



The Sacred Vowel System (Chakra Toning)

Chakra	Colour	Sound	Note
Crown	Violet	EEE	B
Third Eye	Indigo	AYE	A
Throat	Blue	EYE	G
Heart	Green	AH	F
Solar Plexus	Yellow	OH	E
Sacral	Orange	OOO	D
Root	Red	UH	C