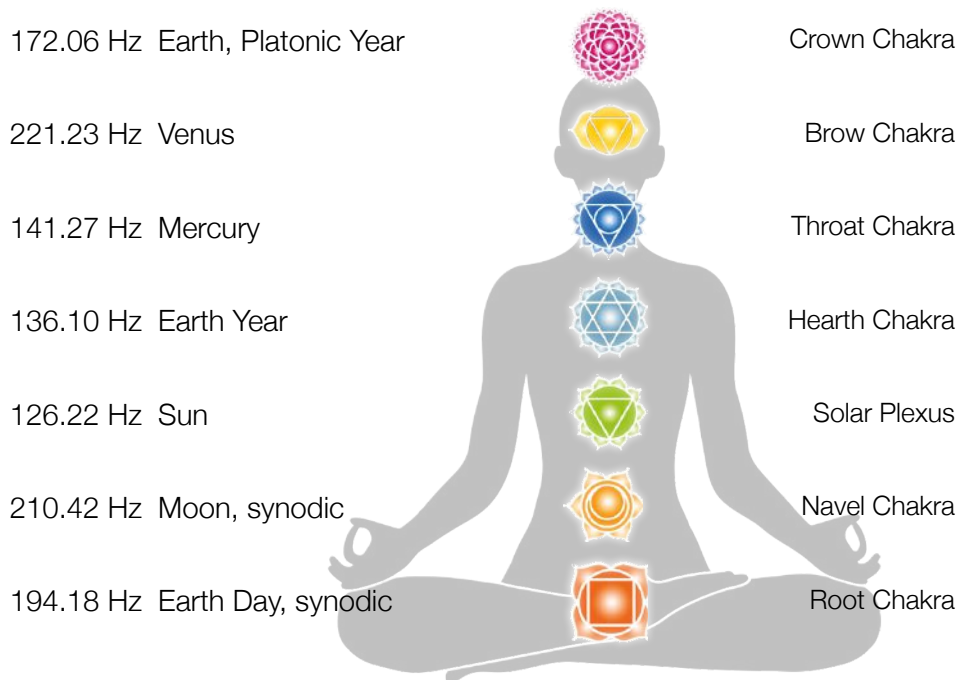


# Chakra Tuning Forks



seven cosmic tones

*In the Brahma castle of the body is a lotus flower, the heart. Inside it is a small space, but it is as large as the universe and contains everything between heaven and earth*  
Chandogya-Upanishad



Place the stem of the vibrating tuning fork on the body in the area of the chakra and feel the vibration

## The Chakras

Chakras are subtle energy centres along the spine. They are connected to the cosmic energy flow and transform subtle life forces.

The doctrine of chakras has its origins in the mystical traditions of Hinduism and Buddhism.

Chakras are depicted as lotus flowers – each with its own vibration, symbolism and quality.

The planetary frequencies of the tuning forks stimulate the seven main chakras and can help to bring the body, mind and soul into harmony with the cosmic order.

## Vibrations

Vibrations everywhere: from the movements of planets and moons to musical rhythms and sounds to the colors of light and beyond.

Vibration creates resonance. With sounds, this can be heard when a resonating body is tuned to the same or double frequency.

In music, the ratio 1 : 2 forms the octave. The fundamental tone and the octave tone merge so completely into one sound that both are given the same tone name.

## The Cosmic Octave

The Cosmic Octave refers to the repeated doubling of frequencies beyond the audible range. This concept was developed by mathematician and music researcher Hans Cousto, who – inspired by a visionary experience of a planetary sound space – came up with the idea of translating astronomical cycles into audible tones using the octave formula.



## Cosmic Octave Tones and Chakras

The tones of the chakras correspond to higher octave frequencies of the cycles of the Earth, Moon, Sun and the inner planets Mercury and Venus. The assignment to the chakras is based on many years of practical experience. Hans Cousto writes about this in his booklet „The Tones of the Cosmic Octave“:

*The assignment of earth tones can be considered reliable (day tone = root chakra, year tone = heart chakra, and the tone of the Platonic year = crown chakra), as it has been frequently reviewed and verified. The correspondence of the synodic moon tone to the sexual chakra and that of the sun tone to the solar plexus is also being confirmed more and more frequently and can be considered fairly certain. In contrast, however, the analogy of the tones of Mercury and Venus is still to be regarded as hypothetical and requires further testing and confirmation before it can be considered certain.“*

