

Root Chakra



Balancing Guide

Tips to Help You Ground with Sound

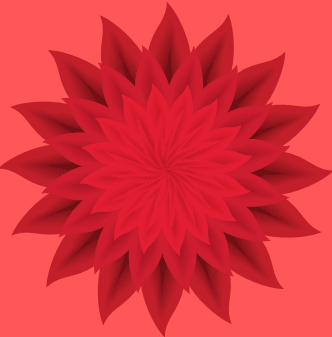


1.) SINGING BOWL NOTE "C"

A Root Chakra Visualization Meditation while sustaining your "C" crystal or Tibetan singing bowl (tapped or sustained) can coax the mind into openness and relaxation, and focus it on energizing the root center.

2.) HAND PERCUSSION

Hand percussion is grounding, not only because it helps you fall into a rhythmic pulse, but also because it anchors you in your physical body, as you use your limbs to create consistent sounds. Playing a solid rhythmic pattern for even a few minutes can have a very stabilizing effect on the body. (Hand drumming has been used by many cultures to trigger trance states for healing & spiritual connection.)



3.) SOUND EFFECTS

Thunder drums, rainsticks, wooden frogs, and dried palm leaves or sage bouquets all have a centering effect, as they provide a soundscape that triggers us to connect our inner vision with Earth's elemental energy.

4.) DRONES

Chanting an affirmation that resonates with you or doing a visualization, while playing or listening to a drone (like a crystal singing bowl, didgeridoo, Mongolian throat singing, shruti box, or tanpura) can help trigger a theta brainwave state where change of neural pathways can occur more easily.



5.) MANTRAS

Chanting the seed syllable mantra for the Root Chakra "LAM" or the sacred vowel sound "uh" as in "up," while focusing on the base of the spine can help awaken and energize the root chakra center.



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