

MARK STANTON WELCH'S  
**Tools for Conscious Living**  
 HOW-TO ARTICLES

## Balancing the Chakras

Our bodies are a remarkable design...a self regulating energy system. If we allowed ourselves to function freely in the design then we would have few challenges on the physical and energetic level, living long, healthy lives that, in many ways, would be unlimited. But most have bought into the perceived limitations of the dimension and have adopted beliefs that limit the body by interfering with its design flow. Most dramatically, we stop the flow of energy that arises from experience. We contain emotion and we curtail expression. The end result is a backing up of energy. The energy stores in the chakras, specifically aligning in the one that holds the frequency closest to the experience.



The chakras are the energetic windows to our cosmic source. They monitor and regulate the flow of the energy in our body. Ideally, they rotate at a specific frequency of health for each of us. Storing the unexpressed causes them to slow their rate of rotation, lowering their vibration and causing sluggishness. The more energy that is stored there the slower it moves and the more likely a condition manifests (typically for the purpose of getting attention to clear the stuck energy).

Knowledge of the chakras and proper chakra care is one of the most important elements of human self care. Unfortunately, most do not receive the training. If you would tend each chakra by monitoring the energy there and choosing to clear each on a daily basis, you would experience a very different, exuberant life.

Chakra	Vibrational Frequency Issues
Root	Survival issues and self-esteem residue
Sacral	Wounds of living, abuses, joylessness, and fear
Solar Plexus	Power issues, indecision, hesitancy to act, and anger
Heart	Wounds of loving and being loved, sadness, and isolation
Throat	Unexpressed words, mostly from the compromised sacral chakra
Brow	Issues about loss of imagination and the vision for one's life
Crown	Loss of connection with guidance and source

The wisdom of the body takes the frequency of the moments' challenge and stores it in the appropriate chakra center. Again, the purpose for storing is to temporarily contain the frequency for release. The problem comes when we ignore the callings of the body to release, and we just keep storing. The energy helps to create patterns that serve to keep the energy stuck.

Conscious attention to the chakras goes a long way to keep our energy flowing and supporting our true frequency of wholeness. What follow are some specific techniques to clear the chakras, hopefully on a daily basis.

### VOICED SIREN

As the chakras are vibration, they are profoundly affected by sound. The voice is the perfect sound tool. The energy bodies respond to sound. Energetic residue deposits on our auric field. Each deposit is a frequency of energy. The sound breaks the deposits up and releases the energy from our field. A quick and easy technique is to run a sound siren. Starting at a low pitch and using the phonetic *Ah*, run a siren up to the highest pitch of your voice and then back down. It literally fluffs the aura and shakes the debris off like shaking a rug. Do this three or four times or until you feel better. You can turn it into a strong cleanser of past energetic debris by focusing on specific pitches. Start the siren and listen for guidance that says stop at the pitch. Stay there until you feel done. Then allow the siren to complete its cycle. Do this repeatedly until there are no more callings. What is happening is the body wisdom is saying a particular energy residue is ready to release. The call to the frequency clears it. You do not even have to know what it was about. It is not needed anymore...just energy release. Upon completion, breathe deeply several times and flood the body with a clear intention, a specific color, or Light to fill up the spaces of the released energy.

### RATTLES AND DRUMS

These are the tools of the shaman who works in the dimensions of energy. Rattles are each at a specific frequency. Running

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them down the auric field (*The unseen, but felt, energy bodies extending out from the physical body. Often referred to as aura.*) clears the debris. It is wise to have a wide variety of rattles because of the different frequencies. Using a drum grounds you and activates the earth energy to flood through your energetic field. The combination of the two is a powerful maintenance for the energy bodies.

**FLUFFING THE AURIC FIELD**

The aura is like an energetic magnet. The Higher Self leads us into situations and environments to give us the greatest opportunity to cleanse and clear to help us reclaim our Whole Being. Most people do not know or understand and consider life pretty random. Changing your perspective allows you to pay greater attention to your moments. Having said this, wherever we go we pick up energy. It attaches like lint to our auric field. You can rake your aura by using your fingers. Open the hands loosely and, using them like a comb, move from the top of the head to the feet all around your body. When you reach the ground shake the hands and flick the energy into the earth. You can also flick it into a cup of water. When you have completed going around the body bring the hands up from the ground and fluff your auric field to expand it. The daily aura cleansing helps to keep any energetic residue from sticking and eventually impacting the chakras...preventive medicine.



**TONES AND PHONETICS**

Each chakra is a frequency of vibration. Each has a specific frequency of health for each of us. Keeping them purring is a powerful way to stay healthy on all levels. Each chakra responds to a tone pitch and a phonetic that zeroes in on the chakra location in the body. Though there are several different phonetics used by sound healers, these are the ones that work best from me. Experiment.

