

# COLOR ENERGIES AND HEALING THE COLOR RAYS OF CREATION

## SOUND/COLOR TABLE

### NOTES AND FREQUENCIES OF THE ORGANS OF THE BODY

ORGAN	FREQUENCY/NOTE
BLOOD	321.9 (E)
ADRENALS	492.8 (B)
KIDNEY	319.88 (Eb)
LIVER	317.83 (Eb)
BLADDER	352 (F)
INTESTINES	281. (C#)
LUNGS	220 (A)
COLON	176 (F)
GALL BLADDER	164.3 (E)
PANCREAS	117.3 (C#)
STOMACH	110 (A)
BRAIN	315.8 (Eb)
FAT CELLS	295.8 (C#)
MUSCLES	324 (E)
BONE	418,3 (Ab)

### ORBITS AND SPINS OF OUR PLANETS

PLANET	ORBIT	SPIN
EARTH NOTE	272.2(C#)	378.5(F#)
SUN NOTE	332.8(E)	497.1(B)
MOON NOTE	421.3(Ab)	None
MARS NOTE	289.4(D)	389.4(G)
MERCURY NOTE	282.4(D)	421.3(A)

JUPITER NOTE	367.2(F#)	473.9(Bb)
VENUS NOTE	442(A)	409.1(G#)
SATURN NOTE	295.7(D#)	455.4(A#)
URANUS NOTE	414.7(G#)	430.8(Ab)
NEPTUNE NOTE	422.8(Ab)	310.7(Eb)
PLUTO NOTE	280.5(C#)	486.2(B)

## CHAKRA ENERGY CENTERS OF OUR BODIES

CHAKRA	FREQUENCY/MUSICAL NOTE
TRANSPERSONAL	273(1:15)C#(EARTH ORBIT 272)
CROWN	480(15:1)B
unknown	445(1:9)Bb (VENUS ORBIT 442)
THIRD EYE	448(14:1)A
PSYCHIC CENTER	416(13:1)Ab (URANUS ORBIT 415)
unknown	410(1:10)Ab-(VENUS SPIN 409)
unknown	372(1:11)G#(EARTH SPIN 378)
THROAT	384(12:1)G
THYMUS	352(11:1)F#
HEART	341(1:12)F
SOLAR PLEXUS	320(10:1)Eb
DIAPHRAGM	315(1:13)D#
unknown	293(1:14)D+(SATURN ORBIT 296)
POLARITY	288(9:1)D (MARS ORBIT 289)
ROOT	256(1:1)C

## COMPARISON OF PARTS OF THE BODY BASED ON THE SPEED OF SOUND THROUGH EACH ORGAN TO THE ABOVE (1996)

FUNCTION OF THE BODY	MUSICAL NOTE	FREQUENCY
Personality	C+	264
Circulation,Sex	C#	586
Adrenals,Thyroid & Parathyroid	B	492.8 *

Kidneys	Eb	319.88 *
Liver	Eb	317.83 *
Bladder	F#	352 *
Small Intestine	C#	281.6 *
Lungs	A	220 *
Colon	F#	176 *
Gall Bladder	E	164.3 *
Pancreas	C#	117.3
Stomach	A	110 *
Spleen	B	492
Blood	Eb	321.9
Fat Cells	C#	295.8
Muscles	E	324
Bone	Ab	418.3

## MINERAL NUTRIANTS FOR OUR BODIES

ELEMENT	ATOMIC#/NOTE/RATIO
CHROMIUM	384(3:2)G#(THROAT)
MOLYBDENUM	336(4:3)F
CALCIUM	320(5:4)E-(SOLAR PLEXUS)
MANGANESE	400(4:5)G#
IRON	416(13:8)Ab(PSYCHIC CENTER/URANUS)
POTASSIUM	304(6:5)D#
IODINE	424(5:6)Ab
COPPER	464(10:11)Bb
PHOSPHORUS	480(16:15)B(CROWN)
ZINC	480(16:15)B
SELENIUM	272(15:16)C#(TRANSPERSONAL/EARTH)

## RESEARCH WITH SINE SOUNDS (1982-1988) By: Barbara Hero

FUNCTION OF THE BODY	MUSICAL NOTE	FREQUENCY
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Personality	C+	264
Circulation,Sex	C#	586
Adrenals,Thyroid & Parathyroid	B	492
Kidney	E	330
Liver	Ab	198
Bladder	F#	352
Small Intestine	C#	281.6
Lungs	A	220
Colon	F#	176
Gall Bladder	E	330
Pancreas	C#	117.3
Stomach	A	110
Spleen	B	492

