

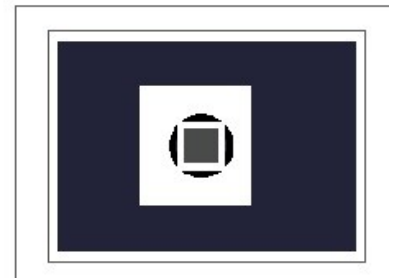
the **Musical Chakras:**

spiritual model of music and chakra meditation

Colours & Sargam

Different colours and how they associate with the notes of the sargam being Sa, Re , Ga , ma, Pa, Dha, Ni and Sa.

	- SA (Shadaj)		- PA (Pancham)
	- RE (Rishabh)		- DHA (Dhaivat)
	- GA (Gandhar)		- NI (Nishad)
	- MA (Madhyama)		- SA (Shadaj) (higher octave)



Raaga's – how they associate with the spiritual chakras of the human meditative system.

Mooladhar chakra – kalyan, khamaj.

Swadisthan/nabhi chakras- todi

Manipur chakras- Bhairavi, kafi

Anahad chakra- bhairav, bilawal

Visuddha chakra- Khamaj

Ajna chakra – kalyan, Kafi, poorvi

Sahsrar chakra- Asaveri

The thaats/ melodic scale of similar Raaga's

Bilawal : Sa, Re, Ga, ma, Pa, Dha, Ni, Sa

Kalyan : Sa, Re, Ga, Ma, Pa, Dha, Ni, Sa

Khamaj : Sa, Re, Ga, ma, Pa, Dha, ni, Sa

Bhairav : Sa, re, Ga, ma, Pa, dha, Ni, Sa

Poorvi : Sa, re, Ga, Ma, Pa, dha, Ni, Sa

Marwa : Sa, re, Ga, ma, Pa, Dha, Ni, Sa

Kafi : Sa, Re, ga, ma, Pa, Dha, ni, Sa

Asaveri : Sa, Re, ga, ma, Pa, Dha, ni, Sa

Bhairavi : Sa, re, ga, ma, Pa, dha, ni, Sa

Todi : Sa, re, ga, ma, Pa, dha, Ni, Sa

Different **stones/crystals** and how they relate to the spiritual chakras of the human meditative system.

Here are the basic chakra healing stones:

Root chakra: Hematite

Sacral chakra: Carnelian

Solar plexus chakra: Citrine

Heart chakra: Rose quartz

Throat chakra: Sodalite

Third eye chakra: Amethyst

Crown chakra: Clear quartz