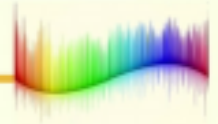




Vibrationally Sound



Frequency Entrainment For The Chakra Centers

**Self Empowerment
Companion Manual** 🎵

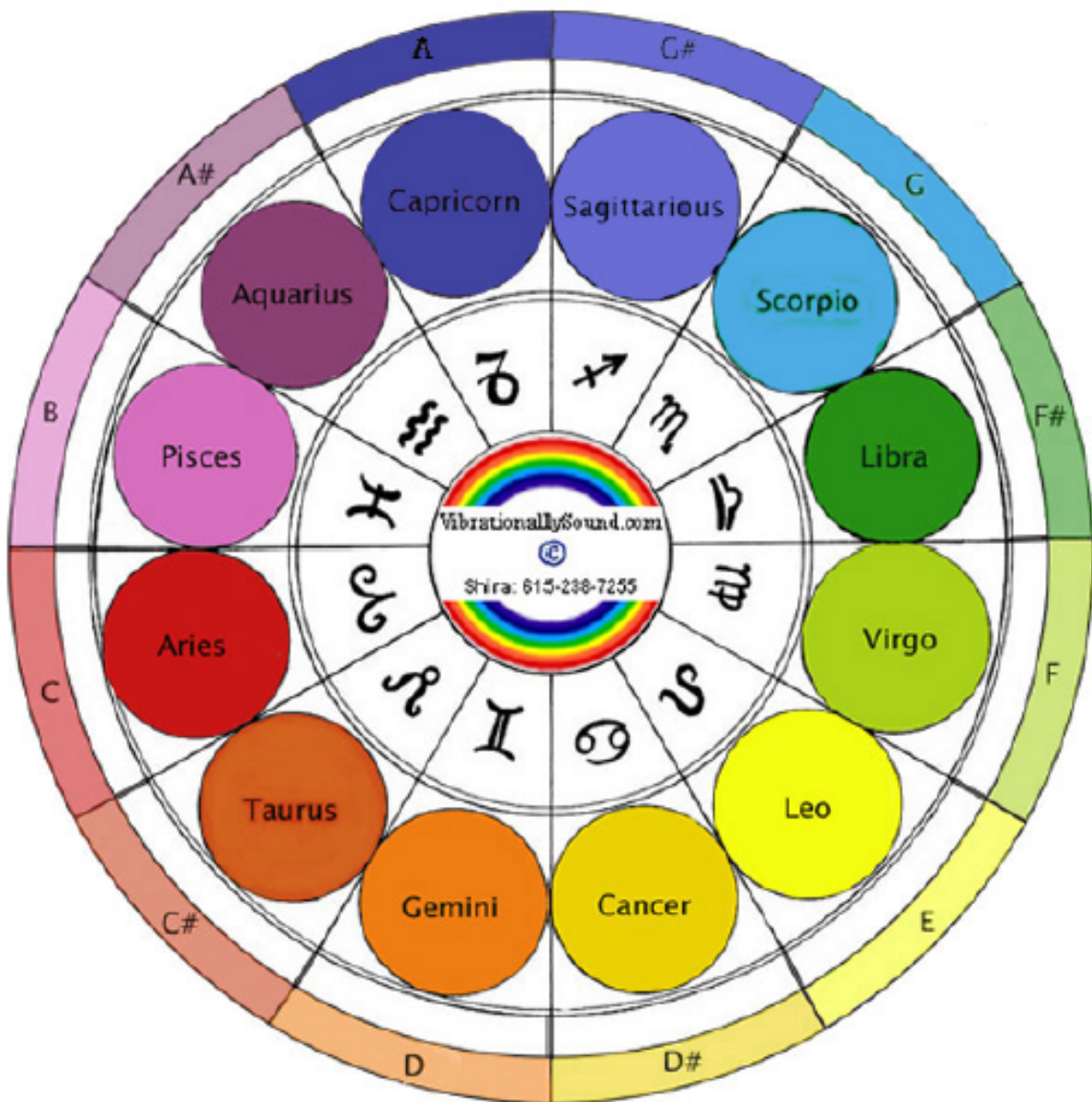
**Created by:
Shira Hunt
© 2015**

Color Wheel

The Color Wheel will show you your Birth Note or Soul Note. You can also see the Color and Note associated with your Birth Note on the wheel.

If you can locate the note that is associated with an area of your body that is in pain, then you can sound the opposite note on the wheel to release your pain.

Contact me for a session if you need help with this: Shira 808-987-4393





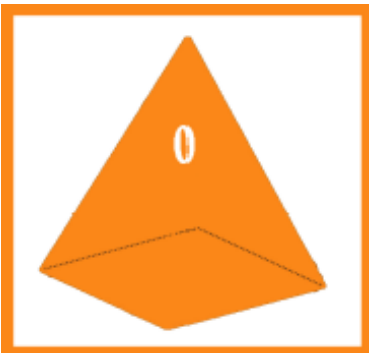
Root Chakra Empowerment Symbol

Affirmations:

I Am Safe

I Am Grounded and Stable

I Am Divinely Guided

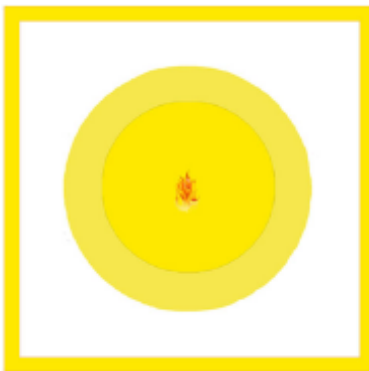


Sacral Chakra Empowerment Symbol

I Am Perfect, just as I Am

I Love and Appreciate Myself

I Know that I Am Enough



Solarplexus Empowerment Symbol

I Stand in My Personal Power

I Feel Energetic and Vibrant

I Am Honest in Relationships

I Trust My Gut Instincts



Heart Chakra Empowerment Symbol

I Am Love

My Life Flows Easily

I Love Myself Unconditionally

I Express from my Heart with Love

I Live Open-Heartedly



Throat Chakra Empowerment Symbol

**I Speak My Truth with Ease
I Honor and Trust My Voice
I Express My Ideas Easily
Others Hear what I Say**



Brow Chakra Empowerment Symbol

**I See My Soul's Purpose Clearly
I Trust My Internal Vision
I Express My Creativity Easily
My Mind is Quiet and Still**



Crown Chakra Empowerment Symbol

**I Am One with All of Creation
I Am That I Am
My Spirit Guides My Mind and Body
I Am the Holy Experience**

Frequency Tool Resources

- **Sound Medicine:** Wayne Perry
- **The Power of Sound:** Joshua Leeds
- **Tuning the Human Instrument:** Steven Halpern Ph.D.
- **The Role of Music in the 21st Century:** Fabien Maman
- **The Roar of Silence:** Don Campbell
- **Sacred Sounds:** Ted Andrews
- **Music and Sound in the Healing Arts:** John Beaulieu
- **The Healing Power of the Human Voice:** James D'Angelo
- **Subtle Body:** Cyndi Dale
- **The Divine Name:** Jonathan Goldman
- **The Harmony of Health:** Don Campbell
- **Creating Inner Harmony:** Don Campbell
- **All Is Well:** Louise Hay and Mona Lisa Schulz
- **Vibrational Medicine for the 21st Century:** Richard Gerber MD

Vibrationally Sound

<http://VibrationallySound.com>

Shira Hunt RN, CST

(808) 987-4393

Big Island, Hawaii 96727