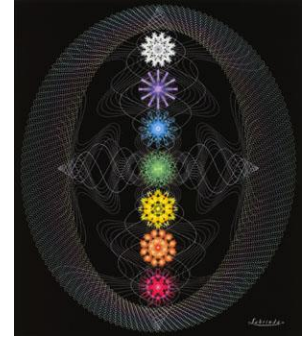


## The 7 Minute Chakra Tune-Up

Featuring “Vowels As Mantras”

© 2011 by Jonathan Goldman

[www.healingsounds.com](http://www.healingsounds.com)



This recording was first suggested to me nearly a dozen years ago. After the initial release of my award-winning recording, *Chakra Chants*, I began to receive requests from people who wanted an abbreviated version of sounds that were specifically designed to resonate, balance, and align the chakras. The running time of *Chakra Chants* is approximately an hour. Many wanted something much shorter—certainly without the complete effect of *Chakra Chants*—but powerful and effective nevertheless.

It's taken me this long to finally create “The 7-Minute Chakra Tune-Up.” As with all the various projects I find myself engaged in, I eventually received enough signs and messages that now was the time to create such a recording. Also, part of the impetus for releasing this recording now is that—as few will debate—there seems to be a significant speed-up of time. Because of this, many find it difficult to create the time to listen to *Chakra Chants*. An hour is just too much these days! Go figure.

Thus manifested “The 7-Minute Chakra Tune-Up” which goes through the 7 chakras in just a little over 7 minutes. Those of you who know my work are aware that from my perspective the most important sound exercise that can be initially be experienced and shared is the use of the 7 Sacred Vowel Sounds to resonate the chakras. Thus, it is the use of these vowels that I have focused on in this recording. I have incorporated many other sounds as well, including an abbreviated version of the original bed of sonics used for *Chakra Chants*. But the 7 Sacred Vowel Sounds are predominantly featured so that you can sound along with “The 7-Minute Chakra Tune-Up,” utilizing the power of your own voice to help enhance the power of this recording.

You don't need to be a musician, a singer, or have any sonic background in order to sound along with this recording. I do employ a very specific scale—what is called a harmonically related, diatonic major scale—that many find particularly effective for chakra resonance. Yet, I repeat—you don't need to have any musical ability—you merely need the willingness to sound the 7 Sacred Vowel Sounds as best you can.

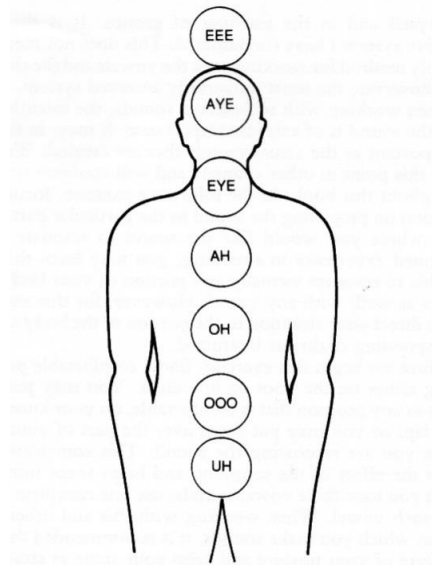
Over 25 years ago, I created the formula “Frequency + Intent = Healing.” This simply means that the sound you make coupled with your intention create the effect. Thus, simply by sounding along with this recording using the appropriate vowel sounds for the appropriate chakra and holding the intention that you are aligning your chakras, you can truly experience profound chakra resonance and healing, amplifying the effects of this already powerful recording. Yes, just listening to “The 7-Minute Chakra Tune-Up” is extremely beneficial, for indeed the sounds on this recording will help balance and align your chakras, creating health and harmony for yourself. But sounding along with it will further enhance the beneficial effects.

The power of our own self-created sounds has been recognized for many millennia by the ancient wisdom holders of the various traditions. Now, modern science is validating the effects of even the simplest of self-created sounds. The beneficial physiological effects include:

- Increased oxygen in the cells
- Lowered blood pressure and heart rate
- Increased levels of melatonin
- Reduced levels of stress-related hormones
- Release of endorphins—self-created opiates that work as “natural pain relievers”
- Increased levels of nitric oxide (NO), a molecule associated with the promotion of healing
- Release of oxytocin, the “trust” hormone

Using your voice to sound along with this recording produces these and other physiological benefits. In addition, of course, you’ll be resonating and balancing your chakras—whose healing qualities have been known throughout time by ancient mystics.

In this recording, I sound each chakra 3 times with the appropriate Sacred Vowel Sounds. I encourage you to join me to further experience the benefits of this recording. Below is a chart showing the 7 chakras and their related vowel sounds. This chart may assist your sounding along with “The 7-Minute Chakra Tune-Up.”



I trust that you’ll enjoy this recording and that using it will become part of a daily practice of incorporating sacred sound into your life.

**Blessings of Light & Love through Sound,**

*Jonathan Goldman*

For more information about the system of tones utilized on the 7 Minute Chakra Tune Up and Chakra Chants recordings, please visit [Sound and the Chakras](#)

Visit [7 Minute Chakra Video](#) to view a video version of the 7 Minute Chakra Tune Up.

To view the full catalog of Jonathan Goldman recordings, please visit [www.healingsounds.com](http://www.healingsounds.com)

