

Rainbow Chakra Tones



Light Voice

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RAINBOW CHAKRA TONES

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Welcome to Light Voice

Toning is a powerful and ancient form of healing with the voice. It is a simple yet powerful process, which draws upon the body's inbuilt systems of self-healing, facilitating the release of tension through the positive and focused use of voice.

We know that sound has been used since ancient times to heal and transform and it is well documented that sacred sound was used by ancient civilisations in healing and prayer. Poets and scribes tell us that the troubled mind was soothed and the physical body relaxed by music and singing. Science confirms that movement is vibration and all vibration creates sound.

Ancient peoples and ethnic groups were connected to the land and understood the key principles underpinning the origins of sound. A deep knowledge of crops, soil and climatic conditions enabled them to understand the law of vibration, acknowledging sound as a creative force with which to transform their lives and their environment. They recognised that everything vibrates at its own energy frequency, from the cells within our body to the energy of a stone, tree or flower. If we understand that harmonious sound is fundamental to health, we can begin to harness it as a positive and powerful creative force with which to transform our lives and the environment.

I left my profession as a speech and language specialist because I had become disillusioned by symptom focused methods of intervention which did not address the underlying emotions and I had a growing interest in the principles of healing, metaphysics and sound vibration. There followed a period of Post-Graduate holistic therapy training with Carol Lamb, a well- respected intuitive healer and experienced trauma therapist. I joined the guided spiritual community that Carol had founded, where I received my own experience of direct nonlocal communication from a higher stream of consciousness. I was taught a system of eight chakra tones and corresponding rainbow colours. The guidance indicated that this system would cleanse, balance and strengthen the seven key chakras located along the spine, which link to specific anatomical areas of the body. I established Light Voice my own holistic voice consultancy and this chakra toning system became the Rainbow Chakra Tones.

The Toning System is for those wishing to improve life by using their voice more effectively. The vibration of the Tone ripples through the body and subtle energy system surrounding it, drawing upon the body's natural inbuilt systems of self-healing to strengthen and balance the auric field and to release held emotion and impacted memory. The Rainbow Chakra Tones Manual introduces a breathing technique which improves airflow, circulation and physical health to support the voice and prevent vocal strain.

We offer you another way. Try holistic approaches to improve your voice, your life and your relationships.

Jennifer Warters

THE SUBTLE ENERGY FIELD SYSTEM

The human energy field system is a complex network of channels invisible to the naked eye but capable of being mapped by today's technology. Plants and all life forms have their own unique energy field. The functioning of the physical body is dependent on the life force also known in eastern tradition as chi or prana, which means Universal energy.

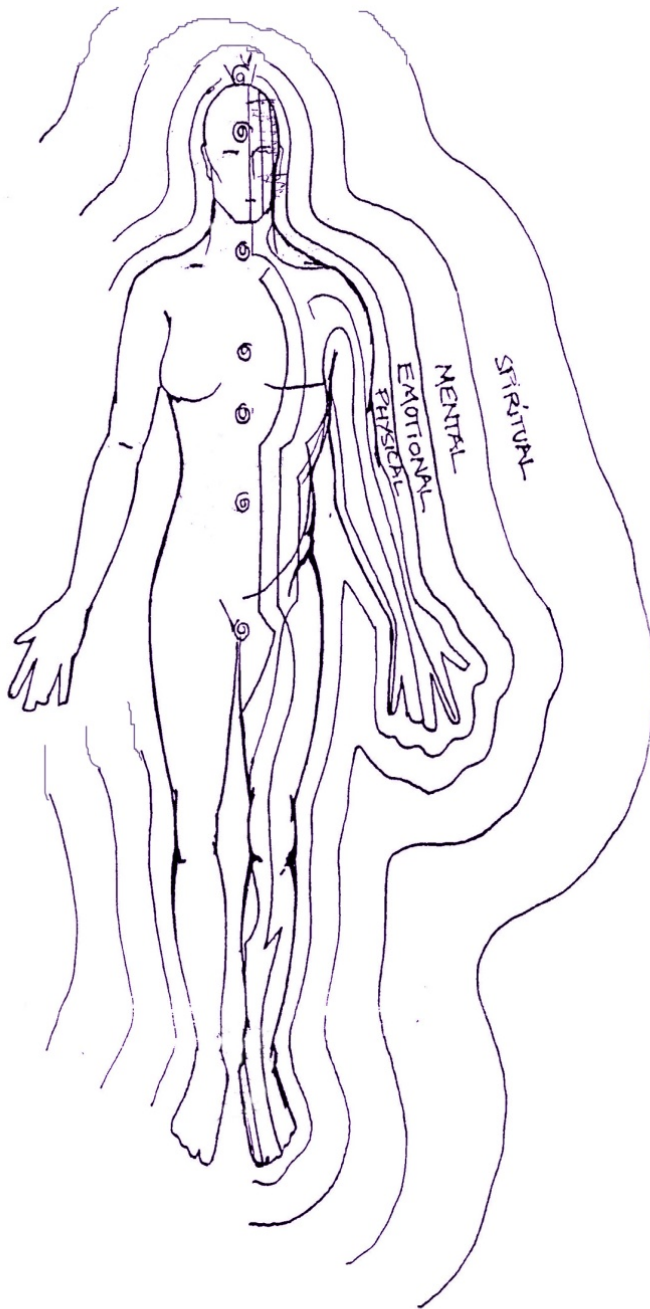
Seven major chakras or power points interconnect to maintain energy balance and flow within the overall field by metabolising incoming flow to the meridians, a network of channels which link directly to the organs of the body. Each energy centre corresponds to a frequency within the light spectrum, which corresponds to one of the rainbow colours (see diagram). The endocrine or glandular system is the interface between the subtle energy field and the physical body, regulating hormonal balance.

The flow of subtle energy in the auric field travels through distinct energy bands, which correspond to our intuitive, mental and emotional faculties. This flow of energy is channelled through the spine and the central nervous system to affect our physical health, communication and behaviour. If this flow is disturbed, illness results, if it ceases, death occurs. Our energy reflects our thoughts, feelings and actions. What we think and what we feel determines what we do. Fear and control patterns impede the flow and our will comes into play to determine our choices and actions.

Chakra is a Sanskrit word, meaning wheel or disc because of its appearance when seen by inner vision (clairvoyance) as a spinning disc of colour and light. The following is a simple guide to the position of the seven major chakras.

BASE	Base of Spine
SACRAL	Below the navel
SOLAR PLEXUS	Central Abdomen
HEART	Centre of Chest
THROAT	Throat
BROW	Centre of the Forehead
CROWN	Crown of the Head

THE MAJOR CHAKRA SYSTEM



The Four Lower Bodies



The Chakra System

HEALING WITH SOUND

Toning (the healing power of sound vibration) is a powerful and ancient form of healing with the voice. It is safe and effective for both adults and children.

