

# Zeal Chakra



## Balancing Guide

Tips to Help You Ground with Sound

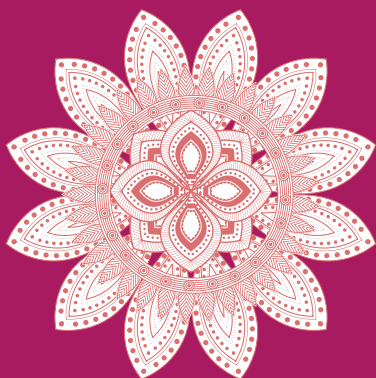


### 1.) SINGING BOWL NOTE "G#"

A Zeal Chakra Visualization Meditation while sustaining your "G#" 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.) RISING TONES

Working with melodically rising tones, and repeated melodic patterns that go up scalar patterns or chords will create a sense of being lifted, triggering energy to rise. Resolving dissonant notes or harmonies can also create a sense of harmonization and unity, which can help stimulate clearing of energetic blockages. Instruments like the steel tongue drums, hand pans, harps, flutes, etc., have limited patterns, which when used with repeating motifs can activate transformative 3rd eye imagery.



### 3.) SYNCOPATION

Syncopated, evolving rhythmic patterns in melodic or percussive instruments, alike, allows the subconscious mind to be actively processing and responding to new ideas. Improvisation, likewise, keeps the mind engaged, inspiring more creative inner journey travels and communication from the higher self.

### 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 G# can help deepen connection to our "Well of Dreams."



### 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 G#, as you create an inner sanctuary for your senses of the most peaceful scenery you can imagine.



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