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The Role of Musical Notes and Color Frequencies for Balancing Chakras in Human Body

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***Abstract*: This paper describes the chakras (energy centers) in the human body and the role of frequencies of the musical notes and rainbow color associated with them. Both the sound and color can be represented by the frequencies and can be used for balancing the chakras in human body. This paper also discusses about the relation between the VIBGYOR frequencies and the musical notes frequencies by converting the musical note frequencies in Hz to the color frequencies in THz. On the basis of these frequencies, the seven musical note frequencies can be obtained that corresponds to seven chakras in the human body and therefore, can be used to balance the respective chakra. It is very important for the humans to keep these chakras balanced so as to keep their mind and body physically and emotionally healthy.**

***Keywords*: Chakra, energy centers, music, Color, musical notes, chakra balancing, frequency.**

I. INTRODUCTION

This Energy is everywhere, and in everything there is energy. There are various energy centers in the human body. In Yogic tradition, these energy centers are known as *Chakras*. When these energy centers are balanced and open, i.e. there is no obstruction in the flow of energy through the *chakras*, the human body feels fit, both physically and emotionally. On the other hand, if a *chakra* is blocked due to any reason caused by injury, illness, or disconnection from other *chakras*, human physical and emotional balance is adversely effected. *"Chakras* both take up and collect *prana* (life force energy) and transform and pass on energy. Our material bodies could not exist without them for they serve as gateways for the flow of energy and life into our physical bodies" [7]. The health of human mind, body and soul is characterised by the openness and flow of energy through theses *chakras* in the body.

It is very important for human beings to keep their *chakras* open and balanced. There is a specific and distinctive frequency associated with each of these chakras. These *chakra* frequencies should be balanced and in harmony with each other so that human body, mind and soul can function properly. When the *chakra* frequencies are in harmony, the human beings feel connected with themselves as well as others. According to the researcher in Minnesota, it was discovered that the agricultural plants have the amazing growth rate when they are exposed to the sound of the Sitar [3]. So, if the plants can be stimulated by the musical frequencies, the *chakras* in human body can also be stimulated with the help of frequencies associated with particular chakra. Sound and color both are characterized by frequencies. Both of them can be used as the energy techniques for balancing and aligning the *chakras*, thus making them therapy tools.

II. CHAKRAS

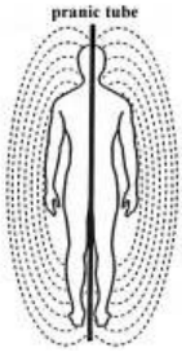


Fig. 1 *Pranic* or Prana Tube [1]

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All the life forms within the universe, whether geo magnetic (stars and planets) or the bio magnetic (human bodies), are driven by the electromagnetic energy. Every human body has a bi polar magnetic field. A magnetic core is running from north to south, i.e. from head to heels respectively in the human body at the centre of each bi polar magnetic field. In any bio-magnetic human body it is a channel called the **pranic or *prana* tube** [1] , as shown in fig 1.

According to Ancient Indian Language (Sanskrit) *'Chakra'* means "Spinning Wheel of Energy" [4]. Energy from each these *Chakras*, called *prana*, flows in a spiral fashion so long as each chakra is open. In a human body there are various centers of energy which are known as *Chakras*. There are mainly seven *chakras*, running up the spine, which are each connected to a nerve plexus, situated within the seven main endocrine glands [Fig. 2]. These Chakras have different rate of vibration or sound. By balancing these *chakras* with *chakra* healing sound, healthier balance of the body, mind and spirit can be achieved.



Fig. 2 Seven Main *Chakras* in Human Body [12]

Chakras are not only influenced by our thoughts and the environment, but also by the state of other individuals' *chakras* in our body [11]. Each *chakra*, in human body, has its physical function that affects the particular part of the body. The lower six chakras, say *Ajna Chakra*, *Vishuddha Chakra*, *Anahata Chakra*, *Manipura Chakra*, *Swadhisthana Chakra and Muladhara Chakra* help regulates cognition, respiration, circulation, digestion, reproduction, and excretion respectively. *Chakras* are connected to one another through channels called *nadis* (meridians) and help the *prana* travel through the themselves.

