



Seed Sounds for Tuning the Chakras: Vowels, Consonants, and Syllables for Spiritual Transformation

James D'Angelo Ph.D.

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A practical guide to vocally resonating your energetic and psychological centers to balance the emotions, purify the soul, and dissipate negative states

- Explores the intimate connections between specific sounds and syllables, the 7 chakras, and their corresponding psychological traits
- Provides toning exercises using these seed sounds to re-tune and purify the chakras, leading to spiritual transformation and wholeness as energetic blockages and negative states are dissipated
- Includes a 66-minute CD to guide you through each exercise and the toning of each chakra's sounds

Using the Sacred Alphabet--the universal sounds of all languages--sound-healing teacher James D'Angelo explores the intimate connections between vowel, consonant, and syllable combinations, each of the 7 chakras, and their corresponding psychological traits. He explains, for example, how the vowel sound "uh" connects to the root chakra and is found in such words as "support" and "trust," words deeply linked to the emotional character of this chakra. Revealing the voice as the master instrument for transformation--attested by the spiritual traditions that use chanting as an aid to enlightenment--he provides an extensive selection of vocal exercises to re-tune and purify each chakra and dissipate any related negative states as well as exercises that incorporate multiple chakras for general well-being. The accompanying 66-minute CD guides you through each exercise and the proper toning of each chakra's sounds.

In uniting these sacred seed sounds with their corresponding chakras and psychologies, the author shows how you can enhance the power of these syllables and purposefully harness them for healing, states of deep meditation, and spiritual development. By bringing you closer to the voice of the Absolute, your own voice can be the conduit to the blissful union the soul so deeply desires.

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