

# Energy Chimes



Chimes make any announcement special. Use your Energy Chime to help you meditate, relax, or to strengthen your charkas.

There are **7 main chakras** in the body. The **Root** Chakra resonates with Middle C. It is at the base of your spine. This is the place of fear and it controls your fight or flight response. The **Sacral** Chakra resonates with D. It is between the base of your spine and your navel, and affects your sexuality, creativity, and emotions. The **Solar Plexus** Chakra resonates with E. It is located just above your navel, and affects power, and sensitivity. The **Heart** Chakra resonates with F. It is within your heart, the house of your soul, and affects feelings of love, harmony and peace. The **Throat** Chakra resonates with G. It is within your throat, and affects communication, expression and judgment. The **Third Eye** Chakra resonates with A. It is in the center of your forehead, and affects how we see and question the spiritual nature of life. The third eye is also associated with inner sight, clairvoyance, wisdom and perception. The **Crown** Chakra resonates with B. It is at or above the top of your head; it balances our inner being with the exterior worlds, our connection with the universe.



The **Consciousness**, or Ego, Chakra resonates with the note of C#, verbalized as **OM**. Om is not a word but an intonation. It is made up of three Sanskrit letters, aa, au and ma. Combined they make the sound Aum or Om. It is believed to be the basic sound of the world and to contain all other sounds. The sound of OM connects us to the universe in a very real way. The Earth's rotation around the sun, takes 1 year, or 31556935.97 seconds. If frequency equals cycles per second, you get  $1/31556935.97$ ; which is the portion of a year that exists in one second. This is a very, very small number. If you double that very small frequency until it falls into the range of human hearing you arrive at 136.1 Hz, C#, OM.