TABLE I
MAJOR SEVEN CHAKRAS IN \HUMAN BODY, THEIR ASSOCIATED COLOR, LOCATION, AND BASIC FUNCTIONALITIES

S No	Chakra	Sanskrit Name for Chakra	Color	Location	Basic Functionalities
1	Root	Muladhara	Red	At the base of the spine, the perineum	Controls physical energy, stamina, grounding, security, survival, vitality, passion, instinct of the physical body.
2	Sacral	Swadhisthana	Orange	The Sacrum, are between the pubis and the naval	Stimulates productivity, optimism, enthusiasm, sexual energy, emotions, vibrational level of

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					feelings
3	Solar Plexus	Manipura	Yellow	Between the naval and the heart	Increases humor, personal power, intellect, creativity, logic, mental functioning, freedom to be oneself, vibrational levels of thoughts and ego.
4	Heart	Anahata	Green	At the heart	Supports harmony, love, balance, communication, nature, social, acceptance, expression on physical, mental, emotional level.
5	Throat	Vishuddha	Blue	Throat, base of the neck between collarbone and shoulders	Regulates speech, self expression, kindness, truth, inner peace, blueprint of the physical body.
6	Third Eye	Ajna	Indigo	In the Centre of forehead, between eyebrows	Increases clairvoyance, intuition and psychic abilities, emotional depth, devotion, imagination, enlightenment.
7	Crown	Sahasrara	Violet	On the top of the Head	Stimulates universal flow, intuition, meditation, bliss, oneness, divine consciousness.

As shown in the [Table 1], there are basic seven *chakras* in human body with their specific functionalities. Out of these seven *chakras* first, second and third *chakra* are the Physical *Chakras*, fifth, sixth and the seventh chakras are the Spiritual *Chakras*, and the fourth chakra is the Bridge *Chakra* between the two.

III. MUSICAL NOTES AND THEIR FREQUENCIES

Musical notes are basically the frequencies that are either performed vocally or by any musical instrument. There are altogether 'seven' main musical notes (*Shuddh Swara* in Indian Classical Music) and their 'five' variant musical notes (*Vikrit Swara* in Indian Classical Music) used as the symbols to represent their corresponding frequency values [5].

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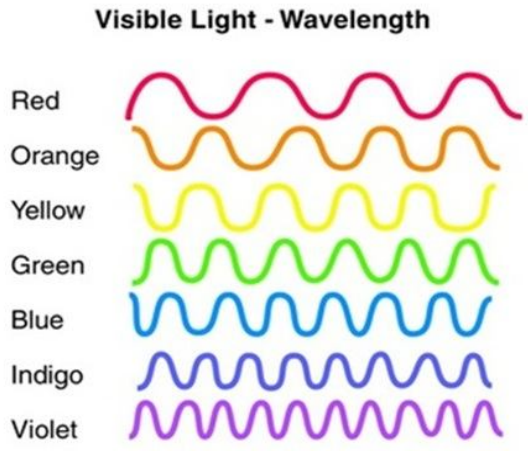
TABLE 2
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Indian Musical Note (Name)	Indian Musical Note (Symbol)	Western Musical Note (Symbol)	Frequency A=440Hz
Shadaja	Sa	C	261.626
Komal Rishabh	Re	C# , Db	277.183
Shuddha Rishabh	Re	D	293.665
Komal Gandhar	Ga	D# , Eb	311.127
Shuddh Gandhar	Ga	E	329.628
Shuddh Madhyam	Ma	F	349.228
Teevra Madhyam	' Ma	F# , Gb	369.994
Pancham	Pa	G	391.995
Komal Dhaivat	Dha	G#, Ab	415.305
Shuddh Dhaivat	Dha	A	440
Komal Nishaad	Ni	A# , Bb	466.164
Shuddha Nishaad	Ni	B	493.883
Shadaja (Taar Saptak)	Sa	C	523.251

Table 2 shows the twelve musical notes (main and variants) with their corresponding frequencies considering A=440Hz as the tuning reference musical note for the rest of the musical notes.

IV. RAINBOW COLORS AND MUSICAL NOTES

In the year 1970, Christopher Hill gave the version of Rainbow colors of the *chakras* which is the most widely accepted color system for the chakras in the human body[6]. Each of the seven *chakras* has a corresponding color that follows the color of the rainbow: Red, Orange, Yellow, Green, Blue, Indigo and Violet with the respective vibration [Fig. 3]. The current physical, emotional, and spiritual state of any *chakra* in the human body is indicated by its color.



Chakra	Color
Root	Red
Sacral	Orange
Solar Plexus	Yellow
Heart	Green
Throat	Blue
Third Eye	Indigo
Crown	Violet

Fig. 3 Rainbow Color (VIBGYOR) and Corresponding *Chakra*

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Color is a wave travelling through space. It is the wavelength, space between the peaks, which is measured in nanometers *nm*, that help our eyes register to differentiate between the colors.

