



ABOUT THE CHAKRAS AND SOUND

Sound is vibration.

What you may not be aware of is that each of your chakras has a specific vibration as well – and you can use mantras/chants/crystal bowls that are known to be in vibrational harmony with each chakra, with the purposes of opening and harmonizing the system.

Using chakra mantras during meditation can have a very powerful effect.

Imagine a chakra as an instrument, and the mantra/chant as a tuning fork – strike the tuning fork, and the instrument will come into vibrational resonance with it, clearing out any energies that do not share the same resonance .

At the same time, using your voice to energise and balance the chakras is like an internal massage. All your organs will be energised, healed and brought into balance as well.

VERY therapeutic!