



Chakra resonances

precise healing and cleansing frequencies

Deva Deep

This music includes the precise resonances of each of the seven chakras.

Through its deep, noticeable working, the energy is enabled to naturally flow freely, by which blockages are removed to make place for the energy of life.

1. **Root chakra:** *Contact with earth, survival, fundamental necessities of life, resistance.*
2. **Pelvic chakra:** *Sexuality, desire, attraction.*
3. **Navel chakra (solar plexus):** *Power, persistence, confidence.*
4. **Heart chakra:** *Love, dedication, trust, harmony.*
5. **Throat chakra:** *Communication, clear hearing, inner voice.*
6. **Forehead chakra (third eye):** *Insight, intuition, clairvoyance, spiritual awakening.*
7. **Crown chakra:** *Union with the cosmos, wisdom, cosmic awareness.*

While listening to this music, take a relaxed posture (sitting or lying down). If you feel like doing so, you may wish to stand while listening to the first three chakras, and move the body slightly with the music, keeping your feet rooted on one spot. There is a short pause in the music between each chakra.

Celestial harmony of the Sun, Moon and Aquarius

The Gayatri mantra is an invocation of the Sun (Savitur). It works with precise frequencies and meter. This is the same with the celestial harmony music, which is based on the precise frequencies and rhythms of the Sun, Moon and Aquarius. This music brings us more in harmony with our self, others and the cosmos. Trough an integration of our male (Sun) and female side (Moon) contradictions and tensions dissolve.

HemiSync waves

The tracks differ in the HemiSync (the synchronization of the right and left hemisphere of the brain).

Track 1 and 2 contains **alpha waves** for relaxation, meditation, creativity and for learning or work in which information has to be absorbed.

Track 3: 1 min. silence

Track 4 and 5 contains **theta waves** for deep relaxation, meditation and inspiration. The self-healing capacity is increased and the resistance to diseases becomes stronger.

How to use this music.

Listen sitting up or lying down to **track 1 and 2 (alpha)** or **4 and 5 (theta)** (This takes 30 min.)

If time is limited just listen to track 1 or 4 (18 min). The STEREO effect is important, so choose a good position in the room or use headphones.