

THE NINJARI CODE

Virtue. Vibration. Vision.



CHAPTER 1: AWAKENING THE CODE

The Code Remembers.

Within the depths of every soul lies a gentle hum-
a rhythm, a pulse, a whisper-
reminding us we are destined for more than the chaos of this world.

In this storm, humanity has drifted from truth, honor, and compassion.
Yet beneath the noise, the ancient melody persists.

The Ninjari Code reawakens this timeless resonance.

Forged from the precision of the samurai,
the adaptability of the ninja,
and the wisdom of the Jedi,
it offers a modern path to ancient virtues.

Here, values become frequencies-
patterns you can feel,
tones that realign your spirit.

In this journey, each virtue is linked to a chakra, a musical note,
and a mode-following the classical scale order:

C - Ionian

D - Dorian

E - Phrygian

F - Lydian

G - Mixolydian

A - Aeolian

B - Locrian

Use these scrolls as portals-invocations, rituals, riffs, and reflections-to harmonize mind, body, and soul.

The path begins now.

Virtue | Chakra | Note | Mode

GI | Root | C | Ionian

YU | Sacral | D | Dorian

REI | Solar Plexus | E | Phrygian

MEIYO | Heart | F | Lydian

MAKOTO | Throat | G | Mixolydian

CHU | Third Eye | A | Aeolian

JIN | Crown | B | Locrian

CHAPTER 2: THE WAY OF THE CODE

Virtue – Chakra – Note – Mode Alignment

Virtue	Chakra	Note	Mode
GI – Integrity	Root	C	Ionian
YU – Courage	Sacral	D	Dorian
REI – Respect	Solar Plexus	E	Phrygian
MEIYO – Honor	Heart	F	Lydian
MAKOTO – Honesty	Throat	G	Mixolydian
CHU – Loyalty	Third Eye	A	Aeolian
JIN – Compassion	Crown	B	Locrian

CHAPTER 3: GI - INTEGRITY

Root Chakra | Note C | Ionian Mode (Major)
Virtue 1: The Blade of Truth

Invocation:

"Stand firm like stone.
Shine quiet like the sun.
Rooted in light.
Aligned in soul."

Quote of the Scroll:

"Integrity is when your shadow bows to your light."
— Ninjari Proverb

The Way of GI:

GI is not perfection—it's alignment.
Thoughts. Words. Actions. Intent.
When all four walk together—you are unshakable.

The samurai's blade sings the truth.
The Jedi holds still, even when the galaxy spins.
The ninja vanishes only where there's no contradiction within.

GI is clarity. Clean energy. Truth without tremble.

Root Chakra Activation – Shine From Below

Chakra: Root (Red)

Note: C

Mode: Ionian (Major)

Element: Earth

Animal Ally: Bear – steady, grounded, wise

Ritual:

1. Sit or stand in stillness.
2. Picture red light expanding under your feet like roots.
3. Play or hum a bright C Major chord.
4. Speak the mantra:
"I am rooted in light.
My actions echo truth.
I walk with clarity and calm."

The GI Riff (Bass or Guitar)

C – E – G – C (octave) – B – A – G – E – C

Let it be bold, joyful, steady.

Each note = a step in integrity.

Walk it like a sacred oath.

7-Day Integrity Challenge:

1. Day 1: Keep a small promise to yourself
2. Day 2: Speak your truth calmly
3. Day 3: Ground yourself barefoot in nature
4. Day 4: Say no with kindness
5. Day 5: Choose action over excuse
6. Day 6: Correct a small lie or half-truth
7. Day 7: Write your personal code of honor

Reflection Scroll:

1. When do I feel most in sync with myself?
2. What truth have I silenced to avoid conflict?
3. If I honored my integrity fully, what would change?

Ninjari Note:

GI is the foundation of the Ninjari path.
It is where all action begins and where every choice returns.
Like a root that feeds the tree, it is unseen but essential.
Be the one who stands when others sway.

CHAPTER 4: YU – COURAGE

Sacral Chakra | Note D | Dorian Mode
Virtue 2: The Flame Within

Invocation:

“In the heart of fear, I spark the flame.
I step into shadow, and watch my light become wildfire.”

Quote of the Scroll:

“Courage is fear—danced through with fire.”
— Ninjari Proverb

The Way of YU:

YU isn’t the absence of fear—it’s the alchemy of it.
It’s sacred heat that transforms hesitation into action.
A samurai bows before the blade of death and still stands.
A Jedi faces the dark side with calm resolve.
A ninja moves through shadows without flinching.

