



Woodstock Chimes®

Using Your Woodstock Zenergy Chakra Chime™

The Woodstock Zenergy Chakra Chime™ is designed to help you focus and keep each of the seven basic chakras in the human body balanced to enjoy good physical, mental and spiritual health. The Chakra principle comes from Hindu beliefs. Each chakra vibrates at its own unique frequency, and each rod of the Woodstock Zenergy Chakra Chime is precision-tuned to the related frequency of its corresponding chakra.

The Om symbol silkscreened on your Zenergy Chakra Chime is a mystical symbol in many Indian religions. It is chanted aloud, pronounced with 2 syllables, O (Oh) and M (mm), which is said to stimulate the nervous system and, according to Hindu belief, mimic the original divine vibration from when the world began.

The sound created by gently striking a single rod helps you focus and concentrate on the exact tone for that specific chakra. The included stones, found in the organza bag, are genuine gemstones. These enhance your focus while the sound resonates. The stones can be left in the cup next to the corresponding chakra rod, or you can hold each one as you strike its rod.

The seven chakras and corresponding stones from left to right include:

1) Muladhara or Base Chakra

Related to physical identity and self-preservation

Stone = **Hematite**

Color = Black or Red

Frequency = Stimulating and activating, this tone increases energy and overall wellbeing

2) Svadhisthana or Sacral Chakra

Related to creativity and enthusiasm

Stone - **Tiger's Eye**

Color = Orange or Brown

Frequency = Associated with the synodic moon, boosts energy and personal communication

3) Manipura or Solar Plexus Chakra

Related to growth and personal power

Stone = **Yellow Jade**

Color = Yellow

Frequency = Aids in the feeling of centeredness and togetherness

4) Anahata or Heart Chakra

Related to love and compassion

Stone = **Rose Quartz**

Color = Pink or Green

Frequency = A flame within the heart that detects sound that is relaxing and soothing

5) Vishuddha or Throat Chakra

Related to sound and self-expression

Stone = **Turquoise**

Color = Turquoise

Frequency = A purification tone; aids intelligent communication

6) Ajna or Brow Chakra

Related to intuition and clarity

Stone = **Lapis**

Color = Indigo

Frequency = Offers a balance between intellect and intuition

7) Sahasrara or Crown Chakra

Related to thought and self-knowledge

Stone = **Amethyst**

Color = Violet

Frequency = Supports cheerfulness and clarity of spirit

