







Right Brain – Negative (-) Current – Left Side of Body – Intuitive – Abstract – Irrational – Feminine – Yin – Dark – Contractive Dark Light – ♀								Neutral Current Meditative – Awakened Observational Mind	Left brain – Positive (+) Current – Right Side of Body – Logical – Linear – Rational – Masculine – Yang – Light – Expansive White Light – ♂							
Music Type & Tone	Incense Activation	Sensory Association	Color	Statement of Affirmation	Identity & Function	*Response...	Negative (-) Archtype	Energy Center Chakra	Positive (+) Archtype	*Identity based on ...	Age of Resonance	Endocrine	Element	Location	Reflexology Location	Body System & Level of Consciousness
Chanting B	White Sandalwood, Sage, & Lotus	Bliss	Purple	I Know...	Universal Awareness, Self-Knowledge, & Understanding	Sacred Response Free from all limitations Pure Bliss. Pure Intelligence . Pure Being.	The Egoist	Sahasrara – Pure Being 	The Guru	Source of All GOD The Tao Ātman	42-49	Pineal	Thought	Crown of Head	Top of Big Toe Top of Fingers	Nervous System I AM Christ–Love–GOD Consciousness
Classical A	Lavender, Jasmine, & Mint	Intuition	Indego	I See...	Self-Reflection, Intuition, & Imagination	Visionary Response Universal "me" replaces the isolated ego Miracles	The Intellectual	Ajna – Miracles 	The Wise Person	Enlightenment	35-42	Pituitary	Light	Center of Brow	Center of Big Toe Top of Little Finger	Glandular System Alpha & Omega Eternal Now Consciousness
Opera G	Frankincense, Lemongrass, & Geranium	Hearing	Light Blue	I Speak...	Communication & Creative Self-Expression	Creative Response Free from old patterns Flow of Inspiration	The Silent Child	Vishuddha – Creator 	The Communicator	Co-Creation with God	35-42	Thyroid	Sound (Ether)	Throat	Base of Big Toe Base of Fingers	Respiratory System Prana Consciousness
Choral F	Winter Pine, Aloes Wood, Rose, & Jasmine	Touch	Green	I Love ...	Love, Relationships, Compassion, & Self-Acceptance	Intuitive Response Inner peace & calm Synchronicity &Awakening	The Actor	Anahata – Redeemer 	The Lover	The Knower Within	28-35	Thymus	Air	Heart Area	Center Base of foot Center of Palm	Fluid System (Blood, & Lymph) Chi, Karma, & Genetic Consciousness
Marches E	Cinnamon, Clove, & Patchouli	Vision	Yellow	I Can ...	Vitality, Energy, Confidence, Spontaneity, & Self-Esteem	Restful Awareness Response Step away from outside forces Prayer & Meditation	The Servant	Manipura – Peace 	The Warrior	Silent Witness	14-21	Pancreas	Fire	Solar Plexus	Center of Arch Base of Palm	Muscular System Mental & Logical Consciousness
Latin Dance D	Gardenia, Ylang-Ylang, Lemon, Orange, & Bergamont	Taste	Orange	I Feel ...	Healthy Sexuality Pleasure, Flow, Change, Joy, & Emotions	Reactive Response Defend the ego Economic, Political, & Religious Competition	The Martyr	Svadhishthana – Almighty 	Emperor Empress	The Ego & Personality	7-14	Reproductive	Water	Low Back Hips	Base of Arch Pulse of Wrist	Fascial System Emotional & Abstract Consciousness
Drumming C	Red Cedar & Lotus	Smell	Red	I Have...	Prosperity, Trust, Security, Survival, & Grounding	Fight or Flight Response Primitive energy to protect Supernatural energy, response, or ability to save a life	The Victim	Muladhara – Protector 	The Mother	The Physical Body & Physical Environment	Conception to 7	Perineum	Earth	Base of Spine	Base of Heel Base of Wrist	Skeletal System Unconscious & Sub-Conscious

*For detailed descriptions, see [How to Know God](#) by Deepak Chopra. Other information from [Sradha Yoga, LLC](#), [Chakrathrapy](#), [Eastern Body, Western Mind](#) by Anodea Judith, [Integrated Awareness](#), & Other Sources