

The Sacred Vowel System



CHAKRA	COLOUR		VOWEL	NOTE
CROWN	VIOLET		EEE	B
THIRD EYE	INDIGO		AYE	A
THROAT	BLUE		EYE	G
HEART	GREEN		AH	F
SOLAR PLEXUS	YELLOW		OH	E
SACRAL	ORANGE		OOO	D
ROOT	RED		UH	C