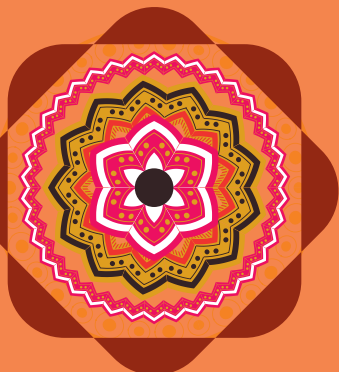


Sacral Chakra



Balancing Guide

Tips to Help You Ground with Sound



1.) SINGING BOWL NOTE "D"

A Sacral Chakra Visualization Meditation while sustaining your "D" crystal or Tibetan singing bowl (tapped or sustained) can coax the mind into openness and relaxation, and focus it on energizing your center of joy and creativity!

2.) PERCUSSION

Percussion and especially movement with percussion (so tambourines, shakers, and other hand percussion that you can dance or sway with) is excellent in eliciting our inner child, and helping us find our joy. The next time you need a boost in your sacral chakra, grab a rattle and start dancing to the beat of your favorite tune. Not only will you find release, but a swarm of endorphins will soon rush in to boost your mood!



3.) LOW INSTRUMENTS

Deeper string and woodwind instruments will also energize the sacral chakra and activate deep emotional release. The cello, bassoon, euphonium, and piano all fall under this category. Ultimately, how you use the instrument and what you intend to express is the most important aspect of chakra clearing. Pay attention to your gut instinct.

4.) DRONES

The drone is a powerful, entrancing instrument. Playing or listening to a drone (like a crystal singing bowl, didgeridoo, Mongolian throat singing, shruti box, or tanpura) with an affirmation or visualization in mind can help trigger a theta brainwave state where change of neural pathways can occur more easily.



5.) MANTRAS

Your voice is powerful. Chant an affirmation that helps you open to the feeling of passion, joy, or creativity. You can also chant the seed syllable mantra for the Sacral Chakra "LAM" or the sacred vowel sound "ooo" as in "you," while focusing on the lower abdomen can help awaken and energize the sacral chakra center.



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