

## Chakra Balancing Using Musical Intervals

**Basis:** Understanding the intervals between the 12 notes in the western scale, their relationship and effect on the chakras of the human body. Using tension and release to create attunement in each of the chakra centres.

### Chakras

Knowing that the chakras are spinning energetic vortexes connected to the physical body and affecting all body systems, it is also recognized that each has a corresponding note or frequency when it is in its optimum state. This complex relationship can be harmonized in a variety of ways such as yoga, meditation, aromatherapy, gemstones etc. My particular interest is in using intervals to “tune” these centres much like tuning an instrument.

### *Tuning*

Think of the body like a large flute. Just as wind moves through to produce a tone or create melody, the body receives energy thru the crown that moves through the instrument down to the earth. The state of each of the chakras determines the note, chord or melody of the soul as it creates its song in this form.

I will subscribe to the following notes for the 7 main chakras:

Chakra	Location	Note
Root	Base of spine pointing downward	C
Sacral	Lower abdomen pointing outward, front and back	D
Solar Plexus	Just above navel pointing outward, front and back	E
Heart	Centre of chest pointing outward, front and back	F
Throat	Below Larynx pointing outward, front and back	G
Third Eye	Centre of brow pointing outward, front and back	A
Crown	Top of head pointing upward	B

## **Musical Intervals**

By definition it is the relationship between 2 notes.

In the western scale there are 12 notes, each a semi-tone apart. Each note has a relationship to each of the other notes. Each interval has properties. Some describe them by colour, taste, texture or emotions.

Interval	Distance from root note in semi-tones	Properties
Unison	0	Grounding, unifying, restful
Minor 2nd	1	Tense, expectant, anguish
Major 2nd	2	Opening, mild dissonance
Minor 3rd	3	Uplifting, dissonant, melancholy
Major 3rd	4	Hopeful, sweet, bright
Perfect 4th	5	Serene, open, buoyant
Tritone	6	Suspension, anxiety, danger
Perfect 5th	7	Comfort, completeness, yin/yang interval
Minor 6th	8	Poignant, pensive, sadness
Major 6th	9	Uplifting, peaceful
Minor 7th	10	Suspension, movement
Major 7th	11	Discord, evolutionary, aspiring, longing
Octave	12	Triumph, expansion, victory

Knowing this, we can apply intervals to fit situations, bring peace or resolve stuck chakra energy.

It may also explain why at times we are drawn to particular songs and why some melodies are actually engineered to evoke a particular emotion with the first interval in the melody.

Here are some examples of songs and the corresponding interval:

Interval	Song
Unison	Row, row, row your boat
Minor 2nd	Jaws, Fur Elise
Major 2nd	Frere Jacques
Minor 3rd	So Long Farewell
Major 3rd	Kumbayah
Perfect 4th	Here comes the bride
Tritone	The Simpsons theme
Perfect 5th	Twinkle Twinkle Little Star
Minor 6th	Love Story theme
Major 6th	My Bonnie
Minor 7th	Star Trek theme
Major 7th	Take on Me

## **Chakra Tuning**

I have always been drawn to the suspensions in music, the odd notes before the melody resolves the root of the key. There seems to be a concentration of energy in that time that fuels the satisfaction when the music resolves. The better the tension, the better the resolution feels.

A tuning session could go like this:

Starting with the root chakra note of C an octave below middle C on the piano. This will be the musical root and also serve to give solid grounding energy for the session.

For the first interval, strike the same low C and add middle C.

Sounding only middle C, add the minor 2<sup>nd</sup> interval (the black key to the right of middle C). This will produce a C# note. This will serve as a tension note as the interval is quite dissonant.

Add the next interval which will be a major 2<sup>nd</sup>, (the white key to the right of middle C) which will produce a D note. Continue sounding middle C adding the new note above, in this case the D.

Continue this pattern staying with each interval as long as you feel necessary.

Any instrument can be used, voice can be added as well.

As you pass the whole notes corresponding to the chakras, (C,D,E,F,G,A,B) place the attention on this chakra. Touch or gemstones can also be incorporated.

When the more harmonious intervals like the major 3<sup>rd</sup>, perfect 5<sup>th</sup> and finally the octave are sounded there will be a feeling of tremendous release after experiencing the increasing tension of some of the other intervals.

When the crown chakra is reached, remain at the C note an octave above middle C and add an additional C note one more octave. Sound in sequence, leaving increasing space in between and ending in silence.

An effective accompanying visual might be used by the person receiving the tuning. Imagery of swirling Kundalini energy for example. Upon reaching the crown chakra a release of light, energy or music up through the top of the head.

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