Toning is vocal expression, which creates a resonance through sound (a Tone) positively affecting the spiritual, mental, emotional and physical well-being. Its action is to intensively cleanse, balance and align the subtle energy systems of the body, reducing stress and disorder at the physical level.

It is important to allow the feelings to surface as the dense emotion is broken up and cleared at the sub-molecular level. The vibration of your voice as you Tone will ripple through to restore positive flow by aligning the molecules within the cells in your subtle energy systems, helping you to feel refreshed and energised.

Remember that sound evokes memory and emotional response and the memory of our experience is held within the aura, which is the energetic force field surrounding the physical body.

Sacred sound was used by ancient civilisations in healing and prayer. Sound has been a great healer in past times through to the present day.

It is well documented that music, singing and harmonious voice have long soothed the troubled mind and brought relaxation to the physical body.

BREATHING TECHNIQUE

To prepare for Toning we need to know how to breathe correctly.

This will enable us to fill our lungs to their full capacity, thus taking in more oxygen to enrich the blood and nourish the organs and tissues, improving the circulation and physical health.

As we exhale the improved flow of air will support the voice and prevent vocal strain.

THE IN AND OUT BREATH

Breath is the life force. The in and out breath is the rhythm of life. We receive (in breath) and let go (out breath).

In Breath

We breathe in and fill our lungs with air to nourish the cells, tissues and organs with oxygen. The blood flows within the vascular system carrying oxygen to all parts of the physical body.

Out Breath

As we breathe out, we release and let go, eliminating carbon dioxide and waste. The out breath cushions and supports the voice.

In these days of speed and mechanisation, the air that we breathe is often polluted. Our breathing is shallow and we use only a fraction of our lung capacity; as a result our lives are limited through illness and difficulty. The practice of gentle breathing techniques will help restore balance and flow to life.

BREATHING EXERCISE

- Breathe in filling the lungs with air.
- Feel the rib cage expanding to allow for the movement of the lungs as they fill with air.
- Make sure the shoulders are down and relaxed.
- Slowly breathe out.
- Repeat 3 times.

Breathe in again.

- Fill the lungs with air and continue breathing into the stomach.
- Feel the stomach fill with air.
- Imagine your stomach as a bagpipe full of air.
- Place one hand gently on your stomach and feel your hand lift as your stomach fills with air and expands.
- Repeat 3 times.

You could try this exercise lying on a bed.

- Place a small book or magazine on your stomach and watch it rise as you breathe the air into your stomach.
- Now breathe out slowly, do not rush, first feel the air releasing from your stomach and then from your lungs.
- Repeat 3 times.

THE FACIAL MUSCLES

Most of us hold tension in our jaw and this restricts facial expression and the movement of the muscles we use when speaking. Facial exercises will relax the jaw to allow the mouth to open with ease to release the sound.

Use the following exercises to relax lips, jaw and facial muscles before Toning.

FACIAL EXERCISES

- Stretch your mouth as wide open as you can.
- Stretch the sides of your mouth in a 'Cheshire cat' grin.
- Purse your lips like a fish.
- Blow your lips out to relax them like a horse.
- Place an imaginary piece of toffee in your mouth, and chew in a clockwise direction. This will stimulate the production of saliva.
- Swallow.

Repeat this process

- This time chew in an anti-clockwise direction before swallowing.
- Relax your facial muscles and allow your lower jaw to drop open.
- Relax your facial muscles and raise your upper jaw to open your mouth as wide as you can. Do not tilt your chin.

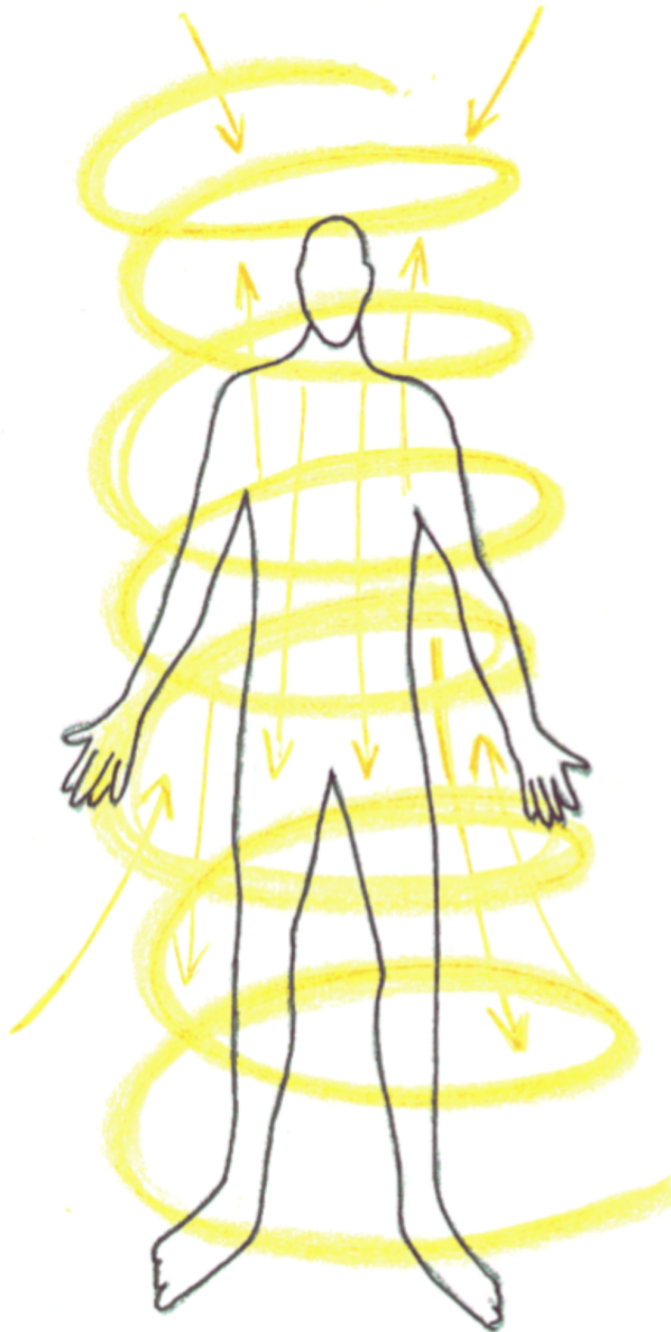
Place your index finger and middle finger (one on top of the other) between your front teeth. This will indicate how open your mouth should be to release the vibration of sound (Tone).

PRIOR TO TONING

Imagine sunlight pouring in through the crown of your head.

Fill your lungs and then your stomach with this sunlight.

Release this energy up and out through your mouth. Repeat 3 times.



TO ALIGN THE THROAT

Close your eyes and imagine the blue of a Summer sky

Breathe the colour blue in through the crown of the head and down into the column of the neck

Feel the vibration of the blue light filling the throat

Allow the blue light to rest in the throat

Pause for a moment

Breathe out holding the blue light in the throat

If you have difficulty visualising the colour blue in your throat (as in the exercise above) do not worry. Close your eyes and repeat the word **blue** to yourself before you begin to Tone. The thought and the image will trigger a response in your energy field and the vibration of the colour **blue** will fill your throat.