The lowest, middle and highest chakras are connected to the three fundamental movements of the Earth:

- the root chakra on Earth Day
- the heart chakra for the Earth year
- the crown chakra to the Platonic year

These three cycles are associated with the trinity of body, soul and spirit. But first things first:

### Muladhara / Root Chakra 194.18 Hz Earth Day



The *Muladhara Chakra*, also known as the Earth or Base Chakra, is located at the bottom of the spine, just above the pelvic floor. *Mula* means *root*, *Adhara* means *foundation*. Anchored in the earth, this chakra gives us stability and inner strength. The tone of the earth's rotation can help to strengthen our sense of connection and revitalise our physical life energy.

### Svadhithana / Sacral Chakra 210.42 Hz Moon



The *Svadhithana Chakra* (from *Sva*: *own*, *Adhithana*: *place*), also known as the sexual chakra, is located about a hand's breadth below the navel. It is the energetic centre for emotion, sensuality and creative vitality. The monthly cycle of female fertility is closely connected to this chakra. The moon frequency can promote emotional depth, erotic charisma and creative energy.

### Manipura / Solar Plexus 126.22 Hz Sun



*Manipura* means *shining jewel*. Just as the sun nourishes life on Earth, the solar plexus chakra, also known as the belly chakra, concentrates our inner strength and our „gut feeling“. It is located just below the solar plexus and is considered the seat of the life energy prana. The sun tone strengthens inner radiance, promotes self-confidence, clarity in action and assertiveness.

### Anahata / Heart Chakra 136.10 Hz Earth Year



The heart chakra forms the bridge between the lower, physically oriented energy centres and the upper, spiritually oriented energy centres. Unconditional love and compassionate connection emanate from here. *Anahata* means „unbroken sound“. Classical Indian musicians tune into this inner sound. The Earth Year tone has a harmonising effect, strengthens mental balance and deepens meditative states.

## Vishuddha / Throat Chakra 141.27 Hz Mercury



The *Vishuddha* (Sanskrit: *wheel of purity*), throat or larynx chakra stands for communication, self-expression, understanding and truthfulness. In Roman mythology, Mercury, the messenger of the gods, brought language and reason to humans. The tone of Mercury's orbit around the sun strengthens the inner voice and promotes clear thinking, expressiveness and authentic presence.

## Ajna / Brow Chakra 221.23 Hz Venus



The *Ajna Chakra*, also known as the *Third Eye*, is located slightly above the centre between the eyebrows. It is the subtle pivot point where individual consciousness and universal insight meet. A higher form of love energy is concentrated in it. In Greek mythology, Venus, the goddess of harmony, embodies this power. The Venus tone opens the consciousness to love, clarity and deeper insight.

## Sahasrara / Crown Chakra 172.06 Hz Platonic Year



*Sahasrara* means *thousand spokes*. The crown or vertex chakra above the top of the head is depicted as a thousand-petalled lotus — a symbol of universal consciousness and the unlimited non-dual. The cycle of the Platonic Earth year lies beyond our everyday perception of time; it can only be accessed through spiritual clarity. In a similar way, the corresponding tone promotes serenity and an open, expansive mind — still and clear like a cloudless, serene sky.

The following pages contain texts from the book  
„The Cosmic Octave Tuning Forks“ by Hans Cousto

[www.planetware.de/octave](http://www.planetware.de/octave)



## Hans Cousto The Cosmic Octave Tuning Forks

### Introduction

*„Those who know the secret of sounds know the mystery of the entire universe.“*

Hazrat Inayat Kahn

There is hardly a culture that does not refer to the sound of the world or the harmonies of the spheres. For Indians, the beginning of all things is „Nada“, the primordial sound. They speak of „Nada Brahma“, which means: The world is sound. The everlasting sound of Indian and Tibetan cultures is „OM“. The syllable „OM“ is the most sacred mantra of all and is a symbol of the primordial vibration of existence. [.....]