In the Ninjari Code, YU is the spark that lights every other virtue.

Sacral Activation – Ignite the Flame

Chakra: Sacral (Orange)

Note: D

Mode: Dorian

Element: Water

Animal Ally: Tiger – bold, fluid, uncontainable

Ritual:

1. Sit with spine tall, shoulders relaxed.
2. Visualize a swirl of orange light at your lower belly, pulsing like embers.
3. Play or hum the note D, feeling it ripple through your core.

4. Whisper:

“I face my fear.
I dance with flame.
I rise in strength.”

The YU Riff (Bass or Guitar)

D – F – G – A – D (octave) – C – A – G – F – D

Strike it with confidence—let each note roar like tiger steps.

7-Day Courage Challenge:

- Day 1: Do one small thing that scares you
- Day 2: Share a personal truth with someone you trust
- Day 3: Move your body wildly—dance, run, shadow-box
- Day 4: Take a creative risk—write, riff, or record something raw
- Day 5: Stand firm in a difficult conversation
- Day 6: Offer help to a stranger without expecting thanks
- Day 7: Reflect on your biggest fear—then step toward it

Reflection Scroll:

1. When did I feel the fiercest spark in my chest?
2. Who models true courage in my life—and what can I learn?
3. What would a fearless riff sound like if I played without overthinking?

Ninjari Note:

YU is the crucible of the soul.
From its heat, all virtues are forged.
Stand in the fire—only then will your spirit glow with true power.

CHAPTER 5: REI - RESPECT

*Solar Plexus Chakra | Note E | Phrygian Mode
Virtue 3: The Silent Strength*

Invocation:

"A single bow holds the weight of a thousand suns.
In surrender, we discover power."

Quote of the Scroll:

"Respect is the space WHERE strength meets stillness."
— Ninjari Proverb

The Way of REI:

Respect isn't mere politeness—it's presence.
The pause before the strike. The calm in the storm.
To respect is to listen with your heart, to honor the spark in every soul.
A samurai bows without losing stance.
A Jedi holds the Force in every gesture.
A ninja moves through life, leaving gratitude in their wake.

REI is the silent flame that warms, not burns.

Solar Plexus Activation – Radiate Your Center

Chakra: Solar Plexus (Yellow)

Note: E

Mode: Phrygian

Element: Fire

Animal Ally: Eagle – visionary, regal, unwavering

Ritual:

1. Stand tall with hands relaxed at your sides.
2. Visualize a golden sun at your solar plexus, its warmth flooding your core.
3. Play or hum the note E, feeling its vibration as light.

4. Whisper:

"I honor myself.
I honor all life.
I shine with steady strength."

The REI Riff (Bass or Guitar)

E – F# – G – A – E (octave) – D – C – B – A – E

Let each note be a wing unfolding—majestic and unhurried.

7-Day Respect Challenge:

- Day 1: Bow in gratitude before every meal
- Day 2: Listen fully—no interrupting, no planning your reply
- Day 3: Tend to something that isn't yours (plants, shared space)
- Day 4: Offer a sincere compliment with no expectation
- Day 5: Honor a boundary—yours or another's—without judgement
- Day 6: Reflect on a mistake you admire in someone else
- Day 7: Meditate on "Your presence is a gift"

Reflection Scroll:

1. Where do I rush respect instead of letting it breathe?
2. When have I felt truly seen—and what did that teach me?
3. How can listening become my highest form of love?

Ninjari Note:

REI is the bridge between self and world.
It's the flame that warms without harm, the strength that bows without breaking.
Carry respect as your silent sword—unyielding, infinitely kind.

CHAPTER 6: MEIYO - HONOR

*Heart Chakra | Note F | Lydian Mode
Virtue 4: The Light Within*

Invocation:

"Your heart is a temple; let its echo guide your blade.
Even in silence, its song remains."

Quote of the Scroll:

"Honor is the echo of your spirit when the world falls silent."
— Ninjari Proverb

The Way of MEIYO:

Honor is the vow you keep when no eyes are watching.
A samurai's spirit lives beyond the sword.
A Jedi serves without seeking applause.
A ninja's greatest victory remains unseen.

MEIYO is the unspoken oath of your soul.

