

Metoda/Czakra	Czakra 1	Czakra 2	Czakra 3	Czakra 4	Czakra 5	Czakra 6	Czakra 7
<b>Kosmiczna Oktawa (Hans Cousto)</b>	194,18 Hz [G]	210,42 Hz [Gis]	126,22 Hz [H]	136,10 Hz [Cis]	141,27 Hz [Cis]	221,23 Hz [A]	172,06 Hz [F]
<b>Solfeggio (Leonard Horowitz)</b>	396 Hz	417 Hz	528 Hz	639 Hz	741 Hz	852 Hz	963 Hz
<b>Sound, Color and Movement ® (Fabien Maman [1])</b>	87,3 Hz [F]	130,81 Hz [c]	196 Hz [g]	293,67 Hz [d1]	440 Hz [a1]	659,26 Hz [e2]	987,77 Hz [h2]
<b>Muzykoterapia Dogłębno-Komórkowa (Barbara Romanowska[2])</b>	256 Hz [C]	288 Hz [D]	320 Hz [E]	341,3 Hz [F]	384 Hz [G]	426,7 Hz [A]	480 Hz [H]
<b>Cosmo Welfare</b>	256 Hz	288 Hz	320 Hz	352 Hz	384 Hz	432 Hz	480 Hz
<b>Great Dreams</b>	256 Hz	288 Hz	320 Hz	341 Hz	384 Hz	448 Hz	480 Hz
<b>Rootshunt</b>	90,95-104,94 Hz	106,58-115,61 Hz	117,61-124,02 Hz	128,70-139,21 Hz	142,11-148,29 Hz	158,63-174,90 Hz	179,51-243,61 Hz
<b>Fractal Enlightenment</b>	128 Hz	144 Hz	162 Hz	182.25 Hz	192 Hz	216 Hz	243 Hz
<b>ChakraKey</b>	432 Hz	480 Hz	528 Hz	552 Hz 594 Hz 624 Hz	672 Hz	720 Hz	768 Hz
<b>Lotus Drum</b>	114,33 Hz 229 Hz 457,33 Hz 915 Hz	152,66 Hz 305,33 Hz 611,33 Hz 1221 Hz	181,66 Hz 363,66 Hz 726,66 Hz 1452 Hz	128,33Hz 257 Hz 514 Hz 1028 Hz	192,66 Hz 384,66 Hz 768,99 Hz 1540 Hz	144 Hz 288,33 Hz 576 Hz 1155 Hz	108 Hz 216 Hz 432 Hz 863,33 Hz
<b>BlissCoded Sound</b>	228 Hz	303 Hz	182 Hz	128 Hz	192 Hz	144 Hz	216 Hz

[1] Fabien Maman, Rola muzyki w XXI wieku (1999)

[2] Barbara Romanowska, Kamertonoy i muzykoterapia (2004)