

# The Chakra Tune-Up Chart



A Practical Guide  
on How to Fine-Tune  
and Get the Best Performance  
from your Human Instrument  
(Your Body/Mind)

# Small Chart Chakra Tuneup Chart A Practical Guide 11 X 17 Folds To 11 X 534 Color

**Modern Home Food Chart, Inc**



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Modern Home Food Chart Modern Home Food Chart, Inc, *Chakra Balancing Chart*, 2019-02-26 Learn how to use Ohm Tuning Forks to clear balance and harmonize the Chakras Photos and artwork demonstrates three application techniques to move disharmony and tension clear unwanted resonance and attune the body's vital energy centers Ohm Therapeutics features the sacred OM tone of Hindu and Buddhist spiritual traditions and octaves of this ancient frequency to ground balance and harmonize both the physical and energetic body Easy to follow application techniques help the body reset and return to homeostasis where profound healing begins Learn why the Ohm frequency is considered the axis mundi of sound in the Ohm Therapeutics sound healing system where Ohm is a vibratory continuum connecting the individual to Universal Qi Experience the benefits of accessing source energy Healers Shamans and devotees of spiritual practices have long sought to access Qi source energy to correct imbalances awaken kundalini and seek enlightenment Chart demonstrates the use of the following tuning forks High Ohm Octave 272 544 hz and Sonic Ohm Octave 544 4 1088 8 hz Two sided laminated chart measures 11 x 17 when open

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