## CHAKRA ROOM RESONANCES by Barbara Hero

CHAKRAS	NOTE/FREQ	ROOM SIZE FEET	MIDDLE OCTAVE
ROOT	C (126 cps)	9, 18, 36, 72, 144, 288	(252cps)
POLARITY	D (283 cps)	4, 8, 16, 32, 128, 256	(283 cps)
DIAPHRAGM	D# (75 cps)	15, 30, 60, 120, 240, 480	(300 cps)
SOLARPLEXUS	E (161 cps)	7, 14, 28, 56, 112, 224	(322 cps)
HEART	F (87 cps)	13, 26, 52, 104, 208, 416	(348 cps)
THROAT	G (188 cps)	6, 12, 24, 48, 96, 192, 384	(376 cps)
VENUSIAN	G+ (49 cps)	23, 46, 92, 184, 368, 736	(392 cps)
GAIA (EARTH)	G# (54 cps)	21, 42, 84, 168, 336, 672	(432 cps)
PSYCHIC CENTER	Ab (103 cps)	11, 22, 44, 88, 176, 352	(412 cps)
THIRD EYE	Bb (113 cps)	10, 20, 40, 80, 160, 320	(452 cps)
CROWN	B (59 cps)	19, 38, 76, 152, 204, 408	(472 cps)
TRANSPERSONAL	C# (66 cps)	17, 34, 68, 136, 272, 554	(264 cps)
DIAPHRAGM2	D# (39 cps)	29, 58, 116, 232, 464, 928	(312 cps)
POLARITY2	D+ (36 cps)	31, 62, 124, 248, 496, 992	(288 cps)
CROWN	B (30 cps)	37, 74, 148, 296, 592, 1184	(480 cps)

[Hertz frequencies chart from Barbara Hero](#)

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	<b>CYCLES PER SECOND (HERTZ), AND CORRESPONDENCES TO MENTAL STATES, PHYSIOLOGY, COLORS, NOTES &amp; PLANETS</b>	
	<b>These frequencies are of all types; light, sound, electrical, etc. The two- or three-character source codes after each frequency are defined at the bottom.</b>	
0.16 - 10	Neuraligias	AT
0.18 - 10	Mod. therapy	AT
0.20 - 0.26	Dental Pain	AT
0.20 - 10	Post-traumatics	AT
0.28 - 2.15	Alcohol addiction	AT
0.28 - 10	Arthritis	AT
0.30 - 0.15	Depression	AT
0.30 - 10	Cervobrachial syndrom	AT
0.37 - 2.15	Drug addition	AT
0.40 - 10	Confusion	AT
0.45 - 10	Muscle pain	AT
0.5	very relaxing, against headache MG, for lower back pain	AS
0.95 - 10	Whiplash	AT
1-3 Delta	deep, dreamless sleep, trance state, non-REM sleep	
1.0	Feeling of well-being, pituitary stimulation to release growth hormone; overall view of inter-relationships; harmony and balance	MG
1.45	Tri-thalamic entrainment format. According to Ronald deStrulle, creates entrainment between hypothalamus, pituitary and pineal. May benefit dyslexics and people with Alzheimer's.	MP2
2.15 - 10	Tendovaginitis	AT
2.5	pain relief, relaxation	MG
	Production of endogenous opiates.	EQ
3.4	Sound sleep	
3.5	Feeling of unity with everything, accelerated language retentionx; enhancement of	MG

	receptivity	
4-6	attitude and behavior change	MH
4-7 Theta	recall, fantasy, imagery, creativity, planning, dreaming, switching thoughts, Zen meditation, drowsiness.	
4	Enkephalins; Extrasensory perception	MG
4.9	Theta brain wave	
5.0	unusal problem solving	x
5.5	Moves beyond knowledge to knowing, shows vision of growth needed	
6.0	long term memory stimulation	MG
7.0	Mental and astral projection, psychic surgery	
7.5	Inter-awareness of self and purpose, guided meditation, creativity, contact with spirit guides; entry into meditation	MG
7.83	Earth Resonance, grounding, "Schumann Resonance."	x
8-10	learning new information	MH
8-13 Alpha	relaxed, tranquil and non-drowsy, inward awareness, bodymind	
8-14	Qi Gong and infratonic Qi Gong machine	QG
8.0	Past life regression	x
8.3	Pick up visual images of mental objects	
9.0	Awareness of causes of body imbalance and means for balance	x
9.41	Pyramid frequency (outside)	
9.6	Mean dominant frequency associated with the earth's magnetic field	EQ
10	enhanced release of serotonin and mood elevator, universally beneficial, use to try effects of other mixes	MG
	Acts as an analgesic, safest frequency, especially for hangover and jet lag.	EQ
	Meg Patterson used for nicotine withdrawal.	MB3
10.2	Catecholamines	
10.5	Healing of body, mind/body unity, firewalking	x
	potent stabilizer and stimulating for the immunity, valuable in convalescence.	MG
10.6	Relaxed and alert	
12.0	Centering, doorway to all other frequencies	x
13-30	Normal wakefulness	x

