

TUNING the Human Biofield

Healing with
Vibrational
Sound Therapy

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Companion PDF

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APPENDIX C

CHAKRA TABLES AND BIOFIELD ANATOMY MAPS

MINOR CHAKRAS

CHAKRA	TUNING FORK	RELATES TO	LEFT IMBALANCE	RIGHT IMBALANCE	GENERAL INDICATION
Feet	UT/C	potential link to past lives	undefined	undefined	ability to support oneself and take the next steps in life
Knees	UT/C	degree of inner and outer freedom	left knee: things from the past that are no longer indicated or appropriate in the present	right knee: challenges moving forward; obstacles within our without; slow or complicated birth experience	front of knees: "greener-pasture" thinking

MAJOR CHAKRAS

CHAKRA/ PLEXUS	COLOR	SOLFEGGIO FORK/ HARMONIC FORK	GOVERNS	RELATES TO	LEFT IMBALANCE	RIGHT IMBALANCE	OVERALL LOW ENERGY	HEALTHY
Root/ First	red	UT/C	tailbone, relation to ground, legs and feet, hip joints, pelvis	home life, security, tribe, right livelihood, rootedness, groundedness	not doing, indolence, thinking about doing but not doing, no rubber on the road—no connection between thoughts and actions	overly active physically— doing too much, overly active mentally— thinking too much, often guilt driven	low energy, not sleeping well, not well rested, fight- ing infection	thoughts and feelings in accordance with actions, present in the now, comfortable in home, right livelihood, high energy level
Sacral/ Second	orange	RE/D	reproduc- tive organs, bladder, large intestine, small intestine	sexuality, creativity, cash flow, self-worth, intimate rela- tionships	frustration, disappoint- ment	guilt, shame	creatively stuck, unhealthy intimate rela- tionships, low self-worth	healthy intimate relationships, creatively flowing

MAJOR CHAKRAS (continued)

CHAKRA/ PLEXUS	COLOR	SOLFEGGIO FORK/ HARMONIC FORK	GOVERNS	RELATES TO	LEFT IMBALANCE	RIGHT IMBALANCE	OVERALL LOW ENERGY	HEALTHY
Solar Plexus/ Third	yellow	M/E	spleen, pancreas, stomach, kidneys, adrenals, liver, gallbladder, and relationship with father and mother	self-confidence, self-esteem, how we interface with other's energies, setting goals and achieving them	powerlessness	anger	not assertive, challenged by setting and achieving goals, easily overwhelmed by others' energy	assertive, able to advocate for self, able to complete projects
Heart/ Fourth	green	FA/F	heart, lungs	giving and receiving love, compassion, and gratitude	sadness, grief, and loss	saying yes when we mean no, overdoing for others	challenge to give and receive love	following heart's desires, able to love freely

MAJOR CHAKRAS (continued)

CHAKRA/ PLEXUS	COLOR	SOLFEGGIO FORK/ HARMONIC FORK	GOVERNS	RELATES TO	LEFT IMBALANCE	RIGHT IMBALANCE	OVERALL LOW ENERGY	HEALTHY
Throat/ Fifth	blue	SOL/G	thyroid, jaw, throat, faculty of hearing	communica- tion, speaking our truth, creativity	not commu- nicating or expressing, holding back	speaking and not being heard	not express- ing self, thyroid issues, holding back	communicat- ing clearly, being heard, particularly strong energy relates to teacher, writer, or other com- munication vocation
Third Eye/ Sixth	purple or indigo	LA/A	pineal gland, brain	intuition, thought pro- cesses	worrying about the future	overthinking about the past	inability to focus, distrust or discon- nection from intuition	clear third eye perception, mental focus and acuity

MAJOR CHAKRAS (continued)

CHAKRA/ PLEXUS	COLOR	SOLFEGGIO FORK/ HARMONIC FORK	GOVERNS	RELATES TO	LEFT IMBALANCE	RIGHT IMBALANCE	OVERALL LOW ENERGY	HEALTHY
Crown/ Seventh	white or purple	963 Hz/B	brain, relationship with time, relationship with the divine	higher thinking, spatial intelligence, music	undefined	undefined	difficulty focusing, overwhelmed by life, often a consequence of too much time inside, especially under fluorescent lights	right relationship with time and the divine, aided by plenty of time outside

Biofield Anatomy Energetic Imbalances

Front view

Right side: Masculine side

Left side: Feminine side

Not enough time;
disconnect from nature

Thinking about the past

Worrying about the future

Speaking but not being heard

That which we do not express

Saying yes when we mean
no; emotional caretaking

Sadness; grief; loss

Relationship with father;
anger

Relationship with mother;
powerlessness

Guilt, shame

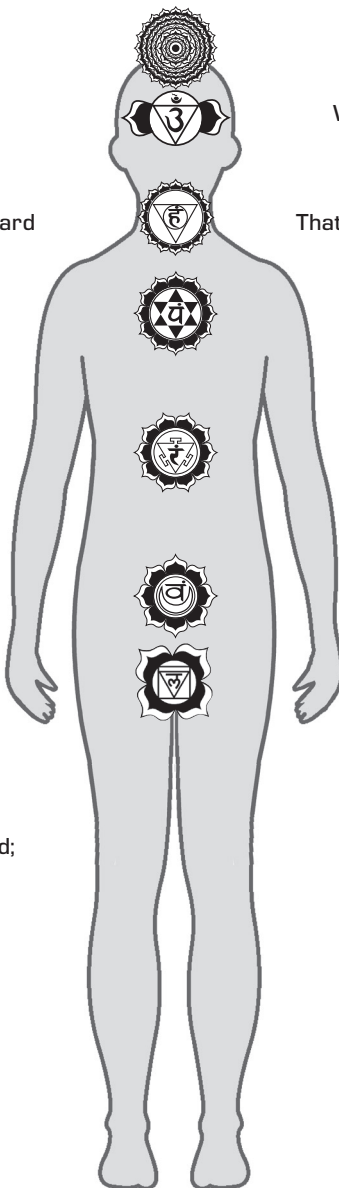
Frustration; resentment

Busyness; overdoing

Things we want to be
doing but are not doing

Challenges moving forward;
confusion; obstacles

Challenges letting go;
discomfort with change



Biofield Anatomy Energetic Imbalances

Back view

Areas of discomfort or pain and their associated imbalances are noted

Left side: Feminine side

Right side: Masculine side

