

Chakra	Vowel	Color	Note
Root	UH	Red	C
Sacral/Naval	OOO	Orange	D
Solar Plexus	OH	Yellow	E
Heart	AH	Green	F
Throat	EYE	Blue	G
Third Eye	AYE	Indigo	A
Crown	EEE	Purple or White	B

Vocal Toning The Chakras

Xiaolong Qi



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