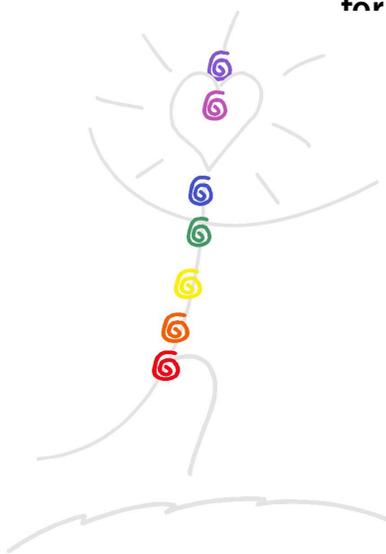


Chakra is a Sanskrit (language of ancient India) word for “wheel”. Chakras in our body are continuously rotating wheels of light energy. There are seven main chakras or energy centers located along our spinal column. Each chakra reflects the state of health of a certain area of the body. Every thought and experience is filtered through our chakras. A blocked or imbalanced chakra energy may lead to physical or emotional illness. Using the colors and tones associated with each chakra keeps them open and flowing, fostering complete harmony and optimum health.



Cathleen Kelly is the founder/owner of Holistic Horizons, located in Cicero, New York and Fiddlehead Grove Retreat and Healing Center in West Monroe, New York.



Cathleen, a traditionally trained registered nurse, continues to learn and grow as she follows her unique path as a healer and entrepreneur. To learn more, please visit the Holistic Horizons website <http://www.rnholistic.com>. Enjoy your journey.

The Rainbow Octave



Cathleen M. Kelly, R.N., B.S.N., H.N.C.

Chakra Press
West Monroe, NY

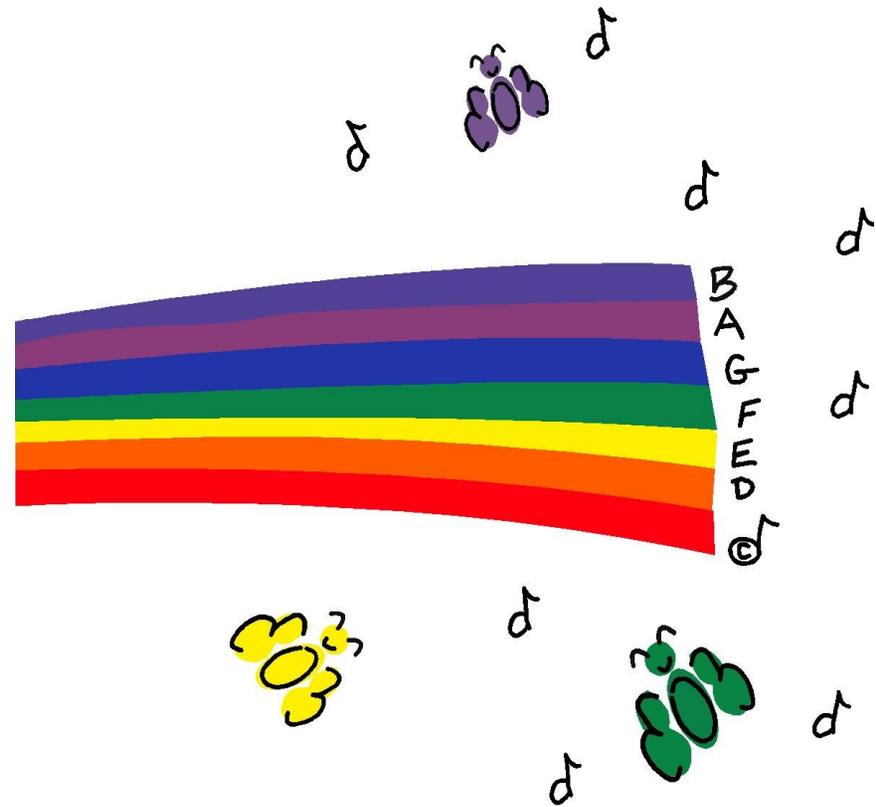
Copyright © 2003 by Cathleen Kelly

Reprinted 2006

All rights reserved. No part of this book may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without written permission from the author/publisher, except by a reviewer who may quote brief passages in a review.

