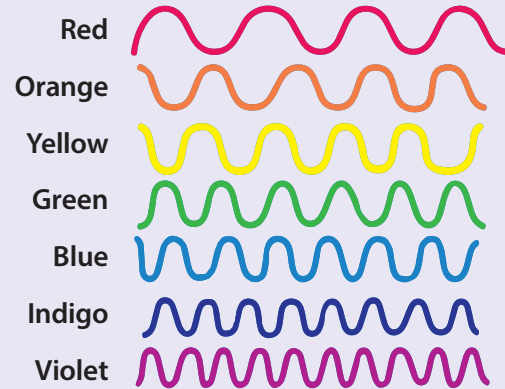


# Five Element / Chakra Color Healing

*Chakra* is a Sanskrit term that means spinning wheel of vibration. The chakra system of healing is a vibration-based system that originated in India over 3000 years before our modern understanding of frequencies. The chakra system focuses on our vibrational experience of color and how it relates to different fields of vibration called the five elements, Ether, Air, Fire, Water, and Earth. The ancient physicians observed the effect of different colors on our physical and mental health and created methods to balance the elements to treat different conditions. The 3rd Eye chakra represents a balance of the elements that allows for free flow of vibration through the body. The Crown chakra represents the resonance of balanced elemental vibration with the Universal Energy Field. The ancient physicians working with the chakra system were the forerunners of mind-body medicine today.

The five elements, Ether, Air, Fire, Water, and Earth, are qualitatively accessed through a felt sense of vibrational rates from slow to fast. The colors associated with the elements follow an octave continuum of vibration from slow to fast that corresponds to our modern measurement of light wave frequencies from red to violet.



## Chakra Protocol

Biosonic Color Glasses™ can be used individually to activate different elements. For example, if you have a situation in your life where you want more Fire then view Yellow while you listen to Biosonic Bodytuners™ (C & G).

<u>Chakra</u>	<u>Biosonic Color Glasses™</u>	<u>Behavior Assessment</u>
Earth	● Red	Grounding, Safety, Courage, Security, Structure
Water	● Orange	Sexuality, Sensitivity, Imagination, Emotional Release
Fire	● Yellow	Confidence, Motivation, Inner Strength, Will Power
Air	● Green	Empathy, Kindness, Compassion
Ether	● Blue	Self-Expression, Space, Completion, Letting Go
3rd Eye	● Indigo	Inner Balance, Intuition, Inner Vision
Crown	● Violet	Connection to Higher Power and Life Purpose, Wisdom



## ..... Five Element Balance Protocols .....

Biosonic Color Glasses™ can be used to create different element combinations for the balancing elements to help with different life goals and conditions. The primary color is viewed closest to the eyes and the secondary color is placed over the primary color. All color combination can be view with Biosonic Bodytuners™ (C & G) and/or with the suggested Biosonic Solar Harmonic Spectrum™ tuning fork combinations.

### Creativity

- Violet/Yellow: Increasing creativity
- Yellow/Orange: Creative visualization
- Red/Orange: Increased focus and patience with details

### Relationships

- Orange: Relationship in general
- Orange/Green: Heart-felt bonding
- Orange/Yellow: Sexual bonding

### Sleep and Dreams

- Blue/Violet: Quality sleep
- Indigo: Dreaming
- Indigo/Yellow: Lucid dreaming

### Stress Reactions

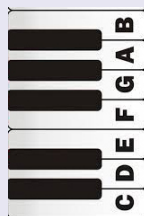
- Green: General color for all stress reactions and calming anxiety
- Green/Orange: Feelings of being closed in, tight, wound up, and isolated
- Green/Blue: Feeling of being scattered, inability to stay on task, overthinking
- Blue/Green: Loss/grief with tendency to think
- Blue/Yellow: Loss/grief with tendency to anger
- Blue/Indigo: Emotional pain reduction, headaches
- Red/Indigo: Frustration and mood swings

### Physical

- Blue: General relaxation
- Red/Blue: Improve digestion
- Orange/Yellow: Increased appetite
- Yellow/Green: Allergy, sympathetic nervous system balance
- Green/Blue: Reduce inflammation
- Indigo/Orange: Vagal balance
- Indigo/Violet: Migraines
- Indigo/Red: Headaches in general

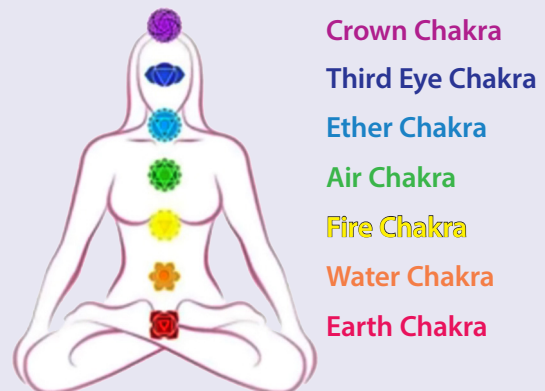
## ..... Sound, Feeling Tones, and the Chakras .....