RAINBOW CHAKRA TONES

HIGH	~	Crown
SEE	~	Brow (Third Eye)
OO	~	Throat
HA	~	Heart
YEE	~	Solar Plexus
O	~	Sacral
ER	~	Base (2)
GR-R-R-R-R		Base (1)

BEGIN AT THE BASE

It is important to begin your Toning practice in the correct sequence. Think of it as 'spring cleaning'. If you were to 'spring clean' your house, you would perhaps first need to empty out and clear away all the things that you no longer need but haven't let go of. Perhaps you store those things in the cellar? It may be helpful to approach your Toning practice in a similar way, by imagining that your base chakra is the cellar of your body. You can now begin to clear and release the emotion that you have been holding onto that is impacting on your health and your relationships and preventing you from moving forward.

To achieve this, make the two base Tones in the correct sequence, beginning with the deep base Tone, which I have called the tongue trill. Many people find the tongue trill difficult to make at first and are surprised and alarmed when they hear the sound. This powerful Tone breaks up the dense, trapped energy of unreleased emotion held in the base of the spine just as a pneumatic drill will break up a slab of concrete.

Please persevere with your practice to gain full benefit. The tongue trill and second base Tone ER work together as a pair. When the vibration of the tongue trill has broken up and released the impacted energy, the vibration of the second base Tone will begin to dissolve and disperse it.

This process could be compared to stirring the bottom of a muddy pond with a stick, at first the water becomes cloudy. Remember that this is an actual occurrence within the body, allow the feelings to surface as the dense emotion is broken up and cleared.

Visualising a muddy red colour spiralling down to the earth beneath your feet will assist the process of letting go. At this stage you may cough, feel slightly nauseous, have a slight ache or feel tearful; these are positive indicators that the tongue trill is working for you.

As you commence the second phase with the second base Tone ER, these uncomfortable feelings will start to disappear. You will begin to feel more settled and refreshed as you move on to the sacral Tone O and steadily progress upwards through the Rainbow Chakra Tones to the crown of the head.

CLEARING THE BASE CHAKRA

Tone	~	Gr-r-r-r-r
Colour	~	Red
Governs	~	Spine and Kidneys.

To make the first Base Tone **Gr-r-r-r-r**, vibrate the front of your tongue behind your upper front teeth. Do not worry if you cannot make this sound at first, it will come with practice. Imagine clearing the **base** chakra and spine with sound. The deeper you can make the Tone **Gr-r-r-r-r** the greater will be the clearance and release.

Growl like a lion rather than purr like a cat!

Exercise

Try this exercise and feel the spine as a long hollow vibrating chamber.

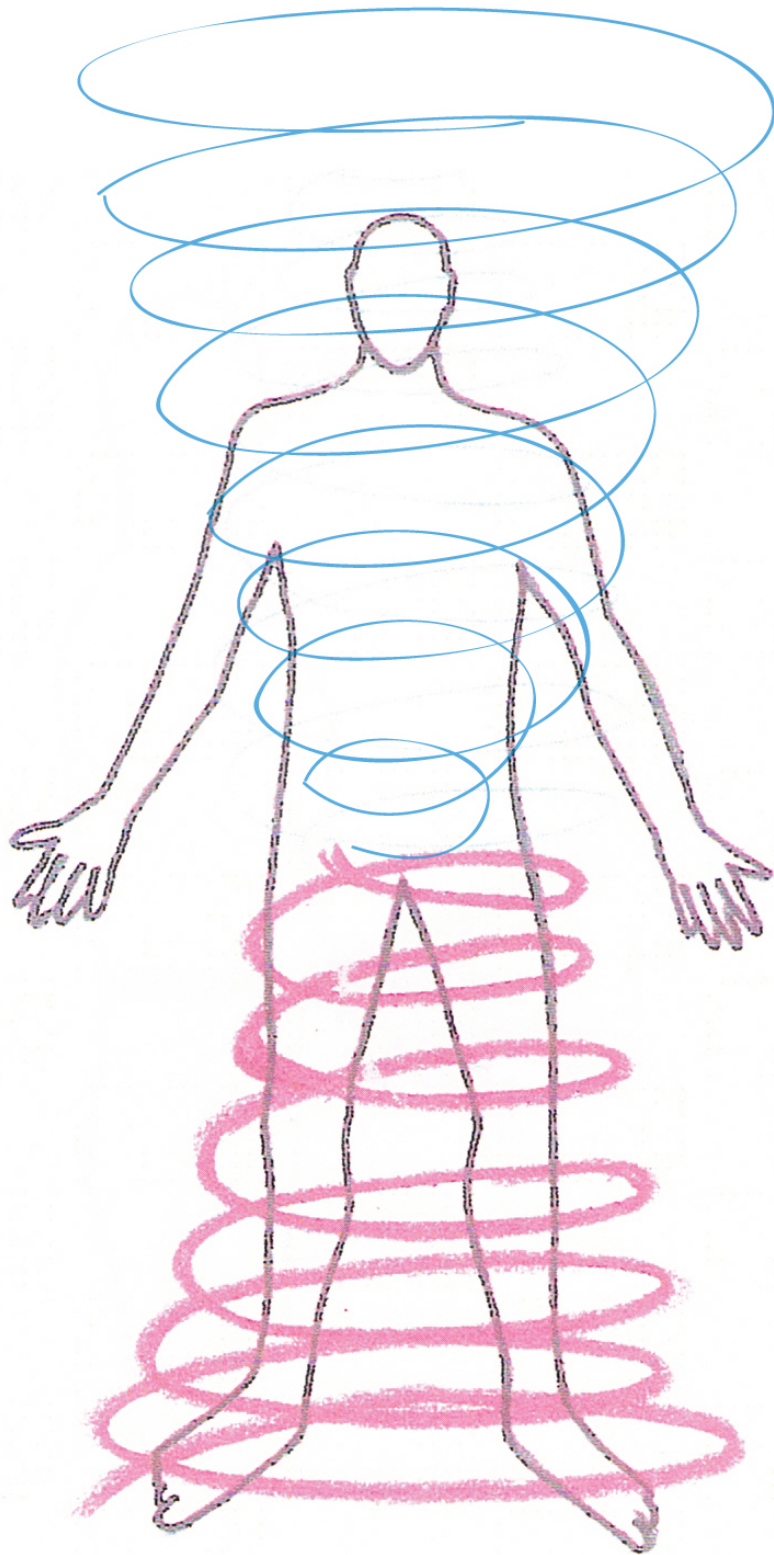
It may help to sit on the floor to feel the vibration at the base of the spine as you release the tongue trill **Gr-r-r-r-r**

Breathe the colour **blue** in through the crown of the head.

- Imagine taking the **blue** light down to your **base** chakra and let go with sound as you make the tongue trill Tone of **Gr-r-r-r-r**
- Visualise a murky **red** releasing down into the earth as you begin to open and clear the **base** chakra.
- Repeat **3** times.

