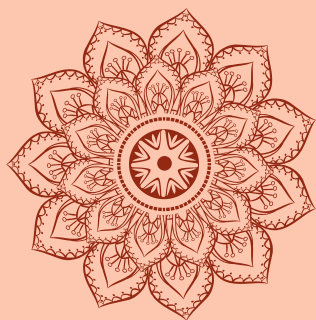


# OM Chakra



## Balancing Guide

Tips to Help You Ground with Sound

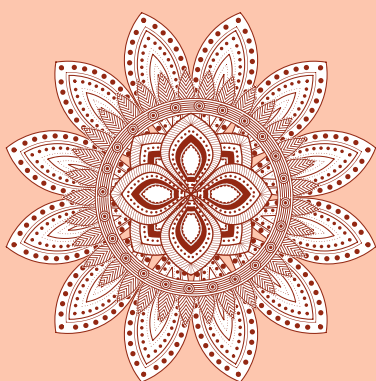


### 1.) SINGING BOWL NOTE "C#"

An OM Chakra Visualization Meditation while sustaining your "C#" crystal or Tibetan singing bowl (tapped or sustained) can coax the mind into openness and relaxation, and focus it on recharging and balancing your alignment with the Earth's vibrations!

### 2.) TUNING FORK

Using a Weighted Otto Tuning Fork that resonates at any of the Schumann's Resonance derivative frequencies (32Hz, 64Hz and 128Hz) or the OM frequency (136.1Hz), can help align the body with the Earth's average vibrations. Using an Earth Toning Tuning Fork Set (available at the OM Shoppe), can be even more powerful, by using the power of octaves and two tuning forks at a time to inspire balance in the right and left brain hemisphere and the autonomous nervous system.



### 3.) EARTH RHYTHMS

Spending time in nature and emulating the earth's natural biorhythms that you may hear, with any instrument you have can help you step into the natural pace of the Earth at any given moment. Also, sound effect instruments like bird calls, wooden frogs, and so on, can help you emulate the nature around you, and help you ground into its present perspective.

### 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 C# 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 connected to the Earth and to all living things. You can also chant the seed syllable mantra "OM" (or you can explore the power of silence) or hum to the sound of C#.



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