



# Instructional Guide & FAQ

How To Use  
The Chakra  
Healing System



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## How do I play my Chakra Healing System music on my iPhone/iPad?

- 1) On your computer, navigate to the location where you saved your audio files.
- 2) Open iTunes.
- 3) Drag and drop the files into the iTunes window. Alternatively, right-click on the file and select 'open with' > iTunes.
- 4) Sync your audio files with your iPod or iPhone.

## How do I play my Chakra Healing System music on my Android phone/tablet?

In the **Google Chrome Browser**, keep your finger pressed on the "Download Button", and you will see an option "Save Link". Now, this will be saved in the Downloads folder.

NOTE: There are many different types of Android devices, and many different manufacturers. It is impossible to provide instructions for all of them. However, in general, you will:

- 1) Connect your phone to the computer via a USB cable, then
- 2) Drag and drop the files onto your phone.

Alternatively, you can download a handy little app in the Google store called Pushbullet, which lets you send files "to and from" between all of your connected devices.

### How many times can I listen to the tones?

Do not listen to the tones more than 3 times a day. You can easily overstimulate your brain and your vagus nerve. Twice a day, once in the morning when you wake up, and once before you go to sleep, is a good place to start.

### I have \_\_\_\_\_. Will the music make me better?

I am neither a doctor nor a psychologist. I can't diagnose you and prescribe treatment.

The music *might* help you, but it's not a "magic potion". DO NOT substitute or alter your prescribed medicines or treatments without notifying your attending doctor. If you decide to try out the Chakra

Healing System as a form of treatment for any illness, injury, or disorder, make sure to notify your physician and ask for their opinion about this form of treatment.

### **Will I see immediate results?**

Internally, yes, you will feel changes happening within minutes. But with more and more use, your results will grow, and external changes will probably start happening after 1 to 1.5 months of every-day sound therapy. Of course, this time frame varies from person to person, and on how consistently you listen.

### **Do you have any special advice about using the Chakra Healing System?**

Free yourself from fixed ways of using the audio. They do not come with guided meditations for this very reason. That said, the only instruction is to practice listening to the tunes every day for at least one month. It is possible to see differences from the first day, or even the very first minutes! You only need to discover your individual pace, focus and keep normal. *If you want to "deepen" your meditation, you can use the simple Chakra*

exercises on page 10.

### **It it more effective if it's louder?**

Absolutely not. The tones were created to exert maximum effect when played at normal to low volume. This is because the key to the tones lies in their wavelength, not in their amplitude. I suggest starting at minimum volume and increasing it until you feel comfortable, but feel free to try several settings and see what works best for you.

### **Are headphones required?**

Headphones are not required, but if you don't use them you won't reap maximum benefits from the brainwave entrainment hardcoded in the sound. Additionally, they increase your concentration by shutting out outside distractions. If you plan on using the tones while practicing Yoga, I suggest using bluetooth sports headphones, as forming poses with loose cables and Phones around can be uncomfortable.

### **Which frequencies resonate with the body's Chakra?**

The body is influenced by curing vibrations in its entirety. For instance, it is said that 396 Hz clears the root chakra. In reality the chakras are intertwined and related to each other. Thus, 396 Hz affects all the chakras, and the same happens with every other frequency. This is because, scientifically speaking, the tones are abstractions that we associate with the chakras, and the chakras are abstractions we associate with their qualities.

### **What's the best time of day to listen?**

Any time is fine, but it's best to practice at the same time every day or night, so it becomes a habit for you. For example, I practice the tunes right after getting out of bed in the morning, and just before sleeping again at night. With practice, you'll find a routine that fits you best.

### **What if I don't use the tunes on a regular basis?**

Maximum benefits come with everyday use. However, it's not always possible to follow a strict schedule. You will still benefit from intermittent or even single use, but the only way to get long-

lasting results is to be consistent.

### **How long should each session last for maximum results?**

There are no limits in the duration of a pure tone session. It is good to avoid doing more than one hour if you are a beginner, however, to make sure you don't feel overwhelmed. Try not to practice more than 2 to 4 hours daily. The audio contains brainwave entrainment, which may overstimulate your brain and Vagus Nerve after prolonged exposure.

