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I N T R O D U C T I O N

Hello, I'm David Ison and I'd like to invite you on a fantastic voyage, a musical journey to your truest essence, an experience into the deepest realms of consciousness and the hidden worlds behind the veils of what we call reality. Welcome to *The Chakra Sound System*.

The CSS is a music-based meditation system, designed to open the pathways to your highest self. The practices presented in the CSS use the transformative power of music and meditation to awaken and release the hidden potential within each of the seven chakras—your subtle-body energy centers—guiding you toward the joy of being right here, right now.

After a lifetime of exploration and musical composition, I have found a practice, a *way*, that leads to an experience of real happiness, real liberation. Ancient and powerful, subtle and calm, the way is through *music*— beautiful, meaningful, intentional music—and I'm excited to share this practice with you.

Let me tell you a secret: everything is vibrating; everything is pulsating with the sound of creation. The shimmering, ringing tones of vibration bring into being a simultaneous interplay between action, reaction, and the rising and falling waves of continuous constant change. Thus, the process of creation unceasingly unfolds and the universe is born.

The philosopher Pythagoras called this primordial sound “The Music of the Spheres.” Sacred Hindu texts refer to it as “The Nada Brahma, the Song of the One, the seed tone.”

The creative essence of the seed tone is indeed in everything. Proportion, relationship, harmony, form and function, matter and energy are all shaped by the sounding of the sacred seed tone. If you open your eyes and ears, you will see and hear these structures everywhere. Look at the leaf, listen to the wind, witness the entire universe in the nautilus shell, or within your own mind. Discover the cycles of life and death, the seasons of the year and the presence of constant change. All of this, all of existence, is a reflection of the essences of vibration and sound in motion.

Especially music. Music is the essence of proportion, harmony, and relationship. Music sings the song of creation and tells the story of the never-ending cycles of growth and decay. Music is a way into our very souls and has been used as a vehicle for personal and planetary transformation for thousands of years.

In keeping with the age-old tradition of using music and sound for spiritual growth, wisdom, and self-awareness, *The Chakra Sound System* is the musical expression of unity and wholeness. As your body, mind, and spirit resonate and respond to the music, the portals to the higher self swing open. As you step through these portals, you will find amazing gifts: the opportunity to celebrate being in your body, embracing your incarnation completely; and the possibility of integration, becoming the essence of *you*.

To get the most out of this program, I recommend that you start by reading the Practice and Purpose section in this guidebook. It will orient you to the components of the CSS and help you establish your practice.

Through the consistent practice of using the CSS to musically awaken your chakra energy system, you will find yourself becoming more confident, secure in your ability to make choices, filled with purpose, and profoundly comfortable with who you are.

The CSS program has been created with love and gratitude. Gratitude for the beauty of our bodies, our minds, and our spirits; gratitude for all that we have, for all that we may become . . . and most of all for you, our listeners and friends.

Because it uses the sacred power of music, the practice of the CSS is simple and easy. You'll likely find it so pleasing and rewarding that you will want to use it every day. I hope you gain as much joy and purpose from experiencing the CSS as I have in bringing it to you.

