



These Chakra Tuning Forks Sets helps you get in touch with your body's most subtle energies so that you can improve your overall sense of well-being. Using tuning forks as part of a sound therapy regimen can educate you on the location of energy in your body, how to sense it and how to enhance your overall awareness of it so that you can understand its behavior and its impact on the way you feel.

Each zone of the body, or Chakra, corresponds with an important part of your being:

- 9th- Earth Star- 68.05 Hz- Also known as Low OM Tuning Fork. It is used on our body; especially lower part of the body. It creates beautiful overtones when activated. It is useful in grounding and opening deep blockages in our body. The Chakra color is Silver.
- 8th – Soul Purpose Chakra : Clearing of the soul, reestablishing connection to the divine. The Chakra color is Purple.
- 7th – Crown Chakra : Knowingness, dedication to divine consciousness and trusting the universe; connection to a higher power. The Chakra color is Violet-Purple.
- 6th – Third Eye Chakra : Intuition, self-realization, and releasing negative thoughts. The Chakra color is Cobalt.
- 5th – Throat Chakra : Trust, loyalty, organization, and truthful expression of oneself. The Chakra color is Blue.

- 4th – Heart (Same as OM) Chakra : Relationships, love, compassion, forgiveness, and acceptance. The Chakra color is Green.
- 3rd – Solar Plexus Chakra : Personal power, intellect, self-confidence, and self-control. The Chakra color is Yellow.
- 2nd – Sacral Chakra : Feelings and connecting with others. The Chakra color is Orange.
- 1st – Root Chakra : Survival and the ability to defend one-self. The Chakra color is Red.
- By using the appropriate tuning fork on the corresponding Chakra, you can bring the energies back into alignment so that you experience your best quality of life at every possible level. When your Chakras are brought back into balance, you feel connected to yourself, your higher power, and to others. You feel physically, emotionally, and mentally well. You are realized at your fullest potential; something that is absolutely essential. Let sound therapy and the power of Chakra Tuning Forks bring you back into balance so that you too can realize your fullest potential.

- **List of tuning forks and frequencies**

- 9th- Earth Star ... 68.05 Hz (included with 9 Chakra Sets)
- 8th – Soul Purpose ... 272.20 Hz (included with 8 Chakra Sets)
- 7th – Crown ... 172.06 Hz
- 6th – Third Eye ... 221.23 Hz
- 5th – Throat ... 141.27 Hz
- 4th – Heart (Same as OM) ... 136.10 Hz
- 3rd – Solar Plexus ... 126.22 Hz
- 2nd – Sacral ... 210.42 Hz
- 1st – Root ... 194.18 Hz