

Vowel	Chakra
Silence	Soul Star
EEE	Crown
AYE	Third Eye
EYE	Throat
AH	Heart
OH	Solar plexus
OOO	Sacral
UH	Base
Morning Wake up UU_AH_EE_MM	



Note	Organ
High C	Endocrine
B	Pituitary
A	Pineal
G	Thyroid
F	Thymus
E	Pancreas
D	Ovaries,
C	Adrenals
Evening Balance to calm MM_EE_AH_UU	

CosmoGram Chakra System  
[www.sacredcosmogram.com](http://www.sacredcosmogram.com)

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