

# Soul Star Chakra



## Balancing Guide

Tips to Help You Ground with Sound

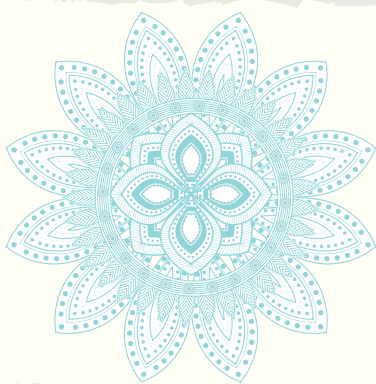


### 1.) SINGING BOWL NOTE "A#"

A Soul Star Chakra Visualization Meditation while sustaining your "A#" 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 your spiritual self!

### 2.) RICH OVERTONES

Some instruments have rich overtones that tend to create beautifully complex and gently chaotic ambient washes, and are also effective in cleansing, clearing, and breaking up energy. Creating washes of harmonically-pleasing sounds with sustaining patterns or single tones can shake up stuck energy and clear energetic blockages. Instruments like the handpan, tibetan singing bowls, metal chimes, dting-shaws, cymbals, tanpura, sitar, resonator guitars, and so on.



### 3.) PURE OVERTONES

Some instruments have very distinct, pure overtones that seem to stretch to infinity and tend to sound more ethereal. Crystal instruments especially have this pure quality, and can create for the subconscious mind a sense of expansiveness and connection with all things. These instruments include crystal harps, pyramids, singing bowls, chimes, and many more.

### 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 A# can help deepen connection to the "Seat of the Soul."



### 5.) MANTRAS

Your voice is powerful. Chant an affirmation that helps you open to the feeling of oneness, love, and transcendence. You can also smile and hum to the sound of A#, as you create an inner sanctuary for your senses of the most peaceful scenery you can imagine.



Sound Therapy Education  
Vibrational Medicine Shop & Spa

4801 S Tamiami Trail, Sarasota, FL 34231