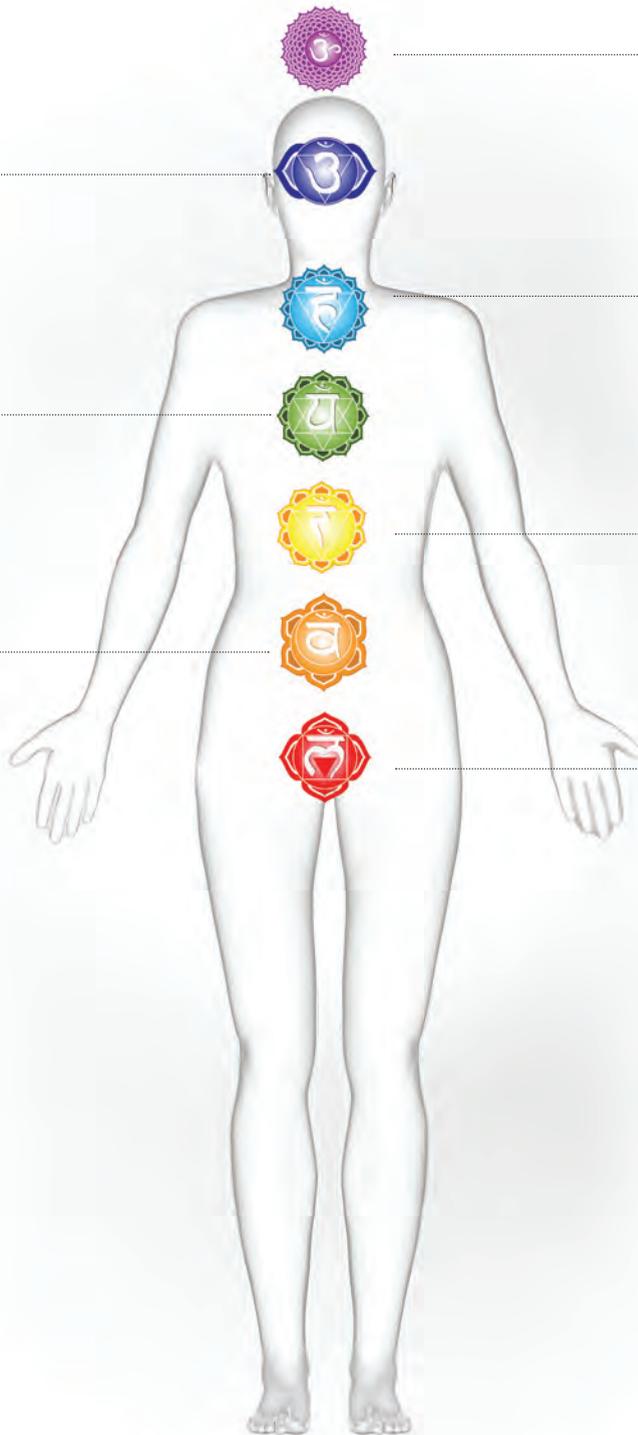
—David Ison

PRACTICE AND PURPOSE

THE

C H A K R A

SOUND
SYSTEM



BROW

essence: Clarification
color: Indigo
key signature: Key of A

HEART

essence: Transformation
color: Green
key signature: Key of F

ABDOMEN

essence: Relationship
color: Orange
key signature: Key of D

CROWN

essence: Integration
color: Violet
key signature: Key of B

THROAT

essence: Expression
color: Blue
key signature: Key of G

SOLAR PLEXUS

essence: Resolution
color: Yellow
key signature: Key of E

ROOT

essence: Creation
color: Red
key signature: Key of C

How It Works

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Play session 8, track 1 while reading this chapter.

The CSS is more than just a listening experience. By opening yourself to these intentionally designed musical meditations on a regular basis, you step into a practice of transformation. Practicing the CSS unlocks the hidden essence within each of your primary energy centers, or *chakras*, grounding you in a powerful meditation practice and guiding you toward being truly happy with who you are.

These seven “chakra essences” are characteristics we can understand and embody. Each essence is an aspect of our fundamental nature, our Essential Self. When understood as an integrated whole, the essences can be seen as “the ladder of consciousness” that generates the body’s energy system. The chakra essences are:

- The Root: Creation
- The Abdominal: Relationship
- The Solar Plexus: Resolution
- The Heart: Transformation
- The Throat: Expression
- The Brow: Clarification
- The Crown: Integration

The body’s chakra system can be bound up through trauma or simply through your response to the difficulties of modern life. When the chakra system is blocked in this

way, the essences are unavailable to you, causing a host of physical, psychological, and spiritual problems.

For thousands of years people have been doing the exhilarating and, at times, difficult work of unlocking the energetic essences of the chakras. Many techniques involve rigorous breathing and meditation to bring the chakra essences forward, but very few of us have the time or the inclination to practice.

In the CSS, this difficult inner work is made easier through specially designed music that brings your chakra essences into alignment. Through the simple act of intentionally listening, you can receive the inherent gifts of each essence.

Music and Meditation

As Socrates said, “The unexamined life is not worth living.” As usual, the sage’s advice has a hidden meaning. Socrates is advising us to learn and to practice meditation. He is telling us to look deep within, *to examine our minds*, and to discover the forces behind our thinking, our actions, and our choices. This could not be truer today, when the world is so torn with anger and strife, when we humans don’t know how to relate to each other simply as people, and when the god of materialistic consumerism has replaced any form of spiritual vision.

Meditating is the key to the self. The purpose of the practice of meditation is to bring you closer to your essential nature and to help remind you, daily, who you truly are. Truly, without a steady practice of inner contemplation, it is impossible to move beyond the influences of the negative thoughts, doubts, and fears that keep you from a life of liberation, joyful incarnation, and integration.

