

OM Chakra



Balancing Guide

Tips to Help You Ground with Sound

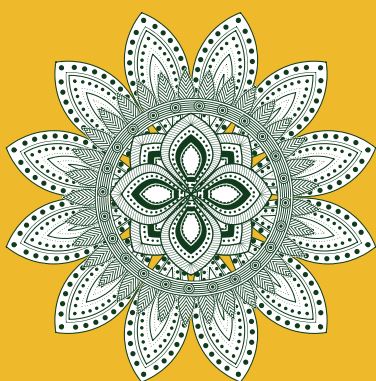


1.) SINGING BOWL NOTE "D#"

A High Sacral Chakra Visualization Meditation while sustaining your "D#" crystal or Tibetan singing bowl (tapped or sustained) can coax the mind into openness and relaxation, and focus it on recharging and balancing your energy flow and connection to inner joy!

2.) DANCEABLE RHYTHMS

Using a variety of rattles, shakers, and light drums, that trigger joyful movement or dancing, can help you move the body into flow. Shaking a rattle or shaker while you move in rhythm, can allow you to not only break stagnant energy in and around your body, but also entrains your body into a natural rhythm that can revitalize your natural chi flow.



3.) MAJOR MELODIES

Playing a combination of notes in a major key can help keep our minds on happier thought patterns and vibrations. Upbeat tempos with pleasant melodies can have a strong effect on our internal and external disposition. Allowing our body to respond and move with the music can have an even more lasting effect on body, mind, and spirit!

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. A drone played in D# can help deepen connection to the Earth.



5.) MANTRAS

Your voice is powerful. Chant an affirmation that helps you open to the feeling of being happy and in flow. You can also smile and hum to the sound of D#, or laugh as you tap into the physical memory of your wealth of joyful experiences, no matter how small or insignificant of moments you may think they are.



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