# CHAKRAS, ELEMENTS, COLORS AND THE SOLFEGGIO FREQUENCIES

<table>
<thead>
<tr>
<th>Fork</th>
<th>Color</th>
<th>Original Frequency</th>
<th>Body Tuner Frequency</th>
<th>Use</th>
<th>Chakra</th>
<th>Anterior</th>
<th>Posterior</th>
<th>Element</th>
</tr>
</thead>
<tbody>
<tr>
<td>LA</td>
<td>Purple</td>
<td>852 Hz</td>
<td>213 Hz</td>
<td>Intuition</td>
<td>6th Brow</td>
<td>Cranial</td>
<td>Light</td>
<td>Light</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SOL</td>
<td>Blue</td>
<td>741 Hz</td>
<td>185.25 Hz</td>
<td>Expression</td>
<td>5th Throat</td>
<td>Cervical</td>
<td>Ether</td>
<td>Ether</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FA</td>
<td>Green</td>
<td>639 Hz</td>
<td>159.75 Hz</td>
<td>Connecting</td>
<td>4th Heart</td>
<td>Thoracic</td>
<td>Air</td>
<td>Air</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MI</td>
<td>Gold</td>
<td>528 Hz</td>
<td>132 Hz</td>
<td>Transformation</td>
<td>3rd Solar Plexus</td>
<td>Lumbar</td>
<td>Fire</td>
<td>Fire</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RE</td>
<td>Orange</td>
<td>417 Hz</td>
<td>104.25 Hz</td>
<td>Change</td>
<td>2nd Sacral</td>
<td>Sacrum</td>
<td>Water</td>
<td>Water</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>UT</td>
<td>Red</td>
<td>396 Hz</td>
<td>99 Hz</td>
<td>Liberate</td>
<td>1st Root</td>
<td>Coccyx</td>
<td>Earth</td>
<td>Earth</td>
</tr>
</tbody>
</table>

*Parts of the body governed by the corresponding chakra and possible malfunctions within the region.*

- **LA (Purple, 852 Hz, 213 Hz)**
  - **Use**: Intuition
  - **Chakra**: 6th Brow
  - **Anterior**: Cranial
  - **Posterior**: Light
  - **Element**: Light
  - **Malfunctions**: Blindness, Headaches, Eye Strain, Blurred Vision, Nightmares, Sinus Problems

- **SOL (Blue, 741 Hz, 185.25 Hz)**
  - **Use**: Expression
  - **Chakra**: 5th Throat
  - **Anterior**: Cervical
  - **Posterior**: Ether
  - **Element**: Ether
  - **Malfunctions**: Thyroid Problems, Hearing Problems, Sore Throat, Stiff Neck, Colds

- **FA (Green, 639 Hz, 159.75 Hz)**
  - **Use**: Connecting
  - **Chakra**: 4th Heart
  - **Anterior**: Thoracic
  - **Posterior**: Air
  - **Element**: Air
  - **Malfunctions**: Asthma, High Blood Pressure, Heart Disease, Lung Disease

- **MI (Gold, 528 Hz, 132 Hz)**
  - **Use**: Transformation
  - **Chakra**: 3rd Solar Plexus
  - **Anterior**: Lumbar
  - **Posterior**: Fire
  - **Element**: Fire
  - **Malfunctions**: Ulcers, Diabetes, Hypoglycemia, Digestive Disorders, Gallstones

- **RE (Orange, 417 Hz, 104.25 Hz)**
  - **Use**: Change
  - **Chakra**: 2nd Sacral
  - **Anterior**: Sacrum
  - **Posterior**: Water
  - **Element**: Water
  - **Malfunctions**: Impotence, Frigidity, Uterine, Bladder or Kidney Difficulties, Stiff Lower Back

- **UT (Red, 396 Hz, 99 Hz)**
  - **Use**: Liberate
  - **Chakra**: 1st Root
  - **Anterior**: Coccyx
  - **Posterior**: Earth
  - **Element**: Earth
  - **Malfunctions**: Weight Problems, Hemorrhoids, Constipation, Sciatica, Degenerative Arthritis, Knee Problems

*Note: There are many different Chakra Charts. We have compiled several of these together to develop a system that complements SomaEnergetics™ Tuning Sessions. Disclaimer: We in no way diagnose or treat disease. The use of tuning forks is to open energy channels allowing the body the opportunity to heal itself.*

---

**Light Within – SomaEnergetics™ - Exploring Science, Sound and Spirituality - David Hulse, Developer**

PO Box 1032, Sunbury, OH 43074  PH: 740-965-4158  FAX: 740-965-4192  Email: SomaEnergetics@LightWithin.com