

# Chakra Balancing Solfeggio Frequencies

## 7th Chakra - White Full Spectral Crown

All Below & 963 hz - Crown of Head - White - Source - Universe - Space

## 6th Chakra - Violet Universal Eye Space

852 hz - Third Eye Forehead - Violet - Vision - Intuition - Light

## 5th Chakra - Indigo Higher Truth Vox

741 hz - Throat - Indigo - Truth - Expression - Ether

## 4th Chakra - Green Open Heart Bliss

639 hz / 528 hz - Centre of Chest - Green - Love - Connecting - Air

## 3rd Chakra - Golden Sonic Solar Flame

528 hz - Above Navel - Gold - Will - Transformation - Fire

## 2nd Chakra - Orange Sensual Sacral Flows

417 hz - Below Navel - Orange - Sensuality - Change - Water

## 1st Chakra - Red Earth Rooted Harmony

396 hz - Base of Spine - Red - Grounding - Liberation - Earth

# Sound Love Alchemy

HeartSongs  
MEDIA

[www.HeartSongs.ca](http://www.HeartSongs.ca)

Sound ♡ Love ♡ Alchemy ♡

Use the above list to guide your Chakra healing and balancing meditation. Sit or lie down comfortably. First, focus on the relative frequency and hum of OM (137.1 hz) as the vibration leads you into each Chakra journey. Next, focus on the area of your body, the colour, the energy/action and element of each Chakra. Allow thoughts and feelings to flow, gently allowing and releasing all that passes through you while breathing slowly. For best results, listen using headphones set to medium or medium-low volume or with yourself positioned between speakers. At the end of each song say "Thank you for my open Chakra, Thank you for my health and balance, I release attachment to outcome and I trust the omnipresent source energy is manifesting what is perfect and right for me...and so it is".