### **How long should I practice with tones to make the beneficial effects long-lasting?**

Results become more permanent the more you use the tones. That being said, if you are satisfied with a certain level of effect and feel like you don't need more, then you can simply stop and resume whenever the need to arises again. However, keep in mind that consistency helps promote harmony and symmetry.

### **Are there any other precautions or warnings?**

Abstain from using the tones while driving, operating complex or dangerous machines, or doing anything that may become harmful. Also, epileptic people should seek advice from their physicians before using the tones, especially if they have a history of sound bursts as a cause of seizure.

### **Should I watch for any side effects?**

Yes, especially the beneficial ones! In reality, though, my tones might feel overwhelming for those who listen to them for the first time. The stimulation of the brain and the vagus nerve can be much like lifting weights, and can cause fatigue.

If this happens, lower the volume, shorten the time, or practice less frequently, until you start feeling comfortable again. In the rare occasion that my tones cause you any form of discomfort that is hard to endure, please stop immediately and seek advice from a health professional.

### **Can your tones heal an injured brain?**

It's best to assume 'no'. A physical injury is vastly different from

seizures, depression, or anxiety, even though these too are sometimes physical, in the sense that they are sometimes caused by a chemical imbalance. But while Vagus Nerve Stimulation through meditation might help with seizures, anxiety, or depression, we can't make ANY such claims about brain trauma. If you're still curious about the possibility, ask your doctor.

### **Is it safe to use your music during pregnancy?**

It is highly unlikely that our tunes may harm the baby in any way – it's more more likely that it help the baby with a relaxing effect. Of course, you should always talk to your doctor before trying it out.

### **Should I practice meditation with your tunes? What is the correct position to sit/lay in?**

You are not required to sit in the traditional cross-legged position to meditate. You only need to sit or lie down in a comfortable place and allow the music to fill you and exert its healing effect.

### **Is there any way to deepen the meditation experience while listening to the Chakra Healing System?**

This ancient technique is one of the **powerful ways** to deepen your meditation experience, manage stress and **balance your hormones, endocrine and nervous systems.**

By focusing your attention on each Chakra and internally repeating its specific sound can naturally relax the body and calm the mind.

### First Chakra - Adrenals



1. Focus all your attention at your tail-bone.
2. Visualize or have a sense of the color **Red**.
3. Repeat in your mind, **LAM** as you breathe in and **LAM** as you breathe out for about 7 minutes or more.

### Second Chakra - Reproduction - Ovaries, Testes



1. Focus all your attention at your abdomen, below the naval.
2. Visualize or have a sense of the color **Orange**.
3. Repeat in your mind, **VAM** as you breathe in and **VAM** as you breathe out for about 7 minutes or more.



## Third Chakra – Pancreas

1. Focus all your attention at your abdomen, above the naval.
2. Visualize or have a sense of the color **Yellow**.
3. Repeat in your mind, **RAM** as you breathe in and **RAM** as your breathe out for about 7 minutes or more.

## Fourth Chakra - Thymus



1. Focus all your attention at your heart.
2. Visualize or have a sense of the color **Green**.
3. Repeat in your mind, **YAM** as you breathe in and **YAM** as your breathe out for about 7 minutes or more. More.

## Fifth Chakra - Parathyroid and Thyroid



1. Focus all your attention at your throat and neck.
2. Visualize or have a sense of the color **Sky Blue**.
3. Repeat in your mind, **HAM** as you breathe in and **HAM** as your breathe out for about 7 minutes or more.

## Sixth Chakra - Pituitary, Hypothalamus, Thalamus



1. Focus all your attention at your forehead, between your eyebrows.

3. Visualize or have a sense of the color **Dark Blue** or **Purple**.

3. Repeat in your mind, **OM** as you breathe in and **OM** as your breathe out for about 7 minutes or more.

## Seventh Chakra - Pineal



1. Focus all your attention at the top of your head.

2. Visualize or have a sense of the color **Violet** or **White**.

3. Breathe in and breathe out in **silence** for 7 minutes or more.