

The Planetary and Chakra Frequencies from [Hans Cousto](#)

The following pages contain the script of the booklet "The Cosmic Octave Tuning Forks" by Hans Cousto. The frequencies of Earth, Moon, the planets and Sun and their corresponding tones, tempos, colors, chakras and effects are described:

Cycle	Chakra	Note	Hertz	Effects (keywords)
INTRODUCTION				
Earth-day	Root	G	194.18	dynamic, vitalizing
Earth-year	Heart	C#	136.10	relaxing, soothing, balancing
Platonic Year	Crown	F	172.06	cheerfulness, clarity of spirit
Moon (synodic) NEW Moon	Sacral	G#	210.42	erotic communication, sexual energy
Sun	Solar Plexus	B	126.22	feeling of centering and magic
Mercury	Throat	C#	141.27	intellectual communication
Venus	3rd Eye/Ajna	G#	221.23	higher love energy, aspiration for harmony
Mars		D	144.72	strength of will and focused energy
Jupiter		F#	183.58	creative power and continuous construction
Saturn		D	147.85	concentration, becoming conscious
Uranus		G#	207.36	power of surprise and renewal
Neptune		G#	211.44	intuition, dream experience
Pluto		C#	140.25	magic group dynamic
OTHER TONES:				
Sideric Earth-day		G	194.71	
Moon culmination		F#	187.61	
Sideric Moon FULL Moon		A#	227.43	
Moon Metonic cycle		A#	229.22	
Moon Saros' period		B	241.56	
Moon Apsidis rotation		B	246.04	
Moon knot		A#	234.16	

[Table of the planets, sounds, colors and meters](#)

[Table of the 7 Chakras](#)

[Complete PDF booklet](#) by Hans Cousto