

Hearing the feeling, or frequency of color!

**By
Christine DeFrancesco**

February 2023

I chose to write my final paper on the healing frequencies of color. The first few paragraphs introduce my understanding of color and color therapy as a designer and integrate it into the use of color as a frequency for sound healing. For as long as I can remember I would say I was a visual person, and I was attracted to sound but didn't feel smart enough or talented enough to pursue music. Several of the classes at The Globe Institute have changed my relationship with my voice and my understanding of sound vs. music. My paper is focused on the 7 colors emitted or associated with the chakras as the information I found seemed digestible and balanced. However, I am excited to continue to research the various perspectives on the sound of color and combining chromo therapy with my work as a sound healing facilitator.

Hearing the feeling, or frequency of color!

My first love is the visual arts. In college I got a degree in Advertising Design. Being around color just brought joy to my heart. In graphic arts and marketing, you learn to apply color and integrate it into advertising to attain a desired effect. I recall an instructor telling us that his advertising agency had all the hallways painted red to stop employees from gathering to talk. We also learned about how red and orange affect the appetite. A fast-food restaurant can use color to encourage you to consume more food in a shorter period. However, red can also be used in a hospital to increase the appetite in a patient who isn't eating.

We are all drawn to different colors and often people ask what your favorite color is. I always had a hard time choosing. Colors affect us emotionally, mentally, and physically all the time. We tend to pay attention to this when we choose a paint color for our bedroom, selecting an outfit for a specific occasion or how we feel about the colors other people choose to wear.

Color therapy or chromo therapy is holistic healing in the visual form. Seeing the color allows you to receive their vibrations in light form. "Color is high frequency energy in motion. Each color has a specific vibration and does affect human cells." It can be used alone to transform you mentally, physically, or emotionally by stimulating or relaxing living cells in specific ways.

One question I'd never pondered before, is what do colors sound like? What is sound color therapy, and how is it different from chromo therapy? How can they work together?

A chromo therapist uses a colored bulb visually for a period to induce healing. A sound therapist uses the frequencies measured in hertz from specific colors, and audibly applies the vibrations through headphones or a sound table. This allows you to hear the sound waves and feel the healing vibrations.

"The sound frequencies of the rainbow colors (measured in hertz) go from 470Hz to 700 Hz. Each color has a very specific and precise frequency that must be used to produce the desired healing effect. Scientific precision is the key."

Below are the 7 chakra colors, with their frequencies and suggested applications. I used the n-Track Tuner app to attain the note for each frequency listed.

Red: Physical Color, 470 Hertz (A#)

- 1st chakra – The Root: foundation, safety, strength, stability, sexual power, and courage. (Imbalance attributes would be scattered energies, anxiety, and fear.)
- Stimulates circulation and hemoglobin.
- Raises body temperature.
- It can be over stimulating, inducing tension, anger, or stress.

Orange: Joyful Color, 500 Hertz (B)

- 2nd chakra – The Sacral: creativity. (Imbalance attributes would be a lack of creativity, sexual dysfunction, intimacy issue and emotional isolation.)
- Relieves depression.
- Has healing properties for the spleen, pancreas, adrenals, and kidneys.
- Can be used for gout, inflamed joints, asthma, bronchitis, and coughs.
- It can be over stimulating, but used in balance is a joyful color combining red, a physical color and yellow, a mental color.

Yellow: Mental Color, 520 Hertz (C)

- 3rd chakra – The Solar Plexus: self-esteem, pleasure, will power and personal responsibility. (Imbalance attributes would be low self-esteem, control issues, manipulative tendencies, and misuse of power.)
- Stimulates the intellect, brain and nerve centers favoring knowledge and intelligence.
- Has healing properties for the stomach, intestines, and liver.
- It can over stimulate the nerves.

Green: Sound Color, 570 Hertz (C#)

- 4th chakra – The Heart: love, the color of love, self-love and governs our relationships. (Imbalance attributes would be depression, lack of self-love and difficulty in relationships.)
- Stimulates the intellect, brain and nerve centers favoring knowledge and intelligence.
- Has healing properties for the sympathetic nervous system and the heart.
- Can be used to normalize blood pressure or cardiac conditions and can be used for the flu or other respiratory conditions.
- Should not be used for people with malignant growths or tumors.

Blue: Spiritual Color, 620 Hertz (D#)

- 5th chakra – The Throat: ability to communicate clearly and effectively. (Imbalance attributes would a lack of direction and a sense of clarity.)
- It is relaxing, cooling, and may induce sleep.
- Useful in reducing fevers, high blood pressure, throat problems, headaches, vomiting, hysteria, acute rheumatism, insomnia and to stop bleeding.
- May not be appropriate for people who feel sad or depressed.

Indigo Sound Color, 640 Hertz (D#)

- 6th chakra – The Third Eye: intuition, foresight, openness, and imagination. (Imbalance attributes would a lack of direction or sense of clarity.)
- Stimulates the pineal gland, influences your organs of sight, hearing, and smell.
- Helps to free your mind of fears and inhibitions. Indigo is a combination of blue, a spiritual color and violet, a metaphysical color and is thought to clean the physic currents of the body.

Violet: Metaphysical Color, 700 Hertz (F)

- 7th chakra – The Crown: states of higher consciousness and divine connection. (Imbalance attributes would be cynicism, disregarding what is sacred, closed mindedness and disconnection from sprit.)
- It is considered the highest vibration of all colors and sound colors.
- It is soothing and tranquilizing.
- It's healing properties are useful for all mental and nervous disorders. Can neutralize neurosis and neurotic manifestations.
- It can be cold and depressive if used in excess.

In simple terms, for energy choose the sound of red, to relax, choose blue, to stimulate your creativity, choose orange, for intellectual stimulation choose yellow, for healing and love, choose green, to broaden your mind choose indigo, and for inspiration choose violet.

“You can listen to these frequencies for as long as it feels comfortable to you. Use your intuition. You can also do some toning while you listen to the frequencies (by vocalizing the sounds) to further increase your personal resonance with these frequencies.”

Another way to infuse the sound of color for healing and balance is to find the note that matches that color. Once you've determined the note that matches the color and or chakra, you can sing it, hum it or chant.

“Essentially, when you sing or chant each note, you want to hold that note until you physically feel a resonance in your throat; if you're highly attuned to your body, you may feel the resonance in other parts of your body as well, but if you don't, it's still there, doing its job. Allow the note to resonate in your throat, holding it for the duration of your breath, and repeat for several minutes.”

The Chakra notes listed below do not line up with the hertz measured by Javier Ramon Brito. I included them for further experimentation. I associated the colors with the chakras and combined the physical and emotional properties for the purpose of this paper.

The Chakra Notes

- The crown chakra is connected to the note “B”
- The third-eye chakra corresponds with the note “A”
- The throat chakra corresponds to the note “G”
- The heart chakra corresponds to the note “F”
- The solar plexus chakra corresponds to the note “E”
- The sacral chakra corresponds to the note “D”
- The root chakra corresponds with the note “C”

RESOURCES:

Color Frequencies and applications by Javier Ramon Brito: [Sound Color Therapy \(personal-growth-can-be-fun.com\)](http://SoundColorTherapy(personal-growth-can-be-fun.com))

Chakra information from HHGaoArt Chakra Chart

Jason Olsen, colormeanings.com

Chakra Notes by Sabrina Huang, Six Senses Healing