASIS	FREQUENCY	AFFIRMATION
Crown	Spirituality & universal consciousness	Platonic Year	172.06 Hz	I am present in every moment
Brow (Third Eye)	Intuition & mental power	Venus	221.23 Hz	I open myself to my inner wisdom
Throat	Communication & openness	Mercury	141.27 Hz	I speak my truth
Heart	Love & devotion	Earth	136.10 Hz	I offer compassion to myself and others
Solar Plexus	Willpower & courage	Sun	126.22 Hz	I trust my power and strength
Sacral	Sensuality & creativity	Synodic Moon	210.42 Hz	I enjoy life with all my senses
Root	Primal trust & stability	Synodic Day	194.18 Hz	I feel connected to the Earth