

Healing With Sound – The Effects Of Different Notes

Musical Note: C
Sacred Sound: Uh
Color: Red
Sense: Smell

Physical Aspects

Gross circulation
Large/thick muscles
Hormones
Heart muscle
Sore muscles
Colon
Constipation
Anemia
Bones

Emotional Aspects

Self empowerment
Listlessness
Ability to self-direct
Willpower
Survival issues
Repression
Dependence
Groundedness

Self-healing steps: Researching

Astrological: Aries

Chakra: 1st /Base/Root

Gland: Adrenals

Toning Sound: Uh (Low)

Element: Earth

Level of Consciousness: Physical

Musical Note: C#
Sacred Sound: Hu
Color: Red/orange
Physical Aspects:

Circulation of digestion
Tendons and ligaments
Sore muscles
Asthma
Colds
Constipation
Testes/Ovaries

Emotional Aspects:

Secretly hard on self
Sarcastic or bullying
Indulgences
Low energy
Fear
Groundedness
Boundaries
Attachment

Self-healing steps:

Recognizing

Astrological:

Taurus

Chakra:

2nd/Sacral

Glands:

Gonads/Ovaries

Toning Sound:

Ooo

Element:

Water

Level of consciousness: Emotional/Astral

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Musical Note: D
Sacred Sound: Oo
Color: Orange
Sense: Taste
Physical:
Digestion
Liver
Pancreas
Gallbladder
Spleen
Cramps
Blood sugar
Emotional:
Self-approval
Complainer
Sexuality issues
Low self esteem
Shyness
Fear
Addictions
Intimacy
Self-healing steps: Risking
Astrological: Gemini
Chakra: 2nd/Sacral
Glands: Gonads/Ovaries
Toning Sound: Ooo
Element: Water
Level of Consciousness: Emotional/Astral

Total
Fitness

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Musical Note: Eb
Sacred Sound: Who
Color: Yellow/orange
Physical:
Oxygenation of digestion
Respiration
Colitis
Ulcers
Lymph
Small Intestine

Emotional:
Information brokers
Don't share real emotions lightly
Mental clarity
Stubbornness
Control issues
Trust issues

Self-Healing Steps:
Revealing

Astrological:
Cancer

Energy Center: 3rd Chakra/Solar Plexus

Glands: Pancreas, Liver

Toning Sound: Oh

Element: Fire

Level of Consciousness: Mental/Intellectual

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Musical Note: E
Sacred Sound: Oh
Color: Yellow
Sense: Sight
Physical: Liver, spleen
Respiration
Nerves
Lymph
Ulcers
Stomach
Emotional: Self-sabotage
Needs to be needed
Lack of will power
Depression
Slow learning
Intellectual activity
Self-Healing Steps: Resonating
Astrological: Leo
Energy Center: 3rd Chakra/Solar Plexus
Gland: Pancreas, Liver
Toning Sound: Oh
Element: Fire
Level of Consciousness: Mental/Intellectual

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Musical Note: F
Sacred Sound: Aw
Color: Yellow/green
Sense: Touch, feeling
Physical:
Kidneys
Bladder
Reduces blood pressure
Insomnia
Thymus
Heart
Emotional:
Procrastination
Lack of compassion
Trust issues
Authenticity
Emotional soothing to all areas
Self-Healing Steps: Resolving
Astrological: Virgo
Energy Center: 4th Chakra/Heart
Gland: Thymus
Toning Sound: Ah
Element: Air
Level of Consciousness: Causal/Lower Creative

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Musical Note: F#
Sacred Sound: Ah
Color: Green
Physical:
Insomnia
Thymus
Immune system
Allergies
Heart
Emotional:
Love
Lack of responsiveness
Inflexibility
Self-Healing Steps: Releasing
Astrological: Libra
Energy Center: 4th Chakra/Heart
Gland: Thymus
Toning Sound: Ah
Element: Air
Level of Consciousness: Causal/Lower Creative



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Musical Note: G
Sacred Sound: Eye
Color: Blue/green
Sense: Hearing
Physical:
Neurotransmitters
Utilization of B vitamins
Bones
Back pain
Reduces blood pressure
Thyroid
Throat
Skin
Emotional:
Prioritizing physical issues
Depression
Communication
Creativity blockage
Dishonesty
Self-Healing Steps: Reforming
Astrological: Scorpio
Energy Center: 5th Chakra/Throat
Gland: Thyroid
Toning Sound: Ay
Element: Ether
Level of Consciousness: Causal/Higher Creative

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Musical Note: Ab
Sacred Sound: Aye
Color: Green/blue
Physical:

Enzyme production
Thyroid
Laryngitis
Tonsilitis
Back pain
Allergies
Colds/sinus

Emotional:

