

Soul Contract Number & Sound Frequencies

with Chakra alignment

By Amelia Jane Struthers

Welcome Luminous Soul

Thank you for purchasing this sound frequency guide that I lovingly created for your healing practice.

It was inspired by my work with the Center for Conscious Ascension, specifically the Soul Contract method, described in the book, *Your Soul Contract Decoded*, by my teacher, Nicolas David Ngan.



For Chakra integration, I collaborated with my best friend, Emily Jo Wiadro, a powerful healer and Integrative Yoga Practitioner.

This guide bridges the number frequencies of your Soul Contract* with the power of sound healing and Chakra centers. Every number carries a unique frequency—a tone that activates your healing, alignment, and expansion.

When life feels off-key, these sound codes help you re-tune to your natural harmony. This is your frequency map back to coherence. Use it as a daily calibration tool and meditation companion.

**This tool is useful, even if you do not have your Soul Contract chart! If you would like to purchase your chart, go [here](#).*

*With Love and Light,
Amelia Jane Struthers*

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Sound isn't just heard—it's felt in every cell, connecting body, mind, and spirit. Studies of Tibetan singing bowl sessions have shown significant reductions in tension, anxiety, anger, fatigue even after just a single hour-long session. This opens the door for those who choose natural support for emotional wellbeing and spiritual alignment.

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ESSENTIAL SOUL JOURNEY

Soul Contract Number Frequencies and Sound Frequencies

Elevate mood and wellbeing by combining Sound Frequencies,
Chakras and Soul Contract alignment.

INSTRUCTIONS: To help you reach an aligned and coherent emotional/healing state, add the “sound bath” tone for each number frequency or chakra you want to focus on. If you don’t know your Soul Contract numbers, simply read the descriptions of each number and find the one that resonates for you.

Choose a safe, quiet space where you will not be interrupted. Check-in with closed eyes, hands on your heart and a deep breath. Feel, observe, notice...what is the emotion you bring to your practice today? Write it down or use the Mood Tracker.

Read the descriptions beside each chakra and choose one area for today’s practice. That is the sound or tone you will listen to.

If working with Physical/Spiritual Karma, Talents or Goals in your Soul Contract: Use the tone that aligns with number in your chart you are focusing on today. If you have two numbers, always use the single digit on the right for this method.

If working with just the chakra system, use the tone that matches the description you feel drawn to. It may align with the mood you feel as you begin your practice.

Open the sound frequency and begin your practice. You may choose to sit in meditation, gently chant or hum, do visualization and take yourself on an inner journey with your imagination, go for a walk, or simply journal. You are elevating to higher consciousness, healing, inspiration and coherence. Raise your vibration to the positive attributes of the number and chakra. Let yourself feel and embody those positive attributes without judgement. Let the positive attributes replace limiting beliefs. Let the new feelings come to the “top of the list,” to the front of your consciousness and let the limiting beliefs become less important. You are in charge of where you put your focus.

Really “see and feel” the positive emotion. The more real you make it, the more powerful the response you will receive from the quantum field/Source/Universe for healing and wellbeing.

Gently return to the present moment with intentional breaths. In stillness, check in with your mood. Write it down, or use the Mood Tracker.

Soul Contract Number Frequencies and Sound Frequencies

<i>Soul Contract Number Frequency and Corresponding Energy Center</i>	<i>Soul Contract Positive Attributes and Corresponding Sound Frequency</i>
1 CROWN CHAKRA	Higher consciousness and unity with Source. High Master energies, transformation, transmutation, access and gateway to Divine Mind. <u>963 Hz</u> — Associated with awakening, connection to Source, and expanded consciousness
9 3RD EYE CHAKRA	Accepting ability to receive Divine Guidance. Sharpen, heighten sensitivity to Source energy, and receive Spirit with more clarity. Empowerment to create peace increases with ability to interpret spiritual guidance. <u>852 Hz</u> — Enhances intuition, clarity, and alignment with spiritual truth
3 & 5 THROAT CHAKRA	Communicating and self-expression: being clear and authentic, experiencing worthiness and creativity to express thoughts/emotions. For 5, speaking Truth and grounding it by speaking. For 3, self-expression with worthiness. <u>741 Hz</u> — Supports authentic self-expression, communication, and truth
4 & 7 HEART CHAKRA	Love, live from the heart, be authentic self. Connect and give/receive freely. Share without fear of depletion; trust there is always enough. <u>639 Hz</u> — Resonates with compassion, connection, and unconditional love
2 SOLAR PLEXUS CHAKRA	Coming into balance. Emotional resilience. Wisdom through trusting and following intuition. <u>528 Hz</u> — Linked to transformation, personal power, and inner harmony.
6 SACRAL CHAKRA	Creativity, emotional flow, inspiration, and motivation. Stability through unblocking creativity and releasing trapped anger. <u>417 Hz</u> — Promotes creativity, emotional balance, and clearing of negative patterns
8 ROOT CHAKRA	Stability, grounding, safety, connection to Earth and people. Enjoy Earthly life, nurture the body, bring Heaven to Earth. <u>396 Hz</u> — Grounds energy, releases fear, and strengthens security

Essential Oil Boost

Why Use Essential Oils in Chakra Practice

Essential oils engage the senses to anchor awareness in the present moment. Their aromatic compounds influence the limbic system—the part of the brain that regulates mood and emotion—helping calm the mind and deepen meditation. When paired with chakra work, they enhance focus, balance energy, and promote an overall sense of harmony and wellbeing.