14-16	"associated with sleep spindles on EEG during second stage of sleep"	EQ
14.0	Awake and alert	
15	chronic pain	MG
16	bottom limit of normal hearing	MP2
18-22 Beta	outward awareness, sensory data	
20	fatigue, energize. Causes distress during labor	EQ
27.5	lowest note on a piano	MP2
30	Meg Patterson used for marijuana	MB3
30 - 190	Lumbago	AT
30-500 High Beta	a few people able to replicate at will	
32	Densitizer; enhanced vigor and alertness	MG
33	Christ consciousness, hypersensitivity, Pyramid frequency (inside)	
35 - 150	Fractures	AT
35 - 193	Arthralgy	AT
35	Awakening of mid-chakras, balance of chakras	
38	Endorphin release	WL
40	dominant when problem solving in fearful situations	EQ
40 - 60	anxiolytic effects and stimulates release of beta-endorphins	MG
43 - 193	Carcinomatosis	AT
50	dominant frequency of polyphasic muscle activity, mains electrical in U.K.	EQ
50	Slower cerebral rhythms	
55	Tantra, kundalini	x
60	electric power lines	
63	Astral projection	x
70 - 9,000	Voice specturm	MP1
70	Mental and astral projection	
72	Emotional spectrum	
80	Awareness and control of right direction.  Appears to be involved in stimulating 5-hydroxytryptamine production, with 160 Hz. Combine with 2.5 Hz.	EQ
83	Third eye opening for some people	
90	Good feelings, security, well-being, balancing	

105	Overall view of complete situation	
108	Total knowing	
111	Beta endorphins Cell regeneration	MR
120 - 500 PSI	transmutation, psychokinesis	
125	Graham potentializer; Stimulation	MH
126.22	Sun, 32nd octave of Earth year	HC
136.1	Sun: light, warmth, joy, animus	RV
140.25	Pluto: power, crisis & changes	
141.27	Mercury: intellectuality, mobility	
144.72	Mars: activity, energy, freedom, humor	
147.85	Saturn: separation, sorrow, death	
160	Appears to be involved in stimulating 5-hydroxytryptamine production, with 80 Hz.	EQ
183.58	Jupiter: growth, success, justice, spirituality	
194.71	Earth: stability, grounding	
207.36	Uranus: spontaneity, independence, originality	
211.44	Neptune: the unconscious, secrets, imagination, spiritual love	
221.23	Venus: beauty, love, sexuality, sensuality, harmony	
250	Elevate and revitalize	
272	33rd octave of Earth year	HC
384	"Gurdjieff vibration associated with root chakra. Sixth harmonic of six, center of the brainwave spectrum."	RP
396	G (musical note)	PL
405	Violet	PL
420.82	Moon: love, sensitivity, femininity, anima	
438	Indigo	
440	A (musical note)	
473	Blue	
495	B (musical note)	
527	Green	
528	C (musical note)	
580	Yellow	



594	D (musical note)	
597	Orange	
660	E (musical note)	
700	Red	
704	F (musical note)	
1000	Cerebral neurons	
4,186	highest note on a piano	MP2
16,000 - 20,000	Upper range for normal hearing	MP2
.	.	.
	Slower physiological cycles	CA
	Heart: 76 beats/ min	
	Respiratory: 22 cycles/ min	
	Kidneys: 24 hour cycle	
	Stomach: 3 contractions/ min	
	Intestines: 1 contraction/ min	
	Muscles: proteins broken down & built every 12 days	
	Ovaries: 28 day menstrual cycle	
	Red blood cells: 128 day life cycle	
	Bone calcium: 200 day replacement	
<b>Sources:</b>		
x	Michael Hercules' Nustar	
	Zen Player and B. Giles personal notes	
AS	AlphaStim (research survey)	
AT	Auriculotherapy device information from Bentek Corp. Earlobe type electrodes are specified for some conditions, TENS or ECG type electrodes for others. Device has two channels, indicated for each ailment.	
CA	Compleat Astrologer, Derek & Julia Parker for slower physiological rhythms.	
EQ	Octaves and windows, Equinox, April 88	
MG	Megabrain Germany	
MG3	Megabrain Report #3, p. 19	
MH	Mind Expanding Machines: Can the GP Do for the Brain What Nautilus Does for the Body?, by Michael Hutchison, New Age Journal July/Aug 87 Graham potentializer not in production.	
MR	Megabrain Report Vol 1 #2	