Heart Activation – Radiant Truth

Chakra: Heart (Green)

Note: F

Mode: Lydian

Element: Air

Animal Ally: Phoenix – rebirth, noble fire, eternal grace

Ritual:

1. Place your hand over your heart.
2. Visualize green light glowing and expanding from your chest.
3. Play or hum a soft F Major chord, letting it lift your spirit.

4. Speak the mantra:

"I act with honor.

My heart is a sword of peace.

I carry light in every step."

The MEIYO Riff (Bass or Guitar)

F – A – C – F (octave) – E – D – C – A – F

Let it soar like wings rising from ashes.

7-Day Honor Challenge:

1. Perform an anonymous act of kindness
2. Apologize with sincerity for any past wrong
3. Defend someone's reputation in their absence
4. Keep a solemn promise, no matter how small
5. Serve without seeking credit
6. Forgive someone who hurt you
7. Write your personal oath of honor

Reflection Scroll:

1. What does honor mean to me when no one is watching?
2. How can my actions speak louder than words?
3. In what ways can my service uplift others?

Ninjari Note:

MEIYO is the soul's compass—pure intent beyond perfection.
It lights the path when all else fades.
Carry honor as your silent legacy.

CHAPTER 7: MAKOTO - HONESTY

Throat Chakra | Note G | Mixolydian Mode
Virtue 5: The Sonic Blade

Invocation:

“My voice is my vow; my vow is my path.
In truth, I speak my power.”

Quote of the Scroll:

“Honesty cuts through illusion; speak what must be heard.”
— Ninjari Proverb

The Way of MAKOTO:

MAKOTO aligns your inner frequency with your outer expression.
A samurai’s signature stroke is truth embodied.
A Jedi’s word is a pact with the Force.
A ninja knows when silence speaks louder than sound.

True honesty is not blunt—it’s clear. It’s the sonic blade that liberates.

Throat Activation – Clear Resonance

Chakra: Throat (Blue)

Note: G

Mode: Mixolydian

Element: Ether

Animal Ally: Hawk – clear vision, piercing cry, soulful clarity

Ritual:

1. Sit or stand with a straight spine.
2. Visualize blue light pulsing at your throat, forming a resonance chamber.
3. Play or hum a G Mixolydian scale (G-A-B-C-D-E-F-G).
4. Speak the mantra:
“My words embody truth.
My voice shapes reality.
I express what is real.”

The MAKOTO Riff (Bass or Guitar)

G – A – B – C – G (octave) – F – E – D – B – G

Speak through your instrument—each note a declaration.

7-Day Honesty Challenge:

1. Speak your truth in a journal entry
2. Share an honest compliment with intention
3. Write an unsent letter expressing a truth you need to release
4. Practice mindful silence—listen more than speak
5. Offer a sincere apology where due
6. Declare one boundary clearly and kindly
7. Record a voice memo of your deepest truth

Reflection Scroll:

1. Where have I softened my words to avoid conflict?
2. How has honesty transformed my relationships?
3. What truth am I ready to speak—out loud and proud?

Ninjari Note:

MAKOTO is the sonic sword of the Ninjari path.
It cuts through masks, revealing the warrior within.
Speak and be free.

CHAPTER 8: CHU - LOYALTY

*Third Eye Chakra | Note A | Aeolian Mode
Virtue 6: The Vision that Holds Fast*

Invocation:

“Eyes open to the unseen, I stand unshaken.
My path is my promise, unwavering.”

Quote of the Scroll:

“Loyalty is the vision that sees beyond the present.”
— Ninjari Proverb

The Way of CHU:

Loyalty is more than allegiance—it is unbreakable sight.
A samurai lives and dies for the code they serve.
A Jedi holds firm to the Light, even when shadows call.
A ninja trusts mission above confusion.

CHU is the third eye’s gift: clarity in the fog. Choose the path and never waver.

Third Eye Activation – Align Insight

Chakra: Third Eye (Indigo)

Note: A

Mode: Aeolian

Element: Light

Animal Ally: Owl – wisdom, silent vision, deep insight

Ritual:

1. Close your eyes and breathe steadily.
2. Place fingertips on your brow, feeling pulsing indigo light.
3. Play or hum the note A, letting it echo between your eyes.

4. Whisper:

“I see the path.

I hold true to the light.

My vision guides my soul.”

The CHU Riff (Bass or Guitar)

A – C – E – A – G – F# – A

Play with quiet power—each note a firm step in loyalty.