<i>Soul Contract Number Frequency and Corresponding Energy Center</i>	<i>Essential Oil & Journal / Meditation Prompt</i>
1 CROWN CHAKRA	Frankincense, Sandalwood, Lavender, Myrrh, Neroli, Rosewood Prompt: How can I connect more fully with stillness and higher guidance?
9 3RD EYE CHAKRA	Frankincense, Sandalwood, Lemon, Rosemary, Juniper, Clary Sage Prompt: What intuitive message or insight is surfacing for me right now?
3 & 5 THROAT CHAKRA	Peppermint, Eucalyptus, Chamomile, Clary Sage, Tea Tree, Basil Prompt: What truth within me needs to be spoken or written?
4 & 7 HEART CHAKRA	Rose, Geranium, Lavender, Cypress, Eucalyptus, Palmarosa Prompt: How can I open my heart while keeping healthy boundaries?
2 SOLAR PLEXUS CHAKRA	Lemon, Lemongrass, Juniper, Ginger, Grapefruit, Peppermint Prompt: Where do I need to reclaim my confidence or set a clear intention?
6 SACRAL CHAKRA	Orange, Bergamot, Ylang Ylang, Jasmine, Neroli, Cardamom, Tangerine Prompt: How am I honoring creativity, pleasure, and emotional flow today?
8 ROOT CHAKRA	Cedarwood, Patchouli, Vetiver, Myrrh, Sandalwood, Ginger, Cypress Prompt: What helps me feel stable and rooted in my daily life?

INSTRUCTIONS: AS YOU WORK WITH THE CHAKRA & SOUND MEDITATION, CHOOSE ONE, OR A BLEND, OF ESSENTIAL OILS WITH ONE OF THESE METHODS:

TOPICAL USE: APPLY TO WRISTS, TEMPLES, SOLES OF FEET, OR CHAKRA-POINT AREAS AS GUIDED—AVOID EYES, INNER EARS, AND MUCOUS MEMBRANES.

INHALATION: DIFFUSE OR INHALE FROM PALMS (ONE DROP RUBBED BETWEEN HANDS, THEN CUPPED OVER NOSE) FOR GENTLE AROMATHERAPY.

SENSITIVITY: ALWAYS PATCH-TEST FIRST. DISCONTINUE IF REDNESS OR IRRITATION OCCURS.

CAUTIONS: AVOID USING CITRUS OILS ON SKIN BEFORE SUN EXPOSURE. KEEP ALL OILS OUT OF REACH OF CHILDREN AND PETS. CONSULT A HEALTHCARE PROVIDER IF PREGNANT, NURSING, OR UNDER MEDICAL CARE.



*Let's talk
about what
Soul Contracts
reveal*

AMELIA JANE STRUTHERS

What is a Soul Contract?

As mentioned in the book *Your Soul Contract Decoded* by my teacher Nicolas David Ngan, your Soul Contract chart is the "decoding" of your birth certificate name. This allows you to see and understand the predominant set of frequencies shaping your life in each moment - for your entire lifetime. He describes it as the "cake of your life"—the core of who you are and who you will always be in this incarnation.

Other names you carry, such as those gained through adoption, marriage, or personal choice, act like "layers of icing" on that cake. These overlays bring new flavors and textures, sometimes helping, sometimes challenging, but always influencing how you experience and navigate your life.

Again and again, I've seen how this method provides language for what people already sense deep inside - that there is a some design to their experiences - and they want to know what the purpose - the meaning - of what it all is.

Birth Certificate Name The "cake."

This Soul Contract Chart reading is like having a heartfelt conversation with your higher self, revealing the threads that weave together your life path, karmic patterns, and talents. This chart pieces together the messages your life experiences hold, based on your Spiritual Signature, the vision of your soul for this lifetime. You will feel validated and will know exactly what your next steps are.

The Overlay:

Choose this chart if you'd like to discover more about your soul's true purpose. This "overlay" reading is an interpretation of both your birth certificate name, your common name since birth and your current name.

Relationships:

To truly master your spiritual path, this advanced chart is your guide to identifying the abundance of frequencies that have created who you are. This chart delves into the frequencies of your birth chart, your current name, and the names of significant people in your life, revealing the intricate web of connections that shape your journey.

Business Names:

Dont' forget the name of your business. It's an extension of everything you are! There is a proecess for naming your business or products to create the perfect frequency to bring people in the door.

[Order your Soul Contract
or Book at Live Reading](#)

Meditation Mood Tracker

MY MOOD BEFORE AND AFTER MY PRACTICE

MONTH:

After

Before

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

My Mood Key: fill in each “mood” with a different color or pattern

CALM	NEUTRAL	ANXIOUS	STRESSED	GROUNDED
UNGROUNDED	ANGRY	RESTLESS	SAD	
EMPOWERED	HOPEFUL	HAPPY	INSPIRED	

ESSENTIAL SOUL JOURNEY



A Monthly, Practical Guide to
Nurturing Your Spiritual Journey
By
Amelia Jane Struthers

Complimentary Copy Here

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