Repeat this process but this time

- Take the **blue** light down through the body to the **base** chakra.
- Release the **blue** light through the **base** and down into the earth as you make the Tone of **Gr-r-r-r-r**
- Feel the **base** chakra opening and clearing as you release this sound.
- Repeat **3** times.



BALANCING THE BASE CHAKRA

Tone ~ ER (As in <u>E</u> arth)
Colour ~ Red
Governs ~ Spine and Kidneys

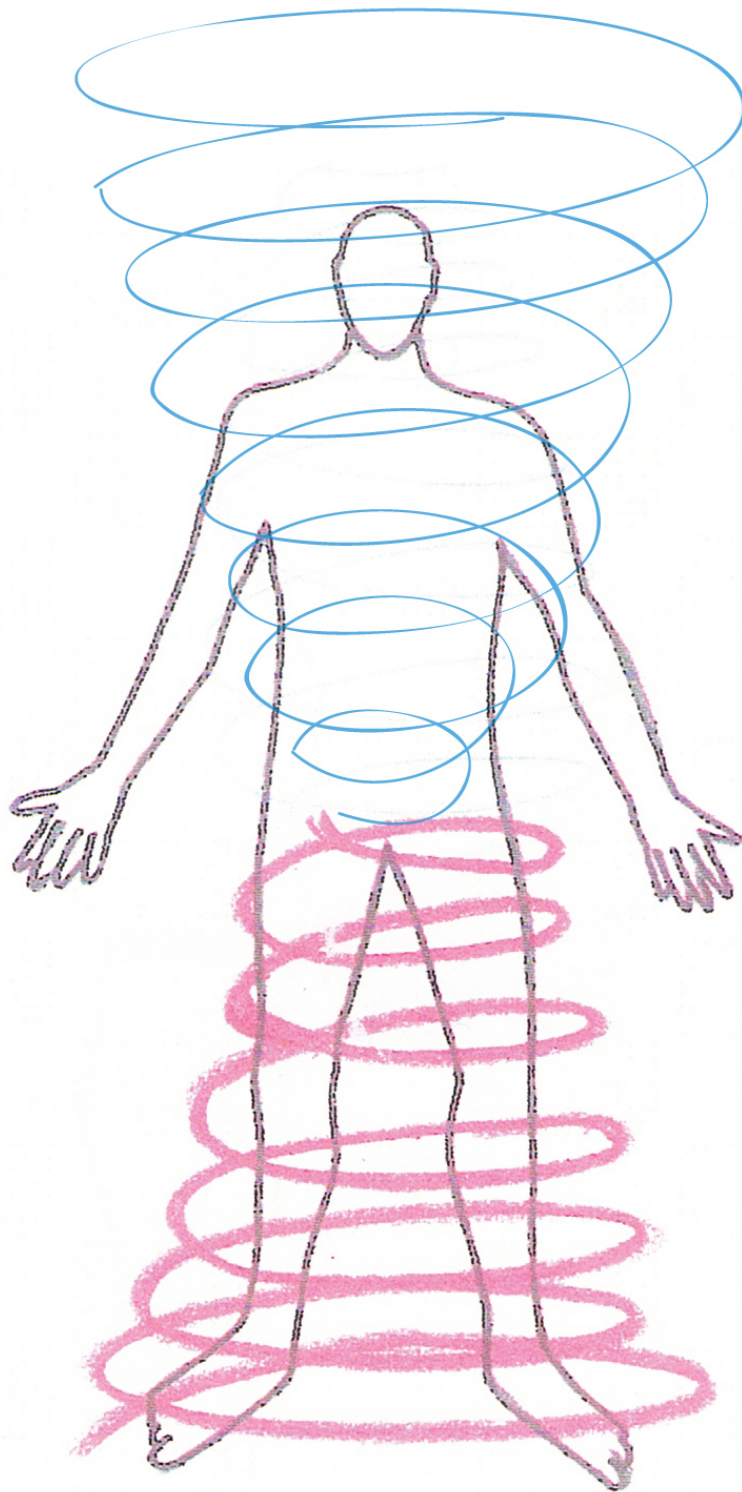
The second **Base Tone** of **ER** dissolves and releases the dense trapped energy at the base of the spine that has been broken up by the drilling action of the tongue trill Gr-r-r-r-r. This dual action begins the process of emotional release and non-attachment, and breaks the cycle of addictive patterns.

Exercise

- Breathe the colour **blue** in through the crown of the head.
- Feel yourself filling with **blue** light.
- Imagine breathing the **blue** light down to the **base** chakra.
- Visualise a murky brown in the base chakra clearing to a vibrant **red** as it spins and releases down into the earth.
- Make the Tone **ER** as deep as you can.
- Imagine releasing held emotion with sound.
- Repeat **3** times.

Repeat this process but this time

- Breathe the colour **blue** in through the crown of the head and down to the **base**.
- Release the **blue** light from the **base** and into the earth with the Tone of **ER**
- Feel the throat and spine opening as a hollow vibrating chamber as you release with sound.
- Repeat **3** times.



SACRAL CHAKRA TONE

Tone	~	O (As in H <u>o</u> me)
Colour	~	Orange
Governs	~	Reproductive Organs, Hip and Lower Bowel

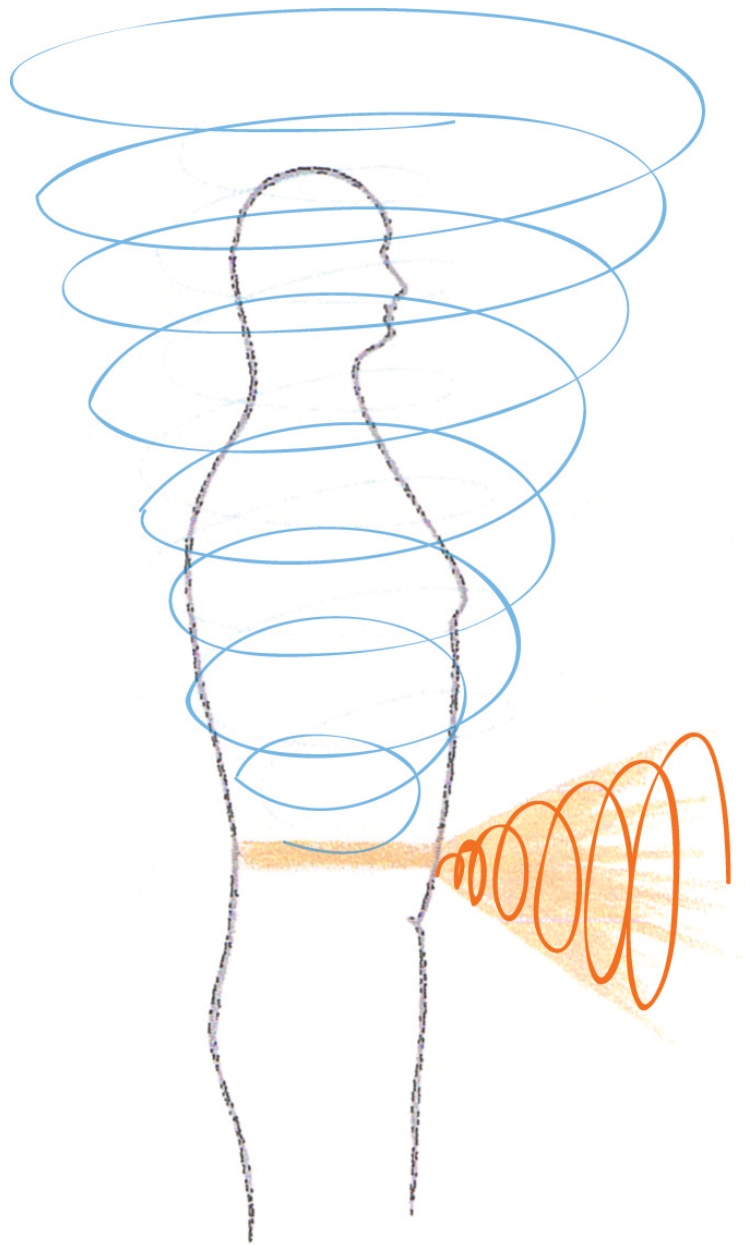
This is the Tone of connection. As the **sacral** chakra clears, you will begin to feel more stable and balanced in relationship to others and your environment.

