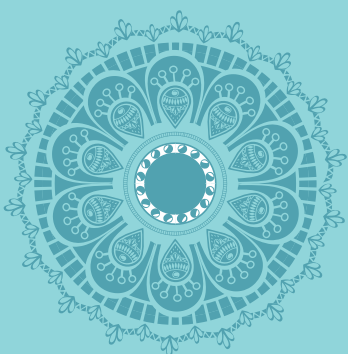


Throat Chakra



Balancing Guide

Tips to Help You Ground with Sound



1.) SINGING BOWL NOTE "G"

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

2.) WIND INSTRUMENTS

Wind instruments, like the flute, oboe, panpipe, and bird whistles, can imitate sounds our voices make and evoke the imagery of expressiveness. Their expressiveness and their requirement of our lung power allow us to exercise our throat's expression in exploratory ways.



3.) SINGING

Singing is especially effective in releasing stuck energy in the throat. In fact, the way we sing can be indicative of how open or closed our throats are in any given moment. Be sure to do warm-up exercises and stay hydrated to stretch & lubricate your vocal cords to achieve better control of your voice. Practice vocal improvisation, allowing sounds to channel through you with little thinking to open this chakra.

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 Throat Chakra "HAM" or the sacred vowel sound "Eye" as in "My," while focusing on the throat area can help open and charge the throat chakra center.



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