

# Tones and Frequencies for the Primary Chakras

## 1st CHAKRA

Root – Muladhara  
Keynote: C  
Frequency: 256 Hz.  
Vowel: Uh  
Bija: Lam  
Element: Earth  
Shabd Sound: Thunder/Earthquake  
Energy: Grounding

## 2nd CHAKRA

Sacral – Svadisthana  
Keynote: D  
Frequency: 288 Hz.  
Vowel: Ooo  
Bija: Vam  
Element: Water  
Shabd Sound: Ocean  
Energy: Life Energy,

## 3rd CHAKRA

Navel – Manipura  
Keynote: E  
Vowel: Oh  
Frequency: 320 Hz.  
Bija: Ram  
Element: Fire  
Shabd Sound: Roaring Fire  
Element: Fire  
Energy: Power

#### **4th CHAKRA**

Heart – Anahata  
Keynote: F  
Frequency: 341.3 Hz.  
Vowel: Ah  
Bija: Yam  
Element: Air  
Shabd Sound: Wind  
Energy: Compassion, Love

#### **5th CHAKRA**

Throat – Vishuddhi  
Keynote: G  
Frequency: 384 Hz.  
Vowel: Eye  
Bija: Ham  
Element: Ether  
Shabd Sound: Crickets  
Energy: Communication, Creation

#### **6th CHAKRA**

3rd Eye – Ajna  
Keynote: A  
Frequency: 426.7 Hz.  
Vowel: Aye  
Bija: Sham or Om  
Element: All  
Shabd Sound: Bells/Space  
Energy: Insight, Wisdom

#### **7th CHAKRA**

Crown – Sahasrara  
Keynote: B  
Frequency: 480 Hz.  
Vowel: Eee  
Bija: Om, Ah or So Ha  
Element: All  
Shabd Sound: Om  
Energy: Transcendence