Exercise

- Breathe **blue** light in through the crown of the head.
- Feel yourself filling with **blue** light.
- Be aware of the muscles in your face and jaw softening as you breathe the blue light down into the **sacral** chakra.
- Visualise a murky brown becoming a clear vibrant **orange**, releasing out to others from the pelvic girdle as the chakra opens and begins to clear with the Tone **O**
- Remember to open your mouth as you release the Tone.
- Repeat **3** times.

Repeat the process but this time

- Breathe the colour **blue** in through the crown of the head and down into the body.
- Feel yourself filling with **blue** light.
- Breathe the **blue** light down and out through the **sacral** chakra as you make the Tone **O**
- Feel the chakra clearing and balancing as you release the **blue** light.
- Repeat **3** times.



SOLAR PLEXUS CHAKRA TONE

(Gateway to the Heart)

Tone ~ YEE (As in <u>Pe</u> ace)
Colour ~ Yellow
Governs ~ Junction box of the Nervous System, Gall Bladder, Pancreas, Stomach, Liver and Upper Bowel

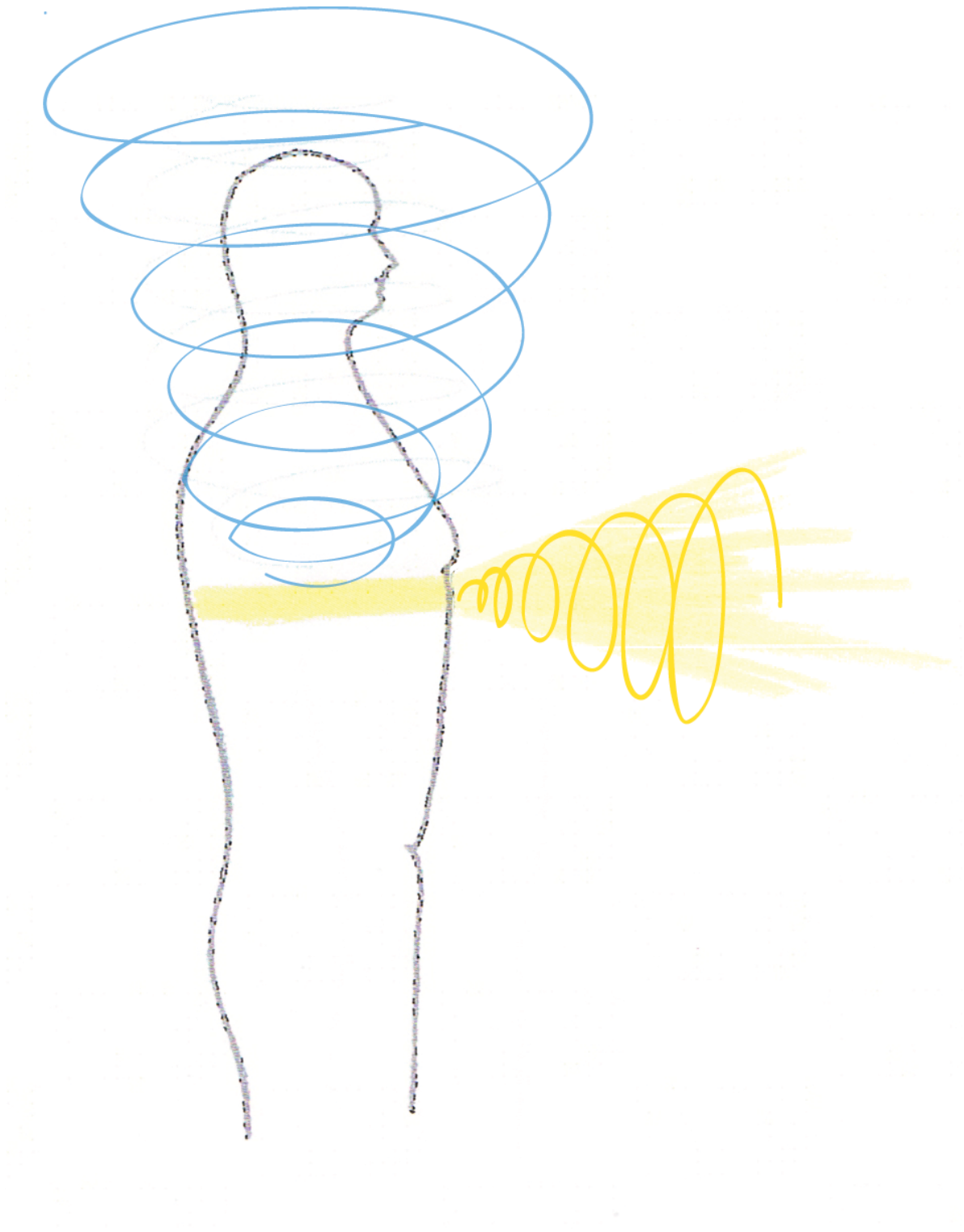
Practice of this Tone will help you to find peace by gaining control of your emotional responses.

Exercise

- Breathe the colour **blue** into the crown of the head.
- Feel yourself filling with **blue** light.
- Breathe the **blue** light into the **solar plexus**.
- Visualise a muddy mustard colour becoming a clear bright **yellow** releasing out from the **solar plexus** as you make the Tone of **YEE**
- Feel the chakra clearing and balancing as you release a ribbon of **yellow** light from your **solar plexus**.
- Repeat **3** times.