7-Day Loyalty Challenge:

1. Day 1: Return to a promise you’ve postponed
2. Day 2: Support someone silently, without need for praise
3. Day 3: Recall your core purpose and meditate on it
4. Day 4: Defend another’s cause when they cannot speak
5. Day 5: Stand firm in your values under pressure
6. Day 6: Write a letter to your future self, pledging loyalty
7. Day 7: Reflect on how vision and loyalty intertwine

Reflection Scroll:

1. To what values am I unconditionally devoted?
2. Where have I wavered, and how can I stand firm?
3. How does clear vision strengthen my commitment?

Ninjari Note:

CHU is the steadfast eye that guides the path.
Hold fast to your vision, and the code will carry you beyond all storms.

CHAPTER 9: JIN – COMPASSION

*Crown Chakra | Note B | Locrian Mode
Virtue 7: The Light Beyond Self*

Invocation:

“Crown alight in shared breath, I dissolve the walls.
In mercy, I find my might.”

Quote of the Scroll:

“Compassion is strength without armor.”
— Ninjari Proverb

The Way of JIN:

Compassion is not softness—it is the light that bears the weight of all.
A samurai learns mercy before the final breath.
A Jedi acts from empathy, not anger.
A ninja spares more than they strike.

JIN is the crown’s gift: unity through heart. Stand open, yet unbroken.

Crown Activation – Radiant Union

Chakra: Crown (Violet)

Note: B

Mode: Locrian

Element: Spirit

Animal Ally: Dove – peaceful messenger, healing presence

Ritual:

1. Sit quietly with a straight spine.
2. Visualize violet light pouring down from above, filling your crown.
3. Play or hum the note B, feeling it swirl upward.

4. Whisper:

“I am one with all.

I choose peace.

I radiate compassion.”

The JIN Riff (Bass or Guitar)

B – D – F – B – A – G – B

Let it flow like rising light, free and gentle.

7-Day Compassion Challenge:

- Day 1: Forgive someone—even if they haven’t asked
- Day 2: Offer kindness anonymously
- Day 3: Practice self-compassion in moments of doubt
- Day 4: Listen deeply without judgment
- Day 5: Send good thoughts to someone in need
- Day 6: Perform a volunteer act without seeking thanks
- Day 7: Meditate on the unity of all beings

Reflection Scroll:

1. How do I extend my compassion inward and outward?
2. Where have I hardened my heart, and how can I soften?
3. How can my actions weave peace into the world?

Ninjari Note:

JIN is the final light in the scrolls.

It dissolves separation and crowns the path.

Carry compassion as your greatest power.

About the Author

ABOUT THE AUTHOR: Dman

The Sound of Light, The Path of Shadow

Dman walks the edge of the unseen-where silence learns to sing and shadows learn to dance.

Raised by rhythm, forged in fire, and guided by a whisper of something greater, he is a seeker, a builder, and a warrior of peace.

His journey is one of many masks: construction worker, cook, driver, manager-but through it all, the constant has been music, honor, and the search for truth.

The Ninjari Code was born not from books, but from battle. Not of war, but of spirit. In a world that often forgets what it means to stand for something, Dman stands for the ancient within the modern. The child within the master. The riff within the silence.

With bass guitar as his sword, and virtues as his map, he offers this Code not as gospel-but as a groove. A living guide to realignment, reconnection, and radiant power.

To the outcasts, the misfits, the warriors of light cloaked in ordinary lives-this is for you. You are not alone. And your melody matters.

Quote: "Everything is energy. Put out good, good is received. Put out negative, negative is received. Simple. Your choice."

Dedicated to Kiel.

RIP. Miss you and love you.

The Path Continues

A code is not something you memorize, it's something you become. If you've come this far, then you already feel it: the pulse of the Code, humming beneath the noise of the world. You've walked through the scrolls, aligned with the chakras, felt the tones, and heard the call. Now, the real path begins. Being Ninjari isn't about being perfect. It's about being present. Being aligned. It's about living the virtues in small, everyday ways: in your words, in your music, in your silence. Walk in virtue. Play the tone. Be Ninjari.



Ninjari Fingerboard Exercises

Each of the 7 Ninjari virtues aligns with a chakra, note, and musical mode. Use these fingerboard exercises to bring the Code to life through your hands. These are your daily riffs-simple, soulful, and powerful.