The chakras are often time-compared to a seven-note musical scale. For example, if the scale is a C major scale beginning at middle C, then middle C is the Earth chakra because it is the slowest vibration and B is the crown chakra because it is the fastest vibration.



However, if the scale begins at C above or below middle C then the slowest vibration is relative to where the scale begins. From a frequency perspective if the lowest C is 256 Hz, then this is Earth. If the lowest C is 4096 Hz, then this is Earth. Or if the lowest C is 64 Hz, then this is Earth. To better understand this, imagine an elephant, a bird, and a butterfly. For an elephant slowing down and being safe and secure

is standing on solid ground. For a bird slowing down and being safe and secure is perching on a branch high in a tree. For a butterfly slowing down and being safe and secure is landing on a leaf.



## ..... Sound, Feeling Tones, and the Chakras (cont'd) .....

Although the chakras appear to conform to a frequency model, they are based on relative fields of vibration that are qualitatively assessed through a felt sense of vibration that can be quantified through observable behaviors. Regardless of frequency the lowest tone, which is the slowest rate of vibration, is always Earth. In the example the middle C frequency is earth however if we go up or down an octave from middle C then the frequency of Earth would change. If we change to a new scale, i.e., G than the lowest note would be G and G would become Earth. The musical idea of a tonic or lowest tone of a scale is where a sound journey returns to Earth.

Depending on the musical scale, i.e., C, D, E, etc. there can be many tonic tones and many earths. Today musicians learn basic scales that are tuned to a common frequency, i.e., A 440 Hz. This was not always the case because the integration of frequency into music happened in 1711 when John Shore invented the tuning fork and introduced frequency standards to tune musical instruments. Before tuning forks musicians choose pitch by ear and “the right feeling”. This is still practiced in India where traditional Raga musicians spend hours playing different sounds until “the right” tuning sound for their performance is agreed upon.

The Universal Vibrational Field is infinite, and every frequency has the potential of being Earth depending on how one relates to that frequency. Relationship is the difference between the chakra system and the frequency system. Frequencies are mathematically defined waves that do not have emotions or thoughts. Chakras are vibrational fields that can be defined by a range of element frequencies that we relate to with thoughts and emotions. Our relationship to sounds and colors is called a feeling tone in psychology. Feeling tones are a felt body sensation of vibration that is associated and/or embedded with a thought or emotion. Specific frequencies within a chakra range of vibrations can become a carrier wave for a feeling tone. When we look at color swatches in a paint store, we are viewing

different frequencies of light waves. For example, Red is the color of the Earth element which is the slowest chakra vibrational range. However, there are many different shades of Red with frequencies between 400 THz and 480 THz. These different frequencies of red go by different quantitative names, i.e., Dark Red, Light Red, Medium Red or Scarlet, Crimson, Burgundy, Maroon, Indian Red, Persian Red, Candy Apple Red, etc. Matching a shade of red with a room we want to paint involves imagining the room painted the color of a swatch, discussing different colors with family members, researching what professional designers say about the color, asking opinions of friends, listening to our intuition, or even having a dream about a color. During the process we are looking for a felt sense of resonance in our body that tells us, “This is the right color”.

Feeling tones are an explanation for sound and color systems that assign different and sometimes contradictory therapeutic qualities to sounds and colors. For example, in one system the color blue may be associated with being down and out, i.e., “the blues,” and in another system the color blue is associated with peace and tranquility. The color blue, i.e., from light blue to dark blue, is a wave of light consisting of different frequencies. The color blue has no emotion or thought. It does not know right or wrong or sad and happy. It is a frequency perceived as blue that comes and goes just as rainbows refract the light of the sun to appear and disappear. Similarly, music consists of frequencies of sound that become music in the ear of the beholder. A music composition may be uplifting for a listener and depressing for another listener. In the 1950’s Rock and Roll music was exciting for teens and “the devil’s music” for parents. Today those teens are grandparents who are uplifted by listening to rock and roll tunes.