MP1	Chant: The Healing Power of Voice and Ear, an interview with Alfred Tomatis, M.D., by Tim Wilson, in Music: Physician for Times to Come, an anthology by Don Campbell	
MP2	Sonic Entrainment, by Jonathan S. Goldman, in Music: Physician for Times to Come, an anthology by Don Campbell	
PL	Power of Limits (see Accords chart) for colors and notes.	
QG	China Healthways Inst.	
RP	Astral Travel with Orgone Energy Machine, Ray A. Proper, Fry's Incredible Inquiry	
RV	Primordial Tones: Meditation on the Archetypal Energies of Celestial Bodies, Joachim-Ernst Berendt, ReVision, Summer 1987 for planets.	
WL	Wolfgang Ludwig	
HC	Hans Cuosto, Cosmic Octave, Life Rhythm	
	Mortal oscillatory frequencies of Rife radio instrument, see Super Science.	
	Radionic frequencies chart may be obtained from L'ORD Industries.	

### **Electrical wave forms**

One of the benefits of working with electrical stimulation is the ability to generate precise and complex waveforms. It is likely that specific waveforms have specific functions. Brain stimulation, frequencies and waveforms are a vast and promising field of experimentation for alchemists.

#### [PHI - Sound and Healing](#)

#### [Great Dreams Main Index](#)

#### [Gematria - Code of the Ancients](#)

#### [Chanting](#)

... In working with Gregorian chant among the Benedictines, chanting which is centered on the middle to higher frequencies of the human voice, combined with active ...

#### [Frequency Sickness - What Are The Causes And The Symptoms?](#)

... Though Alex speaks eloquently about the clash of frequencies on earth between people and nature and how the conflict between 'tones' are called 'frequency

#### [DNA - Past And Future](#)

... and wanted to become creators likened unto the all-that-is, but not aligned with the all-that-is became raptured with the physical domains/frequencies ... ..

#### [Are You Giving Up Your Freedoms for Security?](#)

... Biohazards of Extremely Low Frequencies (ELF), LOW-FREQUENCY electrical and magnetic fields - the precautionary principle for national authorities - . .

#### [Two Streams of Future Probability](#)

... In the higher frequencies of density your sense of now-time is greatly expanded, collapsing the partititons between past and future and allowing you a much ...

## [The Rainbow of Creation](#)

... I found my drawing from March 20, 1996. It was based on an idea about music frequencies. ...

## [Scalar Physics - Alternative Energy - Free Energy - Plasma Energy...](#)

... (Please keep in mind that it has long been known that selected EMF pulse rates, waveforms and frequencies have healing, sedation and emotion-evoking ...

## [The Reptilians - Who are they Really?](#)

... We will only experience the energy frequencies/entities closest to our personal density or vibratory rate, in essence, those with which we resonate. ...

## [Indigo Children - Chrystalline Children](#)

... The Sacred Spiral. This meaning a fullness of the spectrum of light and frequencies. A complete set of energies. Perfection in existence. ...

## [Two Suns](#)

... towards the ultraviolet frequencies.

## [What Is A Walk-In and What do They Do?](#)

... He has the ability to utilize his wings to shift consciousness, by running different frequencies of color, light and sound through a series of harmonically ...

## [Worm Holes, Stargates, and Time Travel](#)

... to disrupt all "Council of 9" frequencies and setup ... of the incompatible absorption of the incoming energies, into the ... The color shots by TV back from Mars ...

## [Weaving - The Mythology and the Reality](#)

... elements of light, vibration (sound harmonics), color and aroma ... in harmony with the refined frequencies/ideals you ... again becoming aware of the energies and uses ...

## [Agreements - Dreams - Biblical Extraterrestrial](#)

... Black Sun Agenda ( not a racial color association ) of ... responsibility of keeping our planet's energies in balance ... codes that are keyed to frequencies ...

## [Alternative Health Database](#)

... the bodies' life force with the energies it needs ... yoga, daily lectures and devotional music, discussion, chat ... Color / Colour Therapy Charts/ Interpretations

## [Second Insight](#)

... do our dream research and our website GreatDreams.com was born. ... NOTE: We put the music "His Love Amazes Me" on ... that were the size of pearls and the same color. ...

## [Methods of Healing](#)

crystals draw light and color into the ... and allowing the emergence of "lower frequency energies,"

## [Earthchanges - The Children](#)

... I was dancing to some fast paced jazz music and my ... There was no other color except that I told a girl ... it was because there was an oscillation of energies today ...

### Dreams of Awakening

... a large pile of green and blue mush, the same color as the ... At this point, it was so noisy with music in the ... in the system as a single point and energies as a ...

### Dreams of Records and CDs

... buttons (like the candy kind) they were arranged by color in a ... My Father came in the room and turned off the music

### DREAMS OF THE GREAT EARTHCHANGES