Within the frequencies and the wavelengths, at which the *chakras* vibrates in human body, each color contains information on various different levels, i.e. physical, mental, emotional, and spiritual.

Each and every *Chakra* in the human body vibrates in its particular frequency interval. Therefore, table 3 gives a very clear description about the musical note frequencies that resonate with their respective *Chakras* (when A=440 Hz) . Here, the frequencies of the musical notes in Hz are converted to THz so as to change them in color frequencies by raising the musical note frequencies in Hz by 40 octaves , i.e. Frequency in Hz * 2 ^40 .

TABLE 3
MUSICAL FREQUENCIES (IF A=440 HZ IS TUNING MUSICAL REFERENCE NOTE) ASSOCIATED WITH THE CHAKRAS IN HUMAN BODY

Chakra	**Color**	**Color Frequency Interval (in THz)**	**Musical Note Frequency (in Hz) (A=440 Hz)**	**Musical Note Frequency (in THz) (A=440 Hz) (Freq in Hz * 2 ^40)**	**Musical Note (G Minor)**	**Transposition (C Minor)**
Root	Red	405-480	392	431 (392*2^40)	G	C
Sacral	Orange	480-510	440	483.79 (440*2^40)	A	D
Solar Plexus	Yellow	510-540	466.16	512.55 (466.16*2^40)	B^b or A#	E^b or D#
Heart	Green	540-580	523.3	575.32 (523.3*2^40)	C	F
Throat	Blue	580-670	587.3	645.78 (587.3*2^40)	D	G
Third Eye	Indigo	670-700	622.25	684.18 (622.25*2^40)	E^b or D#	A^b or F#
Crown	Violet	700-789	698.5	767.96 (698.5*2^40)	F	A

It is clear from the table 3 that the color frequency interval is nothing but the frequency interval of the *chakras* and the frequencies that can be used to heal the *chakras* must fall in this interval of the respective *chakra* frequency interval.

V. CHAKRA BALANCING AND MUSICAL FREQUENCIES

In this universe, sound and color are the two major sources of chakra stimulation [4]. When the human body and mind are within optimum ranges of vibration or pulsation, it is said to be in the balanced or resonant state. The optimum range of vibration is defined by the chakra frequencies. Thus, to balance the chakras, intense practice is required to bring the operating frequencies of body and mind within range of characterized chakra frequencies. To fully utilize the capacity of human mind and body, it is very important to balance the major seven chakras in the human body. Meditation and yoga are two main ways to achieve chakra balancing. Meditation and yoga, mainly aims at improving operating frequencies of human mind and body, respectively. Both methods, eventually, aims at bridging the gap between operating frequencies and chakra frequencies. However, meditation requires deep and intense concentration, failing which leads to unfruitful meditation. Suitable musical frequencies (note) can be used as an aid during meditation to improve the concentration. The choice of musical frequency depends on the chakra being aimed to balance. Each chakra in human body vibrates at the different frequency. This frequency is lowest at the root whereas highest at the crown [Table 3]. Thus, musical frequencies can help the human being to clear the negative emotions and energy and restore balance in their life. In the Vedic traditions, 'Aum' has been described as spiritual mantra. Several spectral analysis of chanting 'aum' has been carried out by researchers [8,9,10]. The studies shows that chanting 'Aum' causes steadiness in the mind and provides peace and calm to stressed mind. The Power Spectral Density (PSD) plot of 'Aum' shows the existence of most sound frequencies of the universe [9]. Thus, it can be clearly inferred that chanting 'Aum' causes balancing of all chakras. However, chanting a specific musical frequency will cause balancing specific chakra. This requires a great deal of practice to correctly apply the musical notes during chanting. Whereas , there can be another comparatively simpler but gradual method to balance the chakras. This method will include concentrated listening to a particular frequency corresponding to specific chakra for a prolonged time till meditative state is

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achieved. In addition, a particular color, as it is related to musical frequency, can also be useful in chakra balancing. The practice will include concentrated viewing of color and concentrated listening of musical note, corresponding to chakra frequency, at the same time.

There are plenty of audios available commercially and free of cost on internet, which contains these musical frequencies that are helpful in balancing and healing the chakras. Therefore, listening to such music with high concentration is beneficial. Sound frequencies, either as music, musical notes or chanting, can be used for healing and balancing the chakras. Intense practice helps in bringing the body, mind, and soul into a meditative state, where the healing and balancing process occurs.

