

Heart Chakra



Balancing Guide

Tips to Help You Ground with Sound



1.) SINGING BOWL NOTE "F"

A Heart Chakra Visualization Meditation while sustaining your "F" crystal or Tibetan singing bowl (tapped or sustained) can coax the mind into openness and relaxation, and focus it on recharging and balancing your heart center!

2.) STRINGS

Stringed instruments, like the violin, cello, viola, guitar, & harp, are some of the most strikingly expressive of instruments. Something about their ability to be so dynamic along with the power of their resonance gives them a particularly emotive quality that can reach past barriers and open you up to feeling. Playing or listening to a stringed instrument invites you to get in touch with your emotion and can set the tone for a vividly deep inner journey.



3.) HARMONIES

Harmonies promote a feeling of connectedness and evoke the beauty in togetherness. They invoke the imagery of not being alone, and harmonic coexistence. Besides this, they can inspire us be open to feeling, when they are used with fluidity and come back to resolution. Perfect 5ths and 4ths have long been considered sacred intervals by cultures the world over to promote peace and unity.

4.) DRONES

The drone is a powerful, entrancing instrument. Playing or listening to a drone (like a crystal singing bowl, didgeridoo, or harmonium) 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 peace, forgiveness, or unconditional love of self & others. You can also chant the seed syllable mantra for the Heart Chakra "YAM" or the sacred vowel sound "Ah" as in "Ma," while focusing on the center of the chest can help open and charge the heart chakra center.



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