Hermann Hesse received the Nobel Prize for Literature in 1946 for his book „The Glass Bead Game“. The principles of the Glass Bead Game are:

*„The law of octaves is the principle that mathematics and music share equally; it is the formula that makes it possible to combine astronomical and musical formulas, to bring astronomy, mathematics and music, and even colors, to a common denominator.“*

The law of octaves makes it possible to transpose the entire solar system into the audible range, with the number of octaves indicating the „scale,“ just as one can represent a landscape on a map to scale and thus form a picture of the area depicted. The „primordial tones“ discussed in this brochure are acoustic high potentials of our natural cosmic environment, and engaging with them brings us back into harmony with the course of things, or, as the Chinese say, into harmony with the „Tao“ (the way, the course of things).

Due to the universal significance of these tones, they can also be used in a wide variety of areas. This makes it possible to create meditative music that is precisely tuned to the cosmos and has a much more intense effect than music tuned at random. [.....]

Another area of application is sound acupuncture (phonophoresis = sound acupuncture). Here, tuning forks are held to individual acupuncture points and the vibrations then flow through the given meridians.

When describing the tones of the Earth, the Moon, the Sun, Mercury and Venus, an association with a chakra is also given. [.....]

This brochure is intended as a brief instruction manual for planetary tuning forks. The descriptions are of course also valid for the use of cosmically tuned sound and musical instruments, as well as for the use of planetarily tuned music in meditation and therapy. [.....]

## Root Chakra

### The Frequency of the Earth-day

Tone: 194.18 Hz  
Tempo: 91.0 bpm (beats per minute)  
Color: orange-red  
Chakra: Muladhar (intestines / kundalini)  
Effect: dynamic, vitalizing (medicinal: tonifies)



The tone 'G' with 194.18 Hz is the 24<sup>th</sup> octave of one earth day. That means the following: the tuning fork oscillates 194,18 times per second back and forth. If you duplicate this vibrations at 24<sup>th</sup> octave lower, the tuning fork would need exactly one day to oscillate back and forth. [.....]

The octave is the fundamental musical interval in general harmony theory. In every key, the sequence of notes, as well as the names of the individual notes, are repeated from octave to octave. Of all intervals, the octave is the one that triggers the strongest resonance at the same energy level.

This special property of the octave was the reason for applying the law of the octave not only to the range of audible vibrations, but to all periodic phenomena, such as the rotation of the Earth or the orbits of the planets. The note G with 194.18 Hz is therefore also the day tone according to the classical musical definition. [.....]

We owe it to the English trumpeter John Shore that we can now have certain frequencies at our fingertips at any time. John Shore played in Frederick Handel's orchestra and was one of 24 musicians in Queen Anne's orchestra. He played the solo trumpet at the coronation of George I in 1714 and was a member of the royal chapel for many years. He invented the tuning fork in 1711. With a tuning fork, you can not only tune musical instruments to a specific note, but also yourself.

To do this, hold the tuning fork firmly by the handle with two or three fingers, strike the prongs firmly against your knee or your other hand to make them vibrate.

The vibrating tuning fork can then be held with the handle against any point on the body. It is best to choose classic acupuncture points for this, as the vibration is then carried through the entire energy meridian. Using a tuning fork with the frequency of the note G at 194.18 Hz has an invigorating and revitalising effect. This allows energy to be supplied to the body.

A particularly effective point (corresponding to the lowest chakra) is the coccyx. The lowest point of the spine is also the starting point of the kundalini, the serpent power that flows through all the chakras.

Activating this point with the day tone gives the Kundalini power and awakens the fire within it. The whole body is flooded with vitalising energy and you feel more alert and alive, stronger and more energetic. This application is particularly recommended in the morning after waking up.

A combination of sound acupuncture, as described above, with color therapy multiplies the effect of the treatment. The octave analogue of the note G is the color orange-red with a wavelength of approximately 700 nanometres.

Music tuned to this tone has a dynamic character, invigorating and activating. It is therefore suitable for dynamic meditations, especially for group meditations that focus on dance and physical expression. For men, it is also very suitable for use before sexual intercourse, as this tone not only increases general energy, but also has a particular effect on energy tension. [.....]

## Sacral-Chakra

### The Frequency of the Synodic Moon

Tone: G# 210,42 Hz  
Tempo: 98.6 bpm  
Color: orange  
Chakra: Svadisthan (2<sup>nd</sup> chakra)  
Effect: Stimulates sexual energy, promotes erotic communication  
(medically: suitable for women to regulate menstrual disorders,  
generally for disorders of the glandular and lymphatic system)



The word «synod» means gathering. The synodic month is the average period from one new moon to the next new moon. At new moon, the sun and moon are in conjunction (in the same direction in the sky). Our calendar month is derived from the synodic month. In the 29<sup>th</sup> octave, the moon tone vibrates at 210.42 Hz, which is a G sharp, and the corresponding color is orange with a wavelength of approximately 650 nanometres.