Repeat this process but this time

- Breathe the colour **blue** in through the crown of your head.
- Feel yourself filling with **blue** light.
- Breathe the **blue** light into the **solar plexus**.
- As you make the Tone of **YEE** release the **blue** light.
- Feel the chakra cleansing and balancing.
- Repeat **3** times.



HEART CHAKRA TONE

Tone ~ HA (As in <u>H</u> ear and <u>H</u> armony) Colour ~ Apple Green Links to ~ Upper and Lower Functions and Right and Left Side of the Body
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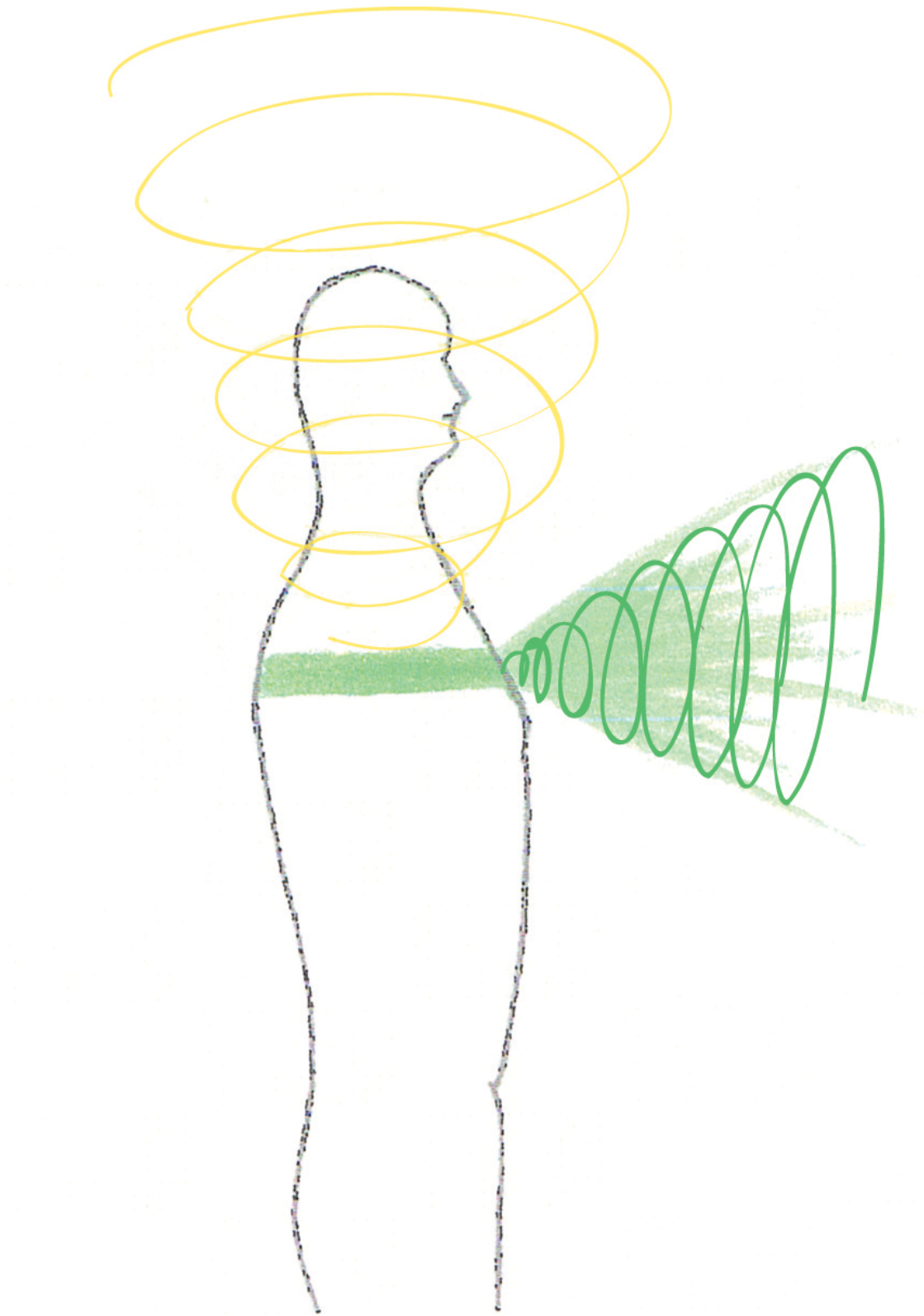
Practice of this Tone will open your heart to bring peace and joy into your life.

Exercise

- Imagine breathing **golden sunshine** in through the crown of your head.
- Fill your **heart** chakra with this **golden** energy.
- As you make the Tone of **HA** visualise the colour **apple green** releasing out from your **heart**.
- Feel your **heart** chakra clearing and cleansing.
- Visualise a murky green becoming a clear and bright **apple green** as your **heart** begins to open.
- Repeat **3** times.

Repeat this process but this time

- Breathe the colour **blue** in through the crown of your head and into your chest.
- Feel your **heart** chakra filling with **blue** light.
- Breathe the **blue** light out through your **heart** chakra as you make the Tone of **HA**.
- Feel your **heart** cleansing and balancing as you make the Tone of **HA** and release the **blue** light.
- Repeat **3** times.



THROAT CENTRE (CHAKRA)

Tone ~ **OO** (As in Blue)
Colour ~ **Blue** (of the Summer Sky)
Links to ~ **Thyroid, all aspects of Voice, Bronchial area, Lungs and the Eustachian tube linking the back of the Throat to the middle Ear**

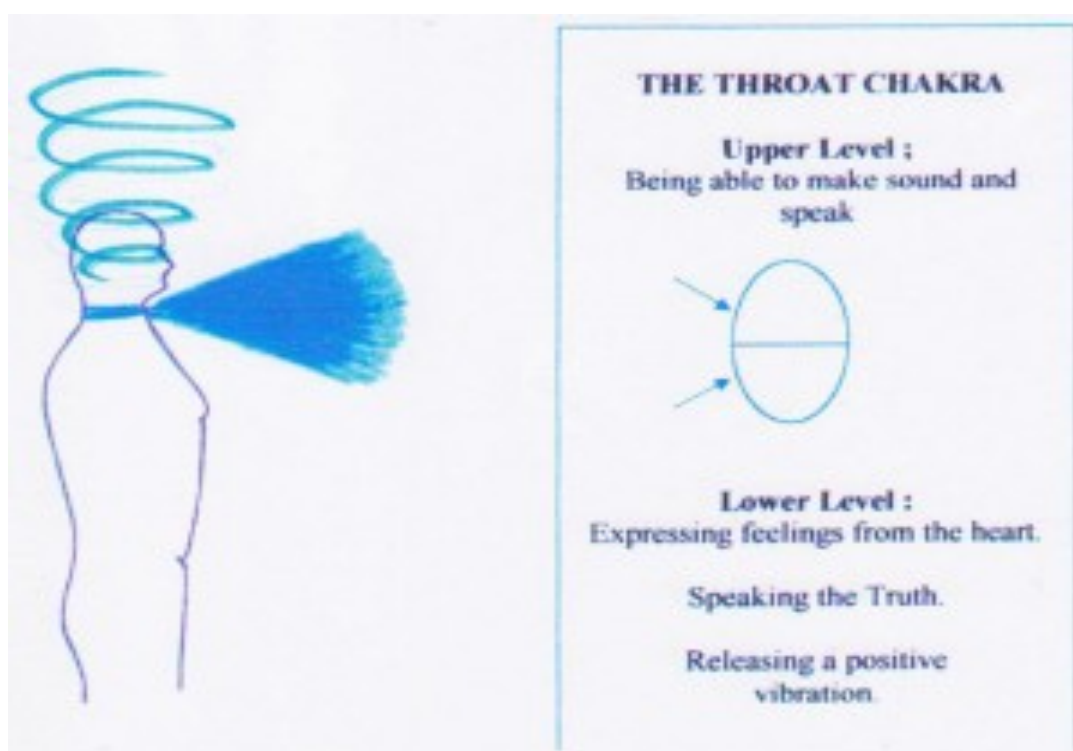
The **throat centre** (chakra) is shaped like an egg divided into two parts, with an upper and a lower level.