Using the phonetic at a specific pitch, you sustain the tone for the entire breath. Take another breath and continue sounding. Go for three minutes as this is the time needed for the chakra to respond and move back to alignment. If it is difficult to sustain the tone or if it wavers a lot then you are being told that the chakra is out of balance. Continue the pitch until you are able to sustain it and the pitch is pure. This will indicate your work is done for that chakra. In each session do the work on all chakras if possible. If not then at the very least, do the first through third as these are the ones most impacted daily by the moments of living.

Chakra	Phonetic	Pitch
Root	Uh (hug)	C
Sacral	Ooo(cool)	D
Solar Plexus	Oh (no)	E
Heart	Ah (God)	F
Throat	Eh (wet)	G
Brow	Ee (seed)	A
Crown	Mmm (Hum)	B

If you do not have a pitch reference then use the phonetic and, starting at a higher pitch move down or up to the location of each chakra until you feel the sound resonating the area ( Root: genitals/perineum; Sacral: three inches below navel/sacrum in lower back; Solar Plexus: just below rib cage at the stomach; Heart: center of the chest; Throat: center of the throat; Brow: just above the center point between the eyebrows; and Crown: at the top of the head where the soft spot in an infant lies.) Though this may not be the specific pitch of reference it is perfect for your body make up. Harmonics of sound are at work here...trust them.

Chakra	Area of Body
Root	Genitals, perineum
Sacral	Three inches below navel/sacrum of lower back
Solar Plexus	Just below rib cage at stomach
Heart	Center of chest
Throat	Center of throat
Brow	Just above center point between eyebrows
Crown	Top of the head where the soft spot in an infant lies

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If possible, practice this chakra clearing at least once a day, in the morning before going out or in the evening before going to bed. I invite you to go to sleep in a balanced state.

### SPECIFIC SONGS

I have created specific songs for each chakra. They are like chants. Each is in the specific key and addresses the intention of each chakra. They can be downloaded on my website at [www.musicforeversoul.com/store.html](http://www.musicforeversoul.com/store.html)

Follow the links in each song to listen to a sample or to purchase as a download

Chakra	Song
Root	<i><a href="#">Roots</a></i>
Sacral	<i><a href="#">Carry That Load</a></i>
Solar Plexus	<i><a href="#">Power</a></i>
Heart	<i><a href="#">Heart Please Open</a></i>
Throat	<i><a href="#">Speak My Words</a></i>
Brow	<i><a href="#">Imagination</a></i>
Crown	<i><a href="#">Will</a></i>
All	<i><a href="#">Chakras</a></i>

### CHAKRA IMMERSION

I have created a series of recordings that are a complete focus and immersion on each chakra. There are pitches, invocations to the Ascended Masters, Archangels, Elohim aligned to each chakra, chants, proclamations, intentional songs, rattle cleanses, rhythms, and mantras. Playing it in the background while you go about your work is a powerful energetic cleanse and frequency realignment. You can access them at [www.musicforeversoul.com/store.html](http://www.musicforeversoul.com/store.html)

Chakra	Song
Root	<i><a href="#">Root Chakra</a></i>
Sacral	<i><a href="#">Sacral Chakra</a></i>
Solar Plexus	<i><a href="#">Available soon</a></i>
Heart	<i><a href="#">Available soon</a></i>
Throat	<i><a href="#">TBA</a></i>
Brow	<i><a href="#">TBA</a></i>
Crown	<i><a href="#">TBA</a></i>

### ALTERNATIVES

Finally, consider the following activities for chakra balancing:

Chakra	Activities
Root	Spend time in Nature. Being on the Earth, touching the ground, hugging trees, connecting with animals, etc. grounds you and clears the root
Sacral	Be near water. Water binds the energy and clears the emotions. Getting in it is better. Hydrating is also beneficial
Solar Plexus	Move, dance, improvise in play, do Tai Chi or Yoga or Chi Gung, move slowly and deliberately
Heart	Breathe and sigh. Speak the names of God. Practice compassion and empathy. Cry. Give help to someone
Throat	Sing. Speak the words you want to but have yet to speak. Make verbal sound
Brow	Imagine, create visions, make plans, make new uses for familiar objects; see auras, listen for guidance, practice intuition and act upon it
Crown	See the Highest good in all, meditate, chant, practice mantra, study esoterica, practice gratitude

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A formal practice is unnecessary, but do something. Mix and match the various techniques. Combine them or change your approach daily, weekly, or monthly. Just do something. Chakra care is paramount to health inside and out, especially in these fast changing high energy times. Do your part to change how you receive life. Be active in manifesting through your purposeful actions.

If you are impacted in any chakra or run into seeming impasses, seek help from someone. I can support you as a spiritual mentor. I can personally walk you through and teach techniques and assist you in integrating the results.

Visit [www.musicforeversoul.com/spiritualmentoring.html](http://www.musicforeversoul.com/spiritualmentoring.html) for more information.

I am grateful for your choice to purchase this How-to Article from the series, *Tools for Conscious Living*. I know the information will serve you well...if you use it....so use it!

Endless blessings,

Mark Stanton Welch