Women know far better than men how closely sexual rhythms are related to the moon. Every month, menstruation returns. But it is not only humans; many species on our planet have a sex life that is controlled by the moon. The moon and sexuality are closely related. At full moon, when the sun and moon are opposite each other (opposition), people are more communicative and lively than at new moon. That is why many cultures celebrate major festivals on full moon dates. The Jewish Passover, the Holi festival and Guru Purnima among Indians – all these festivals are always celebrated at full moon. [.....]

The moon tone is very well suited for meditation music on occasions such as full moon rituals or simply for full moon party music. This tone promotes general and, in particular, sexual communication.

In therapy, the moon tone is mainly used for disorders of the glandular and lymphatic systems, as well as for menstrual disorders. There are a number of points that can be treated with the moon tone, but listing them all would go beyond the scope of this short information brochure. In any case, the third coccygeal vertebra (point 2 of the Du Mai meridian) is very suitable, as it also corresponds to the 2<sup>nd</sup> chakra, the Svadisthan chakra.

However, it should be made very clear at this point that although tuning fork acupuncture is a therapy-supporting measure, it is never a substitute for visiting a doctor. If you have any health complaints, you should always seek medical advice and not believe that all disorders can be remedied with tuning forks! Sound puncture often supports medical treatment and helps you to recover more quickly, as it improves the flow of energy in the body. [.....]

## Solar Plexus Chakra

### The Frequency of the Sun

Tone: B 126.22 Hz  
Tempo: 118.3 bpm  
Color: green  
Chakra: Manipura, also called Hara (navel and 3<sup>rd</sup> lumbar vertebrae)  
Effect: Advances the feeling of centering, of the magic and of the transcendental (medicinal: not yet explored).



The sun is the centre of our solar system. That is why the sun tone is also assigned to the physical centre. The sun tone is an expression of a limit value, similar to how absolute zero represents a limit value in the physics of existence. It is the only tone that is not a high octave of an existing astronomical period. [.....]

An imaginary planet orbiting the centre of the Sun at a distance of one gravitational length at approximately the speed of light would do so 32,000 times per second. An imaginary planet orbiting the centre of the Sun at a distance of one gravitational length at approximately the speed of light would do so 32,000 times per second. The 8<sup>th</sup> sub-octave then has a frequency of 126.22 Hz.

The corresponding color is green to yellow-green with a wavelength of 540 nanometres. The sun tone is the «tone of the twentieth century». Unlike all the other tones presented in this brochure, it does not represent classical physics, but rather modern quantum physics and the theory of relativity.

The tone of the sun is the boundary between yin and yang, between this world and the next. It originates from a higher dimension and therefore also represents the magical and the transcendental, as it eludes rational observation. [.....]

*„Meditations with this sound lead to realms beyond the knowledge of good and evil, beyond shame and guilt, beyond space and time, beyond knowledge and wisdom, beyond doing and not doing, beyond being and not being. Meditations with this tone lead one into realms where the essence has no name, where the All-One and the All-Many no longer differ and come together in their origin, and one becomes this origin oneself.“*  
(from the book «The Cosmic Octave - Origin of Harmony»)

## Heart Chakra

### The Frequency of the Earth-Year

Tone: C# 136.10 Hz  
Tempo: 63.8 bpm  
Color: blue-gree (turquoise)  
Chakra: Anahata (hearth chakral)  
Effect: relaxing, soothing, balancing (medicinal: sedative)



The annual tone C sharp at 136.10 Hz is the 32<sup>nd</sup> octave of the Earth year. The corresponding color (74<sup>th</sup> octave of the year) is turquoise with a wavelength of approximately 500 nanometres. This tone is based on the Earth's orbit around the Sun. This astronomical phenomenon causes the Earth to experience the annual cycle of the seasons spring, summer, autumn and winter. This is the second cosmic rhythm of our planet. Just as the daily rhythm primarily affects the body, the change of seasons primarily affects the 'mind', the sphere of the heart.