The daily practice of meditation deepens your awareness of the reasons behind your behaviors and helps you to develop ways of consciously *responding* to the world rather than *reacting* to it. By understanding that there are unconscious inner drives and motivations affecting your behavior and your way of walking through the world, you have achieved something profound: you are on your way toward a life of balance and spiritual fulfillment.

The Chakra Sound System has been created to help you experience this sense of balance and spiritual liberation. Music, when created with intention, is one of the best mediums to

quickly bring you into these states of liberated self-awareness. The music in this program is designed to support your meditation practice in many ways, helping to:

- Focus your mind
- Support your breath work
- Awaken each chakra's essence
- Provide a safe, sound environment for you to experience profound states of transformation
- Make it easier to achieve deep states of awareness

By practicing the CSS on a daily basis, you will experience the joys of a unified mind, body, and spirit—a true celebration of incarnation and integration.

The Breath Effect

Listening to the CSS music not only provides you with the opportunity for personal, spiritual, and emotional transformation, it also creates deep states of relaxation by regulating your breath. Musical structures that slowly rise and fall encourage your body to mimic the breathing patterns of practiced mediators—creating the *Breath Effect*. Through the Breath Effect, you will find it easy to drop down into a deeply relaxed frame of body and mind, releasing tensions and receiving the bounty of your chakra energy system.

A Program Overview

This program includes:

- The guidebook
- Fourteen thirty-minute musical meditations
- Two “Harmonizers”—special thirty-minute journeys through your chakra energy body
- A set of fourteen Chakra Cards
- A set of seven Mudra Cards

The Guidebook

The fourteen chakra chapters in this guidebook elaborate on the nature and the function of each chakra’s essence, explain how to use the music to awaken them, and teach how to integrate their energies into your life.

The Musical Meditations

The music and the meditations of *The Chakra Sound System* invite you to breathe deeply, relax, and focus your awareness on the area of each chakra. From within this musical

“house of becoming,” you’ll find it easy to imagine and then experience profound levels of transformation and joy.

Each piece is a musical manifestation of the form and function of the chakra essences. The music speaks directly to your innermost being, opening each chakra, awakening each essence, and then bringing that essence into your awareness. Immersed in the resonant sound of each chakra’s essence, you are held and supported in a continuous energetic experience. Over time, you will come to recognize this experience not only as a musical one, but as a vibrational and energetic one as well. You will be able to “hear” the tones and harmonies of each composition in your mind. As this begins to happen, your energy body will respond to the inner harmonies that you are receiving.

Each of the fourteen musical sessions begins with a brief spoken-word meditation that will help you along your journey into embracing the essence of that chakra. The meditations are followed by beautiful, intentionally designed music—harmonic expressions of the essences that are present within each energy center.

Each level of the CSS (Level One and Level Two) features seven musical meditations designed to produce distinctly different experiences. In order to get the most benefit from the program, it’s important to understand this distinction.

Level One

Level One will ground you in the experience of receiving and celebrating the essence of *you*—incarnation. *Level One is a celebration of where you are right now: in your body, in this time, in this place.*

Would you like to experience the pure joy of being in your body and feeling the energy of creation and gratitude moving through your chakra system? Level One’s Key of C is the perfect choice.

Do you feel like celebrating your relationships with your family, your spouse, and your friends? Listen and receive the energy of Level One’s Key of D.

Suppose you are having issues with your loved ones and are not finding the joy of relationship at this moment. Listen to the Key of D with an open heart, and receive the presence of gratitude for your relationships.

Level One's musical sessions offer you seven powerful journeys of celebration and gratitude, and just as importantly, they give you the choice to *develop* that sense of gratitude and joy.

Level Two

Level Two's seven programs move you into integration—opening each chakra, releasing the essence that is waiting there, and creating the opportunity for the conscious embodiment of the essence itself. *Level Two is a celebration of where you want to go: into integration and unification.*

Would you like to experience the essence of the Throat Chakra's pure expression? Meditate with Level Two's Key of G and feel the essence of *expression* moving you toward speaking your truth.

Do you need to enhance your practice of developing a nonjudgmental perspective and open the gates to the essence of clarity and clear seeing? Calmly sit with Level Two's Key of A and experience the Brow Chakra filling you with true vision.

