

Solar Plexus Chakra



Balancing Guide

Tips to Help You Ground with Sound



1.) SINGING BOWL NOTE "E"

A Solar Plexus Chakra Visualization Meditation while sustaining your "E" crystal or Tibetan singing bowl (tapped or sustained) can coax the mind into openness and relaxation, and focus it on recharging your life force energy center!

2.) PERCUSSION

Percussion is an excellent way to ground us in our inner power. Mallet-based percussion, like the marimba, xylophone, and vibraphone, are especially helpful to inspiring confidence in our voice. The next time you need a boost in your solar plexus chakra, scat out a rhythm (mimicking percussive sounds) with your voice. It will keep you rhythmically grounded while using your voice.



3.) MELODY & RHYTHM

A calming blend of melody and rhythm is important to this center chakra. The rhythmic elements help energize the chakra, while soothing melodies from pipe organs, gentle-sounding strings (viola and cello), Rhodes and other mellow keys, help to calm our mind's chatter.



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 personal power, direction, and confidence. You can also chant the seed syllable mantra for the Solar Plexus Chakra "RAM" or the sacred vowel sound "Oh" as in "go," while focusing on your center abdominal region can help awaken and energize the solar plexus chakra center.



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