In India, this tone is the fundamental tone of sitar and tambura music and is called «Sadja», which means «father of others». The sacred syllable «OM» is also tuned to this tone, as is most religious temple music.

Many bells and other instruments resonate with this tone. It is hardly surprising that Hindus speak so much about the soul and the transmigration of souls when one considers that they have tuned their music to the tone of the soul.

The ancient Indians arrived at this tone meditatively; it was given to them through «opening themselves to the cosmos», intuitively and contemplatively. We have derived this tone mathematically and physically. The truly accurate correspondence of the results (many tested bells and instruments showed that the deviations were very often well below one hertz) proves once again that we, as a microcosm, are in resonance with the macrocosm. This ancient claim from the hermetic sciences can now be proven very precisely by natural science.

The secret behind the enormous impact of Indian meditation music lies quite simply in the fact that it is attuned precisely to the course of events, the 'Tao'. In this case, that is the Earth's orbit around the Sun. Not only the instruments, but also the musicians and listeners are attuned to this eternal tone, the Sadja, after the «Alapa» – the musical prelude. All participants are in harmony with the cosmos, which finds its echo in human beings.

According to Indian tradition, this «Sadja», also known as «Sa» for short, is the everlasting, never-ending sound and, as already mentioned, is expressed by the syllable «OM».



The «OM» corresponds to the «Amen» in Christian churches. Amen means nothing other than «so be it». Anyone can easily verify this for themselves by listening to original Indian meditation music, or better still, by meditating on this sound, humming or singing it and letting it work its magic, and you will immediately feel the power inherent in this sound.

If you are not used to singing, you can simply hold a vibrating tuning fork with a frequency of 136.10 Hz (year tone) to your sternum, preferably at the level of your nipples or a few finger widths lower. These are points 17 and 16 of the front psychic meridian, the so-called Ren Mai meridian. These points are also located at the level of the heart chakra, the Anahata chakra. [.....]

Only those who have meditated on this sound themselves can imagine how powerful the relaxing effect of this vibration is and how much peace it brings to the soul when one tunes into this «OM» regularly.

In medicine, this tone is mainly used for sedation. Whenever you are tense or overwrought, or even have cramps, this tone is recommended. It has also proven to be very effective against habitual headaches. The tone puncture is particularly pleasant when applied approximately two finger widths to the left and right of the spine at the level between the first and second cervical vertebrae. [.....]

The annual tone is the best vibration for people stressed by everyday life to dissolve energy blockages, restore energy to a healthy flow and smooth the path to inner peace of mind.

## Throat Chakra

### Mercury

Tone: C# 141.27 Hz  
Tempo: 66.2 bpm  
Color: blue  
Chakra: Vishudda (throat chakra)  
Effect: supports the speech center and the communicative-intellectual principle



Mercury is the planet closest to the Sun, with an orbital period of approximately 88 days. Its tone resonates in the 30<sup>th</sup> octave at 141.27 Hz. This tone is a high C sharp or low D. The corresponding color is blue with a wavelength of approximately 480 nanometres.

Of the planets, only the two inner planets (between the Sun and Earth) can actually be assigned to a chakra. Mercury, which according to astrological and hermetic tradition is assigned to the zodiac sign Gemini as the morning star and to Virgo as the evening star, stands for communication and cleverness. That is why it is assigned to the throat chakra, because that is where all our clever sayings originate.

The planetary tones are heliocentric tones and therefore have far less significance for the emergence of life on Earth than the vibrations of our own planet and those of the moon.

## Brow Chakra

### Venus

Tone: A 221.23 Hz  
Tempo: 103.7 bpm  
Color: yellow-orange  
Chakra: Ajna (third eye)  
Effect: Supports higher love energy and aspiration of harmony.



Venus is the second inner planet in our solar system and has an orbital period of approximately 225 days. In the 32<sup>nd</sup> octave, Venus vibrates at 221.23 Hz, which corresponds to the note A. We see the corresponding color as a bright yellow-orange with a wavelength of approximately 615 nanometres. According to tradition, Venus is associated with the zodiac sign Taurus as the morning star and with the sign Libra as the evening star.

