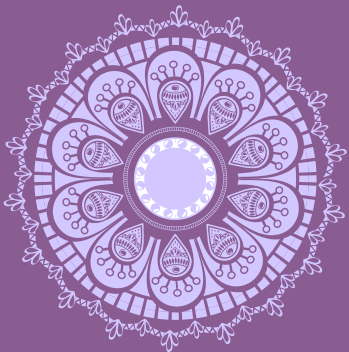


Third Eye Chakra



Balancing Guide

Tips to Help You Ground with Sound

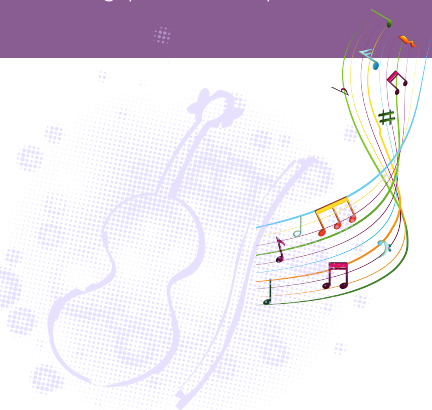


1.) SINGING BOWL NOTE "A"

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

2.) ETHEREAL INSTRUMENTS

Singing Bowls, Tibetan & crystal quartz, and other glass and metal instruments, such as vibraphones, crystal harps, etc., can trigger a very active inner visual experience. Their higher register sounds can connect us with otherworldly symbology, allowing us to bring to mind grander, universal themes relevant to current emotional experiences.



3.) SOUND FX

Sound effects (from nature sounds to synth drone sounds) can evoke bright and vivid imagery as we meditate. These sounds open our connection to our subconscious realm, and thus, help to activate our third eye. Painting soundscapes with music has powerful effects on inner journeys of all kinds.



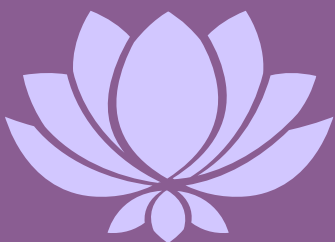
4.) DRONES

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 truth, authenticity, or fluid expression. You can also chant the seed syllable mantra for the 3rd Eye Chakra "OM" or the sacred vowel sound "Aye" as in "Say," while focusing on the 3rd Eye area can help open and charge the third eye chakra center.



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