Second Edition

Printed in the United States of America



In harmony the tones played
A heavenly tune
“Remember the beautiful

Rainbow Octave in *you!*”

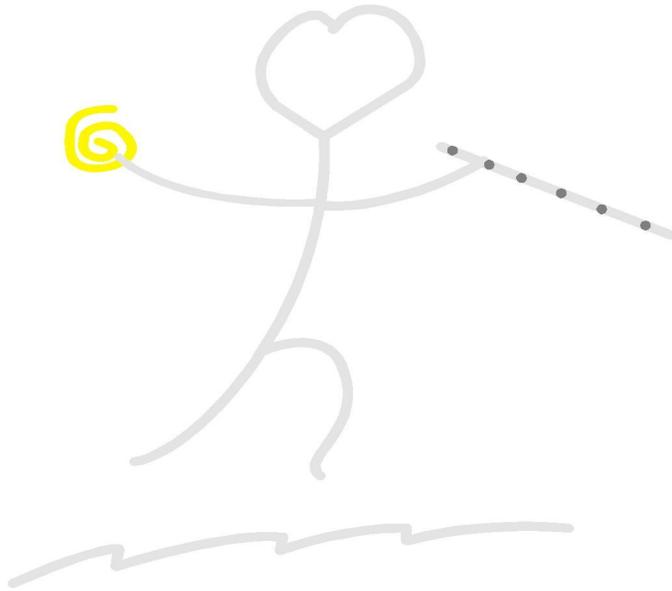


The Rainbow Octave

Cathleen M. Kelly, R.N., B.S.N., H.N.C.

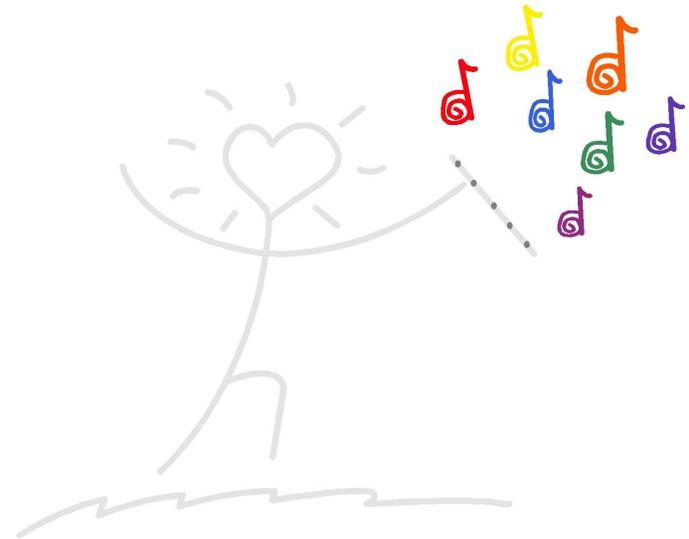
Each of the light-sounds
Before me now shone
Brilliantly arranged
In a magnificent rainbow!

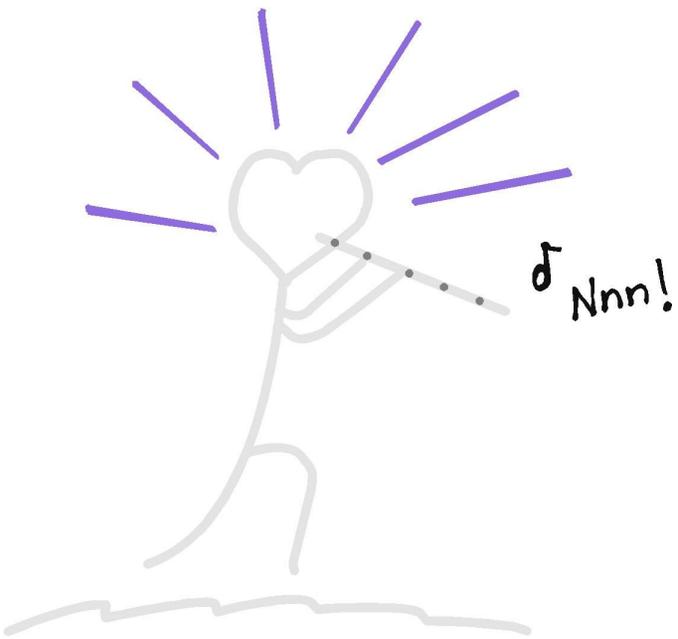
Come as I journey
One step at a time
The path to enlightenment
And all things divine.
I set out one day
In search of the truth



My soul in one hand
In the other, a flute.

As these chakra colors
And tones by me flew
I was struck with great awe
As they formed something new.

