

Sound-Colour Connection

LLa'Rah

Sound and Colour are both vibrational frequencies and work well together. Each colour is a sound with its own particular vibrational frequency and sound is an audible colour.

Why do you get up each morning and put on a certain coloured outfit?

Why are you drawn to certain colours on certain days?

Because your body is telling you that this is the frequency you need at the moment. Even eating works the same way –some days you are drawn to a certain colour of food-or juice. Your body is telling you that you need that certain colour. If we took a prism and broke it up we would discover that it fractulises into all the rainbow colours. And you would see that there are lines which delineate one colour from another. These are called fracter lines. When you see these Fracter lines that is where one frequency is delineated from another.

When you lie down on a table for a sound treatment the sound facilitator will generally check all your colours and frequencies to see which ones are out of alignment and which are in balance.

In most people the heart is the body's anchor. It is the central energy centre chakra. If the heart centre is out of alignment after a while this is going to affect the next chakra and the next one and pretty soon all the chakra centres will be completely out of balance. And when your colours and frequencies are out of whack your form is affected and you will begin to manifest physical ailments. It is easier to treat this imbalance before it gets into your form, when it is only in your light body.

Your soul has its own colour and its own sound or note. This colour and your unique sound are like your soul's signature and the soul's colour sparkles and is iridescent as if silver is mixed with it. Your soul's colour is one of the celestial colours that have no earthly counterpart. The beauty of this colour signifies your soul's state of evolution. The radiance of this colour proclaims your soul's success in learning from all of its Earth experiences. The angelic healers use your soul's colour as your dominant healing vibration. Call on the Angels of Sound to assist you to find the Earth colour that is closest to it and bring this colour into your life.



LLa'Rah is a Sound Healer and Workshop facilitator based near Frankston. She combines 20 years of Spiritual exploration as a seeker, teacher and Spiritual Healer/therapist with an academic background as a Psychotherapist, Holistic Counsellor, Writer and Educational Trainer. She is a member of SHA (Sound Healers Association). LLa'Rah can be contacted on 0448 014 723 or email healingwithsound@bigpond.com