Level Two's musical sessions build on the Level One experience. By grounding you in the practice of receiving, Level One creates the conditions for you to move into the deeper work of Level Two: receiving and integrating each chakra essence into your consciousness.

With practice—simply sitting, listening, and receiving the sounds and their effects—you will begin to experience the vibrations of the energy centers without the aid of the music. Quite naturally you will find yourself resonating with the vibrations of a particular chakra, and suddenly the essence of that chakra will begin to speak to you. This is to hear the inner voice of your Essential Self. You are beginning to receive the wisdom of *you*.

At first, this type of interior conversation may be a bit disconcerting. You may try to stop the conversation from happening. You may be afraid of the information you are receiving. You may even suspect that you are making this conversation up inside your head and try to deny the experience. These responses are common and to be expected. With the aid of the music and your commitment to the journey, you will settle into the beauty of receiving the insights and wisdom your Essential Self has to offer you.

Just observe these experiences; allow them to be what they are. Don't try to analyze them or push them away. Let your breath ground and center you, and then simply allow the essence to come forward.

The essences are waiting, locked deep inside your energy body, and are truly compassionate, brimming with unconditional love. Let the music be your guide, your friend, and the key to releasing the Essence of You.

The Harmonizers: Musical Journeys through the Entire Chakra System

Along with the fourteen musical meditations, the CSS includes two special thirty-minute musical journeys through your energy body. We call these “Harmonizers.”

There are two Harmonizers for each level:

- The Level One Harmonizer takes you through the Seven Stages of Incarnation.
- The Level Two Harmonizer offers you a journey through the Seven Stages of Integration.

The Harmonizers are a great way to become familiar with the seven stages of Levels One and Two. Just as important, however, is each Harmonizer's musical ability to create a full-body chakra-alignment experience.

The music of each Harmonizer moves step-by-step up the ladder of the chakra energy system. The overall experience is one of subtle calm, quiet stimulation, and balance. This experience is so effective that many people listen to a Harmonizer every day as a chakra essence tune-up.

Listening to the Harmonizer might even illuminate a particular chakra that needs your attention. As you listen to the Harmonizer, pay attention to any sensations, feelings, or emotions that arise during the experience. Try to remember where and when these sensations occurred, and then you can play the corresponding chakra musical meditation to continue working on that area.

Lastly, I strongly suggest that you begin your use of the CSS by doing a few introductory sessions with each Harmonizer; it's a great way to start the deeper work of the program.

The CSS Cards

Included in the CSS is a set of fourteen Chakra Cards, featuring chakra symbols and the questions of personal inquiry associated with each energy center. Also included is a very special set of seven Mudra Cards. You can use the Chakra and Mudra cards to enhance your practice and bring the work into your daily life.

Each morning, choose the chakra question card that corresponds with the energy center you're working on at the moment. Carry the card with you throughout the day so you can easily take it out, look at it, and remind yourself of your chakra question. It is very important that you don't *try* to answer the question. Just listen and *receive*. The answer is right there inside of you. Be open to the answer as you clear the pathways for the Essential Self to speak directly to you.

The seven Mudra Cards show you specific, ancient, healing hand gestures known as *mudras*, which are used by healers, monks, and meditation practitioners across the world. These gestures capture and direct the body's subtle energy. The Mudras selected for the CSS cards are effective in stimulating specific chakra essences. As you learn the mudras, you can use them anywhere—while you're meditating to the music, sitting at your desk, lying in bed, or dropping off to sleep.

The gestures are wonderful adjuncts to your meditation practice, and their use is optional but highly recommended. They are powerful energetic tools that can truly complement your CSS practice. Simply try using these venerable hand gestures, and see how they work for you. If you don't find them useful, put them aside and try them again at some point down the road.

The Chakra Questions: Learning to Listen and Receive

In each chapter of the guidebook, at the closing of each spoken-word meditation and on the chakra cards, you will be presented with a question. These questions will help you focus your intention and stimulate a particular chakra's essence, opening the doors to the Essential Self and to the practice of listening and receiving.

As I stated before, I encourage you not to try to answer these questions. Simply listen for the answer. This method of receiving is vitally important to the practice at hand:

THE ROOT CHAKRA: LEVEL ONE

CREATION

.....

*What a joy it is to be alive!
To be in this body, at this time, in this place.*

What a gift: the blessing of incarnation!

*Let's celebrate the beauty of our bodies, our minds, and our spirits.
Every minute, every hour, every day, for the rest of our lives.*