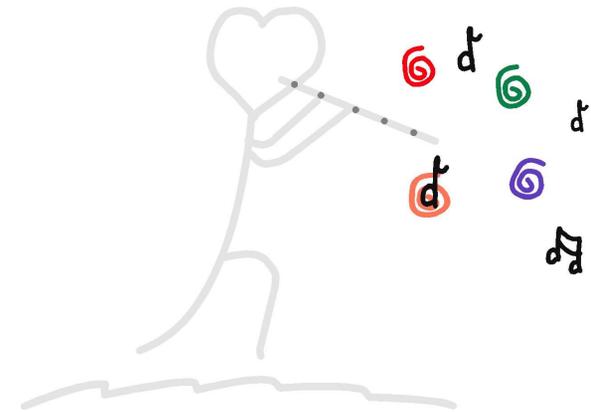




“Nnn!” on a B tone
Flung a violet cascade
Out from my crown chakra
And into the day.

From the top of my head
Elemental mercury warned
“You’re spiritually connected.
To divine you are sworn.”

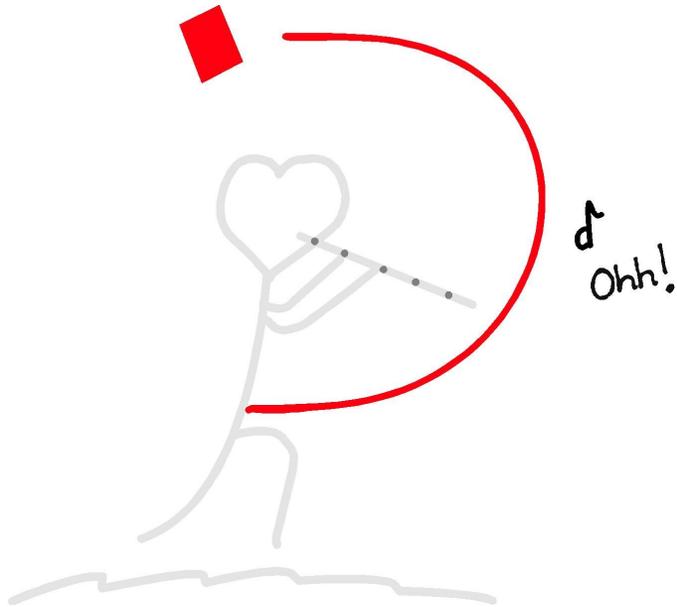
(Affirm: I live only in the present moment.)



I knew not my haven
Nor from whence I came
Yet in confidence I trod
And began to play.

At once from the flute
Came melodious sounds
Sending spirals of light forth
To dance all around.

“Ohh!” on a C tone
Sent a square of bright red
Up from my root chakra
And over my head.
My spine, palms and soles

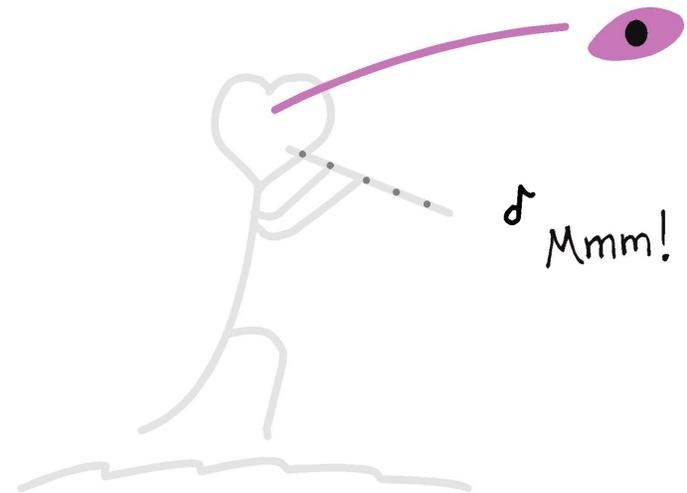


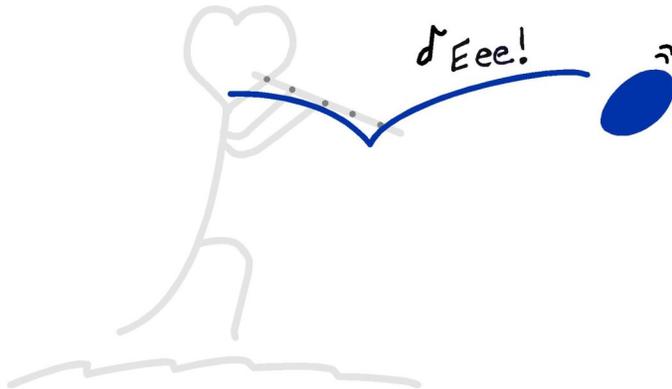
From the earth did tell
“You are safe and secure
With a keen sense of smell.”
(Affirm: I am connected to all life.)