Upper ~ Governs the ability to make sounds and to speak.

Lower ~ Governs the ability to release a positive vibration by engaging with feelings in the heart.

Connect to the peace and stillness in your heart and speak truthfully.

Negative emotion sits in the solar plexus which links to the throat chakra and causes us to shout, express negative feelings and to use profanity and coarse language.



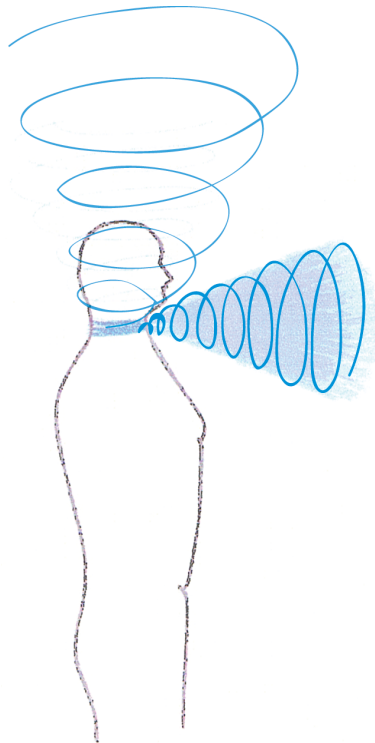
THROAT CHAKRA TONE

Exercise

- Breathe the colour **blue** in through the crown of the head.
- Fill the **throat** with **blue** light.
- Release the **blue** from the **throat** with the Tone of **OO**
- Place the middle and third finger just below the 'Adam's Apple' to feel the upper and lower vibration in the **throat**.
- Visualise a murky blue becoming a clear **sky blue** as you Tone **OO**
- Feel your throat opening as it is cleared and cleansed.
- Repeat **3** times.

Repeat this process but this time

- Breathe the colour **blue** in through the crown of the head.
- Feel your **throat** filling with **blue** light.
- Release the **blue** light from your **open throat** as you make the Tone **OO**
- Repeat **3** times.



THIRD EYE CHAKRA TONE

Tone	~ SEE
Colour	~ Indigo
Governs	~ Pituitary Gland, Left Brain, Left Eye, Ears, Nose and the Nervous System

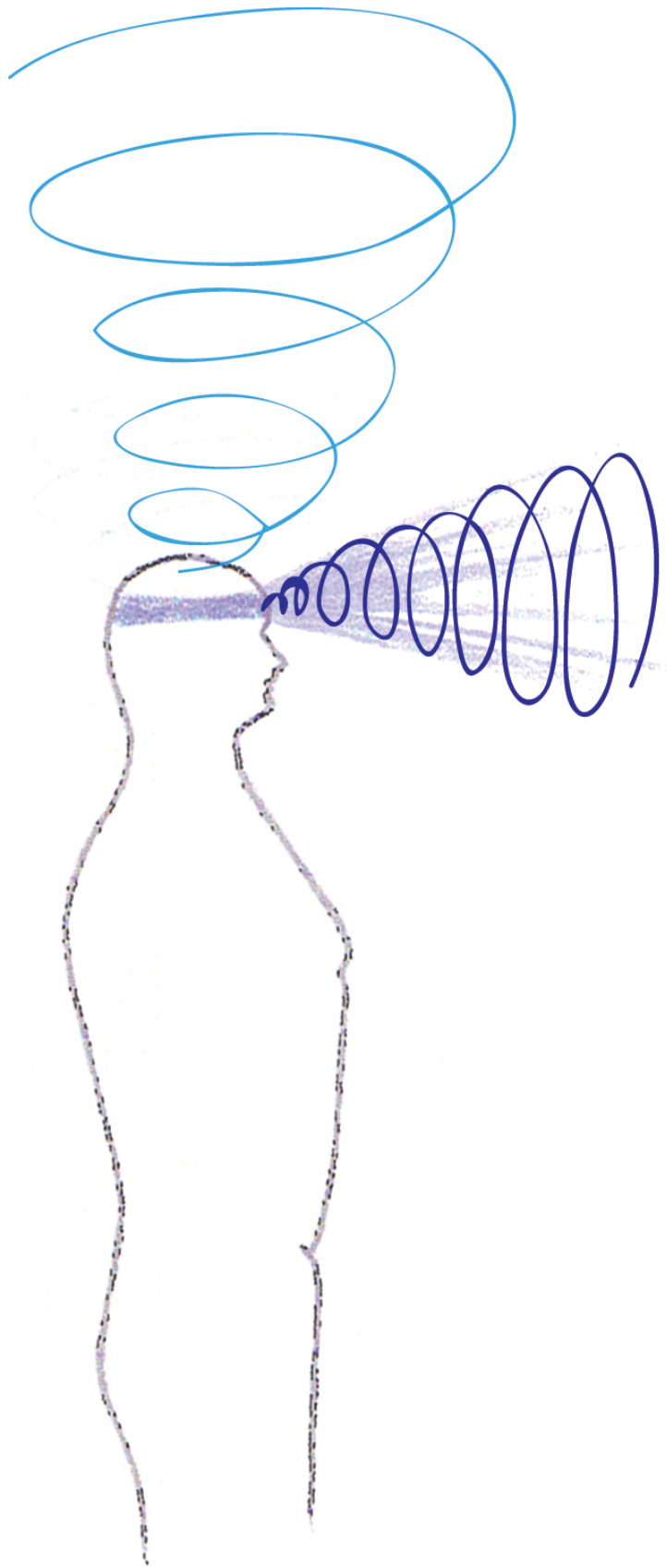
Practice of this Tone will bring clarity of mind and organised thinking, enabling you to begin to visualise a brighter future.

