

### **Generative Meditation Tuning**

The tuning chart shown below gives the mode for each day of the week. Each mode is defined using whole number ratios from the harmonic series.

Mode/Day	Do	Ra/Re	Me/Mi	Fa/Fi	Se/Sol	Le/La	Te/Ti
Ionian - (Monday)	1/1 0c	9/8 (Re) 203.9c	5/4 (Mi) 386.3c	4/3 (Fa) 498c	3/2 (Sol) 702c	5/3 (La) 884.4c	15/8 (Ti) 1088.3c
Dorian (Tuesday)	1/1 0c	9/8 (Re) 203.9c	7/6 (Me) 266.9c	4/3 (Fa) 498c	3/2 (Sol) 702c	5/3 (La) 884.4c	7/4 (Te) 968.8c
Phrygian (Wednesday)	1/1 0c	16/15 (Ra) 111.7c	7/6 (Me) 266.9c	13/10 (Fa) 454.2c	3/2 (Sol) 702c	13/8 (Le) 840.5c	7/4 (Te) 968.8c
Lydian (Thursday)	1/1 0c	9/8 (Re) 203.9c	5/4 (Mi) 386.3c	11/8 (Fi) 551.3c	3/2 (Sol) 702c	5/3 (La) 884.4c	15/8 (Ti) 1088.3c
Mixolydian (Friday)	1/1 0c	9/8 (Re) 203.9c	5/4 (Mi) 386.3c	4/3 (Fa) 498c	3/2 (Sol) 702c	5/3 (La) 884.4c	7/4 (Te) 968.8c
Aeolian (Saturday)	1/1 0c	9/8 (Re) 203.9c	7/6 (Me) 266.9c	4/3 (Fa) 498c	3/2 (Sol) 702c	13/8 (Le) 840.5c	7/4 (Te) 968.8c
Locrian (Sunday)	1/1 0c	16/15 (Ra) 111.7c	7/6 (Me) 266.9c	4/3 (Fa) 498c	11/8 (Se) 551.3c	14/9 (Le) 764.9c	7/4 (Te) 968.8c