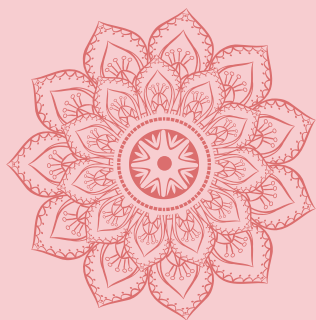


High Heart Chakra



Balancing Guide

Tips to Help You Ground with Sound

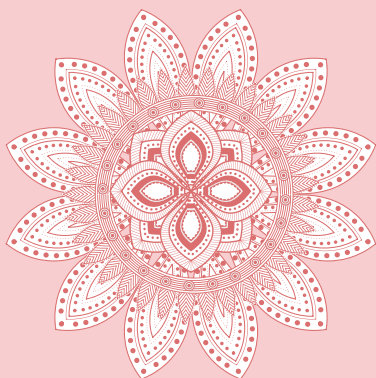


1.) SINGING BOWL NOTE "F#"

A High Heart Chakra Visualization Meditation while sustaining your "F#" 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.) MUSIC AS THERAPY

Inspired Interaction with Music, whether it is dancing with music, singing with music, chanting with music, sitting and listening to music, meditating with music, or playing music, has an incredible therapeutic value in helping to uncover, process, and clear emotions, also replacing voids with feelings of strength, unity, love, and empowerment. Group musical interactions can have the added benefit of helping you feel unified consciousness, that "we are all in this together."



3.) INNER RESONANCE

Humming, singing, or playing wind instruments, strings, or anything that we can feel the direct acoustic vibrations of (including singing bowls), allows us to feel the energy waves flowing through the inner sound chambers of our own body. This helps move stuck energy within us, and helps us reach deeper within for emotional catharsis.

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 F# can help deepen connection to our High Heart Center.



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 F#, or laugh as you tap into the physical memory of your wealth of loving experiences, no matter how small or insignificant of moments you may think they are.



Sound Therapy Education
Vibrational Medicine Shop & Spa

4801 S Tamiami Trail, Sarasota, FL 34231