“Mmm!” on a A tone
Cast an indigo eye
From deep in my brow chakra
Out into the sky.

My third eye and forehead
Through my mind did bless
“You’re intuitive and wise
With strong clairvoyance.”

(Affirm: I seek only truth.)

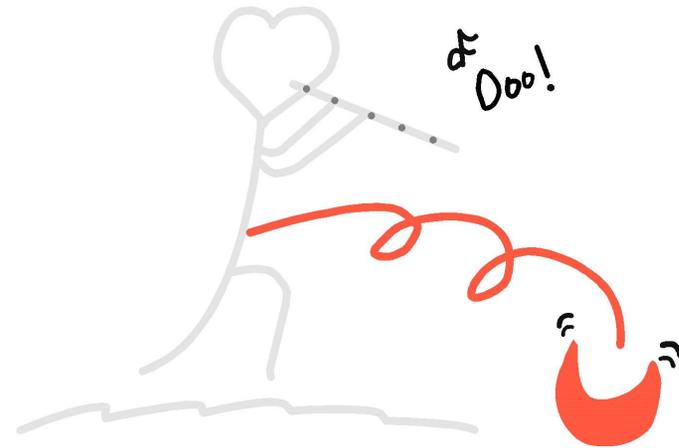




“Eee!” squealed a G tone
 Tossing an egg of blue
 Down from my throat chakra
 Then away it flew!

My shoulders and voice
 Through my spirit did cheer
 “You are faithful and true
 With very sharp hearing.”

(Affirm: I surrender personal will to divine will.)



“Ooo!” with a D tone
 Spun a crescent of orange
 Forth from my spleen chakra
 To swirl ever more.

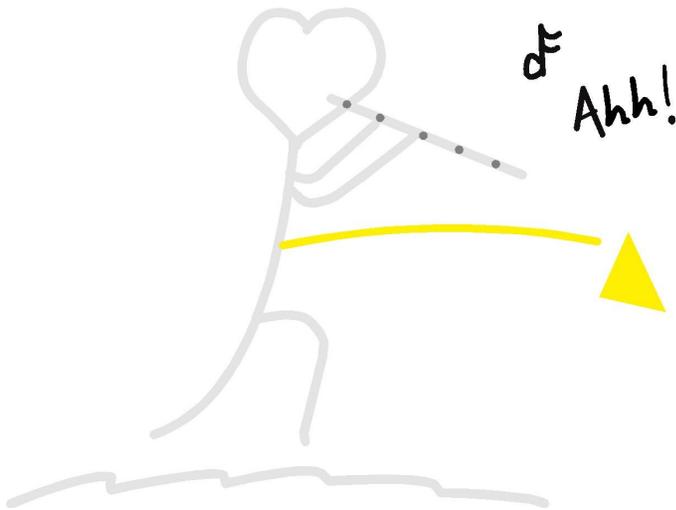
My ankles and wrists
 From the waters did cry
 “You’re creative and powerful
 With clear visual sight.”

(Affirm: I honor all others.)

“Ahh!” sang an E tone
Popping a triangle of yellow
From my solar plexus
To the grasses below.

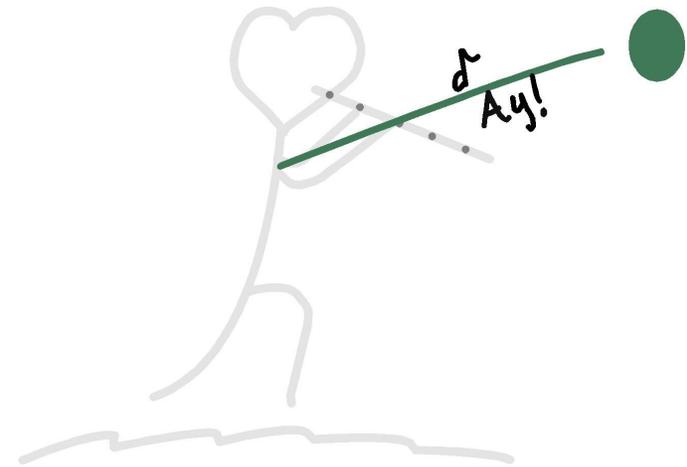
My stomach and nerves
From the fires did say
“You’re emotional and confident
With distinctive taste.”

(Affirm: I honor myself.)



A tone of F shouted “Ay”
Spewing a circle of green
Right from my heart chakra
Never more to be seen.

My knees and life pump



From the air did vouch
“You’re flexible and loving
With a sensitive touch.”

(Affirm: Love is divine power.)