Using the 12 Chakra Tones

The 1-minute downloadable crystal bowl tones provide daily support in selecting and working with your chakras and intuition. The chakra and musical note is stated at the end of each tone.

When listening to or meditating with the Rhys Method® 12 Chakra Tones, position yourself so that you are completely relaxed. Tension in the body blocks the natural energetic flow in the aura and limits your ability to receive information. Use a journal to note any body parts and experiences that arise during your chakra tone sessions.

Finding your Core Soul Tone and Life Purpose Tone

Listen to the Rhys Method® 12 Chakra Tones all the way through several times for one week. Each tone is only one minute, with the chakra and musical note stated at the end of each tone. Over time, you will notice that certain notes and chakra tones really bring you into a more peaceful and present state. You'll have one or two favorites that consistently make you feel good. Visit your LMT Student Site and go to the Crystal Bowl Tones page to download extended versions of your favorites so that you can play them to support yourself being in your core and life purpose. Listen in your home, car and workspace as often as you can.

Daily "Opening to Your Inner Wisdom" Meditation

Play the Rhys Method® 12 Chakra Tones in random order during your meditation. Feel which ones are standing out for you as either positive or negative feelings or images. Each tone opens one level of your energy field; the ones that stand out are guiding you to see where to focus your energies that day. Learning to listen to your body through the use of the crystal bowls can lead to greater intuition and wisdom in your daily life.

The musical note is first and the chakra is second.

1. C - Chakra 1
2. D - Chakra 2
3. E - Chakra 3
4. F - Chakra 4
5. G - Chakra 5
6. A - Chakra 6
7. B - Chakra 7
8. A# - Inner Light Point
9. C# - Physical Life Purpose Point
10. D# - Soul Point
11. F# - Spiritual Life Purpose Point
12. G# - Aha! Point

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