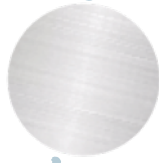


Crown Chakra



Balancing Guide

Tips to Help You Ground with Sound

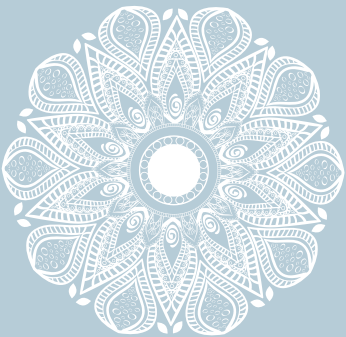


1.) SINGING BOWL NOTE "B"

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

2.) CRYSTAL INSTRUMENTS

Crystal instruments (harps, bowls, pyramids, chimes, etc.) are unique in that they are highly resonant instruments, rich with overtones. This gives them a deeply ethereal quality, that calms the nervous system and helps lift mood, easing one into a meditative state effectively. Perfect fourths and fifths played on crystal instruments can help promote feelings of peace and unity, and are beautiful for an entire meditation, as a drone, or to resolve a musical journey.



3.) METAL INSTRUMENTS

Gongs, bells, Tingshaws, wind chimes, wind gongs, and Tibetan singing bowls are also rich with overtones, and are powerful in breaking up stagnant energy. Gongs offer a deep cleansing of your inner landscape, and should be approached with respect and caution to all they can unearth within. Tingshaws and other bells can awaken you to the present moment, and wind chimes help connect you back to nature.

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, unity, or spiritual connection to all living things. You can also chant the seed syllable mantra "OM" (or you can explore the power of silence) or the sacred vowel sound "Eee" as in "Me," while focusing on the crown area can help open and charge the crown chakra center.



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