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Sound, Color, and Chakras

I wanted to do some deeper investigation on the relationship between sound, color, and the chakras. One of the most evident relationships is that there are 7 colors in the rainbow, 7 notes in the major scale and 7 chakras. For the most part there is a general agreement on the colors of the chakras. The root chakra is red and as we move up, the colors change according to the color spectrum leaving us with a violet crown chakra. Since the color red has the lowest frequency of the colors in the visible spectrum, it makes sense that red corresponds to the root chakra.

According to various sources, if we take the frequency of an audible sound and raise it by 40 octaves, it will correspond to the frequency of a color. A conversion of Hertz to Angstroms is necessary since the number in Hertz will be astronomical (in the trillions) and thus not easy to work with. This can be done by taking the sound up 40 octaves and converting that figure into wavelengths (in meters). Since Angstroms are measured in nanometers all we have to do is move the decimal point to the right 3 times and we have our sound converted to Angstroms. (Fiorenza, 1987).

Now that we are able to figure out what color a sound is and vice versa, it would be logical to assume that we could figure out which notes in the musical scale correspond to which chakras. If we take the note of G (392 Hz) and apply the conversion from above we would end up with approximately 6900 Angstroms. This

is a dark red color that is on the lower edge of the visible spectrum. If it is believed that the root chakra is red then we see that the note of the root chakra is a G.

Although there is an agreement on the colors of the chakras and there is a method to convert color to sound, there is not an agreement on the notes of the chakras. In the Tibetan view the root chakra is an A, the Chinese use F for the root chakra and then go up in 5ths, and the traditional belief is that the root chakra is C. So there are very different views on the notes of the chakras even though they agree on the color.

An interesting phenomenon that can be seen in both sound and color therapies comes from the understanding that certain sounds or colors can be activating while others can be calming (and quite often they are opposites of each other). In sound healing this can be seen with the Voice Bio system. If a person is low in the note of C then they most likely have an underactive thyroid. The answer would be to tone the note of C for stimulation of the thyroid. On the other hand, if the note of C is high (overactive thyroid), then we can use the opposite of the note of C (which is F#) to lower thyroid activity. A similar example using color can be seen in Andrews, (2006). He gives an example of using the color blue to stimulate an underactive thyroid and using the opposite color of orange if the thyroid is overactive. Although both approaches take advantage of using opposites, it is interesting to note that their sources of information are not necessarily in agreement. Andrews bases his approach on the chakra system. Since the thyroid corresponds to the throat chakra, which is the color blue, it is obvious why he would use blue to stimulate the thyroid. However, according to the Voice Bio system a person is supposed to wear the color green to build the note of C. This view seems to be in line with the conversion

approach since the note of C (523 Hz) converted to light equals approximately 5200 Angstroms, which is the color green.

Given that there are differing opinions on the relationship of sound, color and the chakras this seems like an area that deserves much more attention. After all the only difference between sound and light is the way that we perceive them. They are both vibrations. We are working with the same phenomena the only difference is that light is several octaves higher.

REFERENCES:

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