

The right frequency

* Musical scale

The frequencies of the seven notes in the musical scale correspond to the seven chakras along the spine, starting with C for the base chakra and moving up through D, E, F, G, A and B for the sacral, solar plexus, heart, throat, brow, and crown chakras. The natural frequency for each chakra aligns most closely with the frequency of that note, therefore the notes can be used to stimulate and promote healing. Signs of imbalance include:

Base chakra:

Knee pain, sciatica, arthritis, constipation, feeling insecure.

Sacral chakra:

Kidney and bladder problems, lower back pain, addiction, fear of betrayal, lack of commitment

Solar plexus chakra:

Digestive problems, diabetes, stomach ulcers, high blood pressure, chronic fatigue, low self-esteem

Heart chakra:

Upper back and shoulder tension, heart disease, lung disease, arm and wrist pain, fear of loneliness, jealousy, anger

Throat chakra:

Thyroid problems, throat infections, ear infections, facial problems, trouble expressing yourself, low willpower

Third eye chakra

Headaches, hearing problems, hormone imbalance, sinus issues, eye problems, moodiness

Crown chakra:

Depression, sensitivity to light and sounds, confusion

Dr Nicola Davies explains how you can use the resonant frequencies of your own voice to restore health.

EVERYTHING in life vibrates at a certain frequency – from the protons and electrons that make up an atom, to the very planet we live on. Our bodies also have a natural resonance resulting from frequencies resounding through us. Resonance, sound or voice therapy uses various frequencies or tones to harmonise the energies of the body; just as mantras or chants have been used in spiritual traditions to create healing and mental well-being. In fact, just about every religion's creation tells of how sound preceded the world and everything in it; in many, it was the voice of the creator. In Aboriginal tradition, it was the didgeridoo that created the world.

Conscious intent

There are two types of resonance – free and forced. When an object encounters something of the same frequency, it will vibrate with it. For example, if we strike a tuning fork, the piano string of the same frequency will start to resonate with the tuning fork. This is known as free resonance. Forced resonance occurs when an object takes on the frequency of the vibrations that it is exposed to, such as water. This is the underlying principle of sound therapy. We can heal imbalances by using our voices to influence the frequency of the water in our bodies, literally “tuning” ourselves.

The word ‘chakra’ is Sanskrit for a wheel or disc, indicating the flow of energies at particular points in the body – from our root or base chakra to our crown chakra. They are the points in the body where energy pools, as these points contain large numbers of nerves and major organs. Each chakra is associated with a colour, note, vowel, and a particular bija (vocalisation), which can activate and balance these chakras. Elle Povey, practitioner of Energetic Healing and owner of The Soul Space in Brisbane, explains, “One’s own voice can generate sound with the conscious intent to heal oneself or others, through chanting, toning, singing or mantras. The vibrational impact of the sound has a healing effect, which can clear and release stagnant or heavy energy, and stimulate healthy

alignment of the system, supporting emotional healing and development on many levels. Unbalanced chakras, however, can generate emotional disorders, poor cognitive functioning, and many forms of chronic physical illness.”

Dr Mary Albright, an American neurologist who has also studied speech pathology, says that since the body is made of energy, using your voice vibrates your whole being. In other words, sounds vibrate through the body, including the energy field around the body; so by analysing sound frequencies of the voice, a person’s state of health can be determined. In particular, when we have a disease, there is an abnormality in the waveforms generated by the voice.

Music and song

Since vocalisation is the vibration of the vocal cords, it isn’t surprising that the easiest chakra to balance with sound is the throat chakra. By focusing the sound you make in the direction of the chakra you are targeting, you can balance any chakra. For example, to heal your sacral chakra, focus your chanting towards your belly (in-between your belly button and your pubis bone). If you hit the right note with the correct focus, you will feel the vibrations resonating through your body, right down to your bones. Can’t carry a tune? Don’t worry: sound therapy can be performed in groups by qualified practitioners, where you sit in the centre and they direct the toning at the affected chakra. Crystal bowls and didgeridoos can also be used. Povey advises, “Didgeridoos generate a particular tone and sound quality, which is generally very grounding and strong, and it’s important to use them appropriately. The healing effect occurs through receiving the sound vibration, in contrast to the healing effect that occurs through the act of generating sound oneself through voice. Everyday use of the voice is also important in emotional development; in aiming to speak one’s inner truth and literally send our inner note out into the world. Simply exploring free and open expression of one’s voice can be a healing process.” *

Some songs energise you, others bring you to tears. The lyrics are important, but it is the musical frequency that creates the song’s tone and effect on your mood.

