

Chanting and Toning Exercises for Opening the Chakras

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Opening and balancing the chakras can help to bring us back to a peaceful and centered state when we feel out of sorts. Sound vibrations are very effective for opening and balancing the chakras. Toning and chanting use the voice. Since the sound comes from within, they are very effective in moving energy in the body. In toning, a particular note is held on a long or short vowel sound, such as “aye” or “ah” (long and short “a”). This can be done in groups or individually, with or without a particular intent. Toning can be used to move stuck energy in the body by intending to direct it toward a certain place in the body, or directing it systematically throughout the whole body, chakra by chakra.

Chanting is similar to toning, but words are used, and there may be more rhythm and melody. The words that come forth from one’s inner self may not be from a language that one consciously recognizes. For example, the combination of primal chanting, drumming, and dancing works well to move stuck energy throughout the chakras and body.

Systematically toning and chanting through the chakras is a good way to balance them. Chanted words also strengthen the intent. Additional light can be introduced into the chakra when one visualizes the color of the chakra. The following exercise explains how to open and balance the chakras through toning and chanting.

Exercise – Toning or Chanting Through the Chakras

The table below gives suggested tones and chants (affirmations) for each chakra. Start by grounding. This will help the energy to flow more easily, and will direct the excess energy into the earth. Then, beginning with the first chakra, begin on the note of middle C. Tone the “uh” sound or sing the words “I Live” while holding that note for as long as you can with one breath. Place your hand over the first chakra and visualize the color red going into the area of the perineum and base of your spine as you do this. Then take a deep cleansing breath. Work your way up the chakras, going up one note on the scale with each chakra, ending on B above middle C. Be sure to take a cleansing breath between each chakra.

Chakra Tones and Chants¹

Chakra	Location	Color	Tone	Chant
7	Crown of Head	Violet	eee	I Am
6	Forehead	Indigo	aye	I See
5	Throat	Blue	eye	I Speak
4	Heart	Green	ah	I Love
3	Solar Plexus	Yellow	oh	I Will
2	2” below Navel	Orange	ooo	I Feel
1	Base of Spine	Red	uh	I Live

¹ Adapted from a workshop presented by Ronna Herman