Spreads self too thin,
Sees self as not important,
Says from low self esteem to egotistical

Self-Healing Steps: Reforming
Astrological: Sagitarius
Energy Center: 5th Chakra/Throat
Gland: Thyroid
Toning Sound: Ay
Element: Ether
Level of Consciousness: Causal/Higher Creative

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Musical Note: A
Sacred Sound: Ee
Color: Blue
Sense: Intuition
Physical:

Body's rebuilding
Toxins
Eyes and ears
Deafness
Stop bleeding
Insanity
Pituitary

Emotional:

Prioritizing non-physical issues
Creativity blockage
Trust issues
Lack of motivation
All nervous ailments
Breathing difficulties

Self-Healing Steps:

Reaping

Astrological:

Capricorn

Energy Center:

6th Chakra/Third Eye

Gland:

Pituitary

Toning Sound:

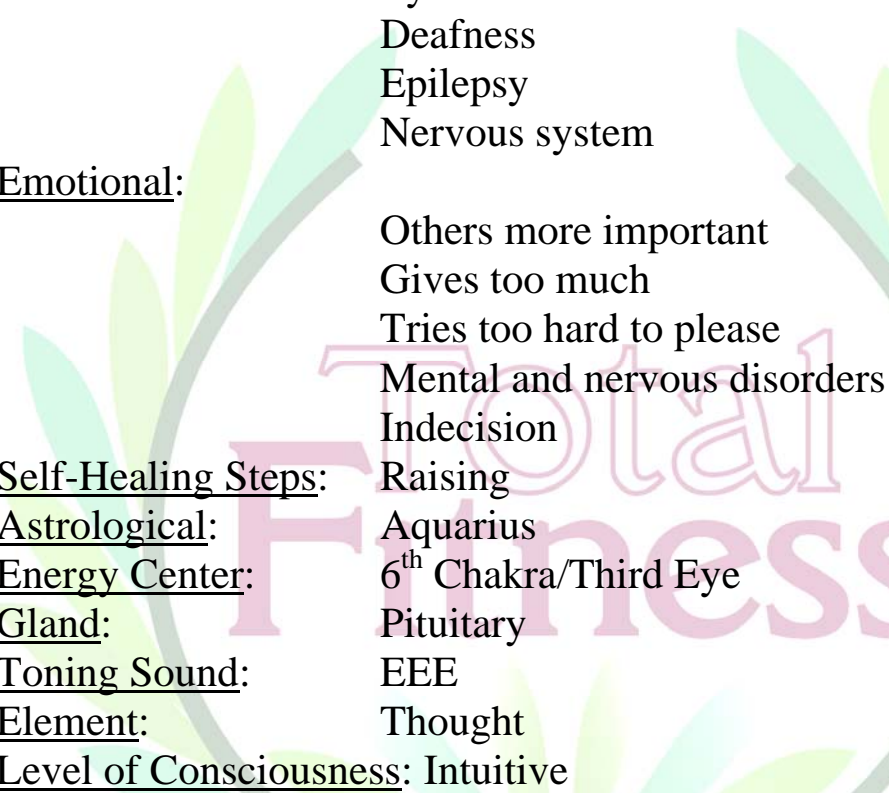
Ee

Element:

Thought

Level of Consciousness: Intuitive

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<u>Musical Note:</u>	Bb
<u>Sacred Sound:</u>	mmm/om
<u>Color:</u>	Indigo/purple
<u>Physical:</u>	Body regulation Utilization of minerals Eyes and ears Deafness Epilepsy Nervous system
<u>Emotional:</u>	Others more important Gives too much Tries too hard to please Mental and nervous disorders Indecision
<u>Self-Healing Steps:</u>	Raising
<u>Astrological:</u>	Aquarius
<u>Energy Center:</u>	6 th Chakra/Third Eye
<u>Gland:</u>	Pituitary
<u>Toning Sound:</u>	EEE
<u>Element:</u>	Thought
<u>Level of Consciousness:</u>	Intuitive

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Musical Note: B
Sacred Sound: nnn/silence
Color: Violet or white
Physical:
Affects the whole body
Subtle circulation
Body mechanics
Nerves/electrical body
Blood purification
Epilepsy
Blood and fluid balance of minerals
Neuralgia
Cramps and inflammation
Glandular imbalances
Immune deficiencies
Emotional:
Martyr
Scattered
Nervous disorders
Self respect
Self-Healing Steps: Rejoicing
Astrological: Pisces
Energy Center: 7th Chakra/Crown
Gland: Pineal
Toning Sound: EEE (High)
Element: Light
Level of Consciousness: Knowing/Oneness

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