6.2 The Diatonic Modes in Contemporary Music

The diatonic modes use the same notes as the major scale, but start on different scale steps (except Ionian).

1. Ionian 
   1st mode of the major scale
   (Same notes as major, but chord progressions are more flexible.)

2. Dorian 
   2nd mode of the major scale
   ("2nd mode" means it starts on scale step 2.)

3. Phrygian 
   3rd mode of the major scale

4. Lydian 
   4th mode of the major scale

5. Mixolydian 
   5th mode of the major scale

6. Aeolian 
   6th mode of the major scale

7. Locrian 
   7th mode of the major scale

Shortcuts from parallel scales

You can also spell the modes starting from a major or minor scale on the same tonic pitch as that mode:

Dorian D natural minor scale ↓ raise 6th step
Phrygian E natural minor scale ↓ lower 2nd step
Lydian F major scale ↓ raise 4th step
Mixolydian G major scale ↓ lower 7th step
A natural minor scale (same notes as Aeolian)

Aeolian A natural minor scale ↓ lower steps 2 & 5
Locrian B natural minor scale ↓ lower steps 2 & 5