Exercise

- Breathe the colour **blue** in through the crown of the head.
- Feel your **third eye** filling with **blue** light.
- Focus on your **third eye** and create the **shape of an eye** with your hands **across your forehead** as you make the Tone of **SEE**
- Visualise a murky inky colour changing to the colour of **indigo** as you cleanse and open the **third eye** chakra.
- Repeat **3** times.

Repeat this process but this time

- Breathe the colour **blue** in through the crown of the head.
- Feel your **third eye** filling with **blue** light.
- Make the shape of an eye across your forehead as you make the Tone of **SEE**
- Feel your **third eye** clearing and balancing as you release the **blue** light.
- Repeat **3** times.



CROWN CHAKRA TONE

Tone ~ HIGH
Colour ~ Violet
**Governs ~ Pineal Gland, Upper and Right Brain
and Right Eye**

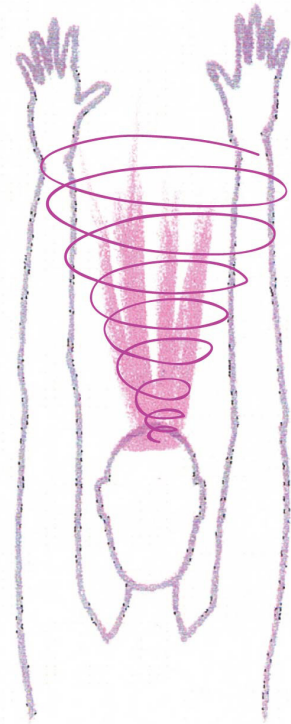
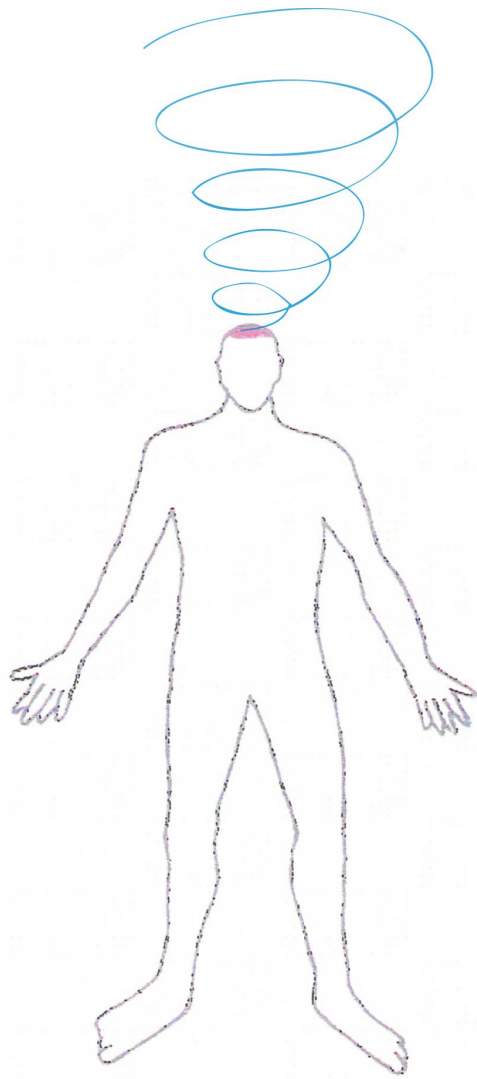
Practising this Tone will expand your consciousness to change your perception of yourself, others and the world around you, heightening your awareness and connecting you to the creative intuitive aspects of your right brain and higher mind.

Exercise

- Breathe the colour **blue** in through the crown of the head.
- Feel the **crown** of the head filling with **blue** light.
- **Use your arms and reach up** to the purity of positive light energy above you as you make the Tone of **HIGH**
- Make the Tone **HIGH** as high as you can.
- Visualise a murky colour clearing to a vibrant **violet** as you start to open and clear the **crown** chakra.
- Repeat **3** times.

Repeat this process but this time:

- Breathe the colour **blue** in through the **crown** of the head.
- Reach up to the pure light energy as you make the Tone of **HIGH**
- Release the **blue** light up and out as you cleanse and balance the **crown** chakra.
- Repeat **3** times.



IMPORTANT POINTS TO REMEMBER

The power of Toning should not be underestimated, please keep to the recommendations suggested in the manual. Where there is a history of trauma, abuse or psychiatric illness, the energy field is weakened and Toning is not advisable initially. In such cases practice of The Emerald Alignment <http://www.rainbowlighttrust.net/the-emerald-alignment/> is recommended. A CD is available for self-help.

- During pregnancy or in the presence of a pregnant woman only use the **Heart Tone**.
- When aligning yourself with sound it is very important to begin with the **Base Tones** and then to work your way up the body to the crown of the head.
- In the first week of practice make the deep base **Tongue Trill Gr-r-r-r-r** once a day and then each subsequent week, add another Tone until you are practising all the Tones one after another. You are now beginning to align yourself with sound.
- To gain maximum benefit, keep to the recommended discipline of practice with each Tone. Do not repeat each Tone more than the **6** times suggested. Toning is powerful and failing to keep to the discipline of practice could give rise to physical discomfort e.g. diarrhoea, feeling spacey, feeling sick etc.
- Once you have learnt the system of eight **Rainbow Chakra Tones** you can align your energy with sound on a daily basis, beginning with each **Base Tone** and finishing with the **Crown Tone**.
- When you practice all the Tones to align your energy, **always** begin with the two **Base Tones** and then gradually work up the body. To achieve peace of mind the Tones will help you to let go of past hurts and held emotion in order to move forward in your life.
- Do not Tone in front of others without their permission. Not everyone will be comfortable with the sounds you are making.
- **When you are practised in toning on a daily basis**, you can begin to intuitively use specific Tones as a healing tool for yourself in times of need. For example:
 - Use the Solar Plexus Tone when anxious.
 - Prepare yourself with the Throat Tone when you are concerned about using your voice.

- Use the Base Tones when you need to let go of negative feelings, e.g. anger, resentment, jealousy etc.
- You can Tone silently to good effect if you are in a situation where you cannot use your voice.
- There is no specific pitch for each Tone because it is important for individuals to make the Tone at a pitch that is comfortable for them.
- Toning is a powerful but uncomplicated process, which may cause coughing or discomfort in areas other than the area being focussed on. This is because the Tones are dispersing and releasing the energy, which has been inhibiting flow.
- To receive the healing, make the shape of the Tone with your mouth and release the sound to empower your voice.

If you have any queries or concerns about your toning practice, please contact me: jennifer.warters@lightvoice.org.uk

www.livingmemoryresearch.net

Most of all, enjoy using your voice to heal yourself.



www.livingmemoryresearch.net

Light Voice teaching manuals

Available as free downloads :

Epiphany Press : Living Memory Research Trust

Audio: Toning: The Call of the Soul

<http://www.blogtalkradio.com/paranormalmatters/2014/10/13/academy-toning-the-call-of-the-soul>

Jennifer's Blogs

<http://www.blog.lightvoice.org.uk/>

Current Research

www.livingmemoryresearch.net