C - Ionian (Root Chakra)

Riff: C - D - E - F - G - A - B - C (play major scale, steady tempo)

D - Dorian (Sacral Chakra)

Riff: D - E - F - G - A - B - C - D (emphasize groove and flow)

E - Phrygian (Solar Plexus Chakra)

Riff: E - F - G - A - B - C - D - E (play with tension and resolve)

F - Lydian (Heart Chakra)

Riff: F - G - A - B - C - D - E - F (light and uplifting patterns)

G - Mixolydian (Throat Chakra)

Riff: G - A - B - C - D - E - F - G (speak through your strings)

A - Aeolian (Third Eye Chakra)

Riff: A - B - C - D - E - F - G - A (moody, introspective phrasing)

B - Locrian (Crown Chakra)

Riff: B - C - D - E - F - G - A - B (delicate, floating energy)

Chakra Animal Allies

Each chakra on the Ninjari path is supported by an animal ally - an archetypal creature that carries the energy of the virtue. Meditate on their essence. Invoke their strength.

Root (Red) - Bear

Traits: Grounded, strong, protector of sacred space.

Sacral (Orange) - Tiger

Traits: Passionate, bold, uncontainable.

Solar Plexus (Yellow) - Eagle

Traits: Regal, visionary, sharp focus.

Heart (Green) - Phoenix

Traits: Compassionate, rebirth, eternal fire.

Throat (Blue) - Hawk

Traits: Messenger, clear voice, piercing insight.

Third Eye (Indigo) - Owl

Traits: Wise, silent observer, seer of truth.

Crown (Violet) - Dove

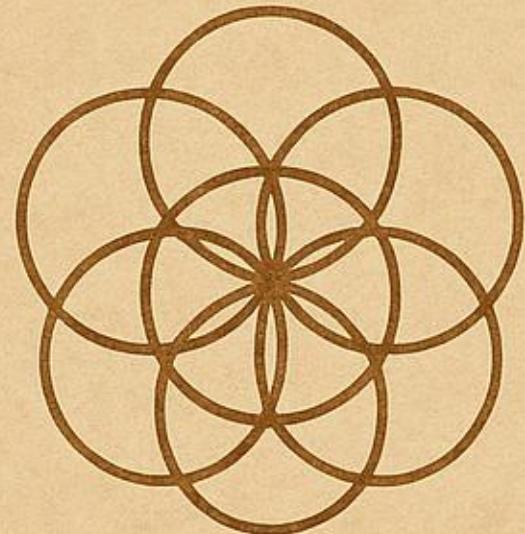
Traits: Peaceful, divine connection, unity.

Mode & Energy Alignment Chart

This chart aligns musical modes with their chakra energies and emotional frequency. Use it as a compass when playing, meditating, or writing riffs.

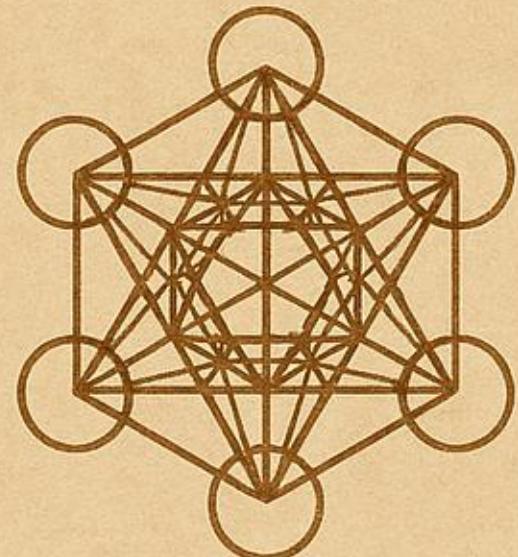
Note	Mode	Chakra	Energy
C	Ionian	Root	Grounded, safe, whole
D	Dorian	Sacral	Creative, bold, fluid
E	Phrygian	Solar Plexus	Focused, intense, powerful
F	Lydian	Heart	Open, radiant, joyful
G	Mixolydian	Throat	Expressive, confident, clear
A	Aeolian	Third Eye	Introspective, wise, visionary
B	Locrian	Crown	Mystical, surrendered, infinite

SACRED GEOMETRY



Seed of Life

A symbol of creation, growth, and interconnectedness.



Metatron's Cube

A symbol of balance, harmony, and the elements.



Ninjari Sigil

A symbol of the seven virtues and alignment

THE NINJARI CODE



This Code is not just a rulebook; it is a resonance, a tune that awakens virtue through vibration and vision. Here, Jedi calm meets samurai honor, ninja awareness meets the truth of music—and all of it flows through you, to restore values that can change the world.

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