Holding a tuning fork with the Venus tone to the third eye allows the energy of love (non-targeted energy) to flow intensely, bringing inner harmony. The well-known physician Paracelsus already pointed out the effect of Venus when he said that too few people raise their eyes to the starry sky. „... from which flows an uninterrupted stream of enlightenment that leads humanity to new sciences and arts. Music, for example, comes from the planet Venus. If all musicians opened themselves to the influence of its light, they would create music that is more beautiful and heavenly than any music that has been created before“.

## Crown Chakra

### The Frequency of the Platonic Year

Tone: F 172.06 Hz  
Tempo: 80.6 bpm  
Color: violet (purple)  
Chakra: Sahasrar (crown chakra)  
Effect: supports cheerfulness and clarity of spirit, support cosmic unity on highest levels (medicinal: anti depressive)



This tone is the 48<sup>th</sup> octave of the Earth's axial precession, a gyroscopic movement of the Earth's axis. This causes the migration of the vernal equinox, which indicates the course of the great ages. As the vernal equinox is currently migrating into the constellation of Aquarius, it is said that the «Age of Aquarius» is beginning (Musical Hair). The tone is an F with 172.06 Hz and the corresponding color is violet with a wavelength of approximately 400 nanometres.

F is the tone of the spirit. In ancient China, F was the fundamental tone of music. The way in which the Chinese emphasised the spirit is certainly directly related to their choice of F as their chamber tone, to which they always attached great importance. In no other country was music as important to spiritual life as in ancient China.

A short passage from the Book of Manners by Li Gi may illustrate this point:

*„One must examine the sounds  
to understand the tones;  
one must examine the tones  
to understand the music;  
one must examine the music  
to understand the commandments.  
Thus, the path to order becomes complete.  
Those who understand music  
thereby attain the secrets of custom.  
Those who have experienced both music and custom possess life.  
Life reveals itself in experience.“*

End of excerpts from „The Cosmic Octave Tuning Forks“ by Hans Cousto.

### References

The significance and work with the chakras is complex and can only be touched upon in this brochure. For anyone who would like to delve deeper into the Far Eastern traditions of mysticism, chakra teachings and the theory of planetary tones in a practical way, we recommend the following literature:

#### Foundations of Tibetan Mysticism

by Lama Anagarika Govinda

#### Kundalini Tantra

by Swami Sayananda Sarasvati

#### The Cosmic Octave - Origin of Harmony

by Hans Cousto

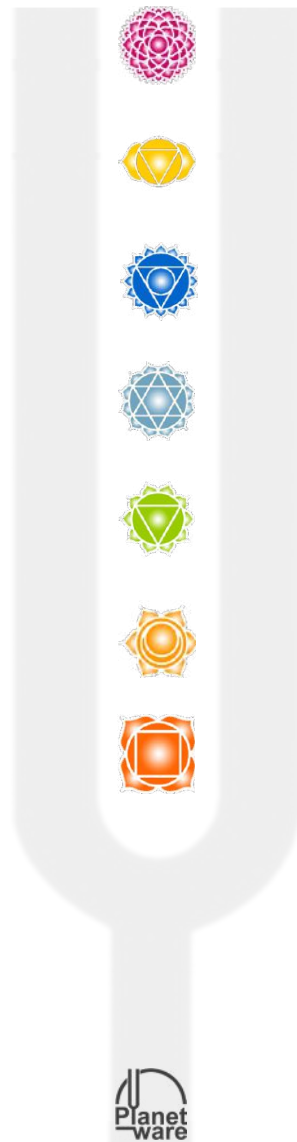
*“A thing is a thing, and not what  
is said about the thing.”  
(from the film ‘Birdman’).*

### Practice and theory

Much of what we hear today about chakras or sound frequencies is based on traditional knowledge. Why is the solar plexus chakra symbolised by ten petals and the heart chakra by twelve? Does the sound of Mercury really stimulate the speech centre? Such classifications often stem from the intuitive insights of earlier masters – valuable, but not sacrosanct. Those who rely exclusively on ancient teachings without observing or researching for themselves stray from the essentials. True understanding does not come from merely repeating doctrines, but from personal practice, in which authenticity is revealed and individual insight can grow.



Experiment with the tuning forks yourself and let yourself be guided by their effect,  
free from names and symbolism. The decisive factor is your own experience.



### Chakra tuning forks

Tuning forks for stimulating the chakras  
are available in various designs.

Information on the tones of the  
Cosmic Octave can be found at  
[www.planetware.de](http://www.planetware.de)