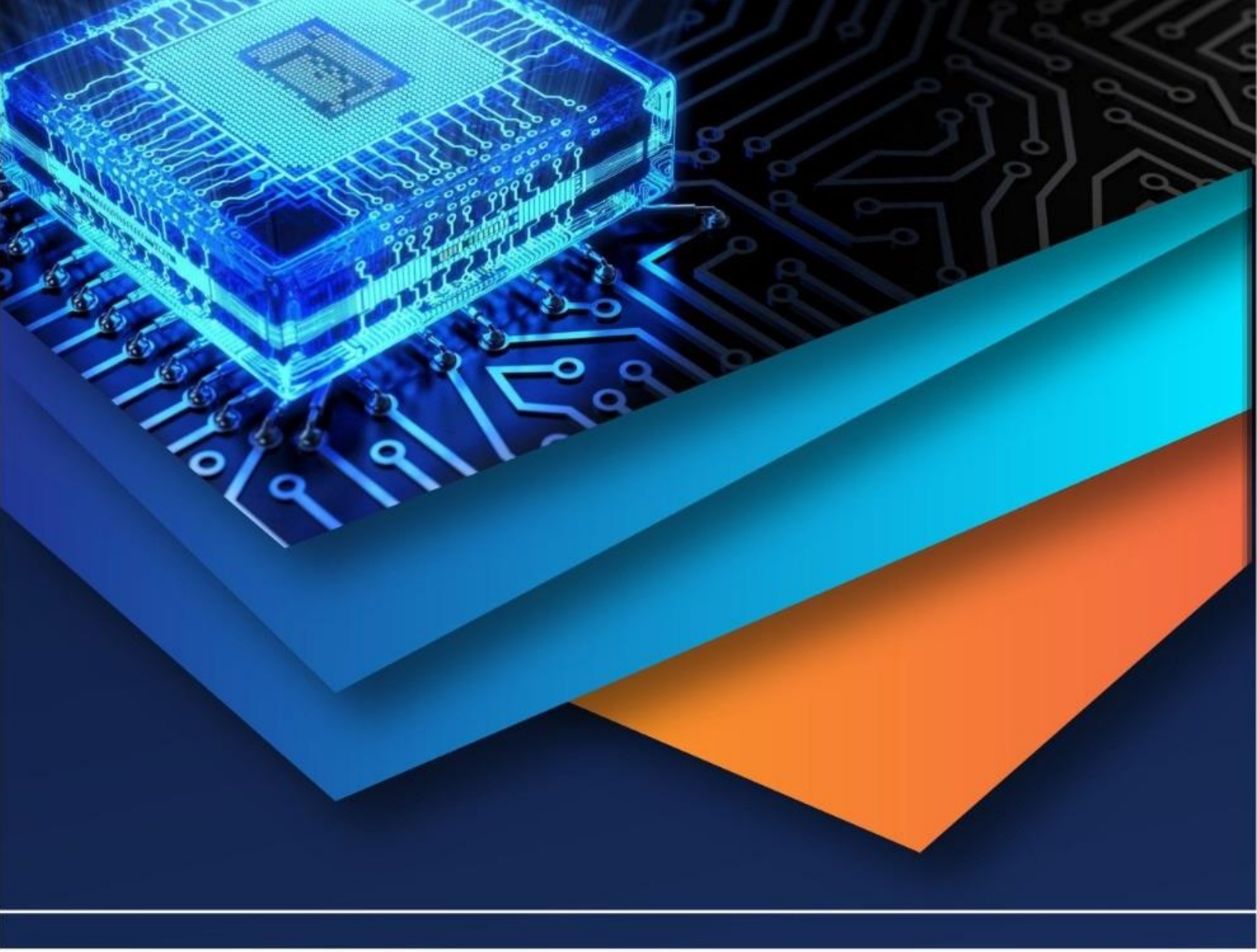
VI. CONCLUSION

Music heals the mind and the body. Today, most illnesses are because of stress known as psycho-somatic illnesses and these psycho-somatic illnesses are on the rise. So in order to remain healthy, human beings need to make their body immune to all these stresses by balancing the *chakras* in their body . There are mainly seven *Chakras* in the human body, starting at the base of the spine and running to the crown of the head, situated within the seven main endocrine glands. Through concentrated listening and intense practicing ('Aum' chanting) of the *Chakra* balancing sound, one can reach into the meditative state , and can balance one's body, mind and spirit. Thus, music plays a vital role to open all the major *chakras* from the root to crown, continually receiving the energies from the earth and universe. Concentrated viewing of the particular color associated with the chakra aimed to be balanced also helps in balancing that chakra. Combining the two, i.e. deep meditation of the desired musical frequencies along with the prolonged viewing of the color may yield better results.

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