

## MEDITATIONS WITH THE ANCIENTS



Several years ago, I was deeply blessed with being the new owner of a chakra set of ancient Tibetan singing bowls. Since then, I have been using them in individual sessions, in group sound baths and meditations. Each one of these bowls is spectacular on it's own. When they are used together, they have a powerful presence.

Tibetan singing bowls are like the restart function on your computer. As the sound goes through you, it shakes up old patterns, physically, mentally, emotionally and spiritually. When the sound stops, it allows your body and biofield to restart, returning to normal, natural, healthy patterns. We live in a fast-paced stressful world. This recording is a rare opportunity to reset your body and being back to the way it knows how to function best.

### **CAUTION:**

Do NOT listen while driving or doing anything that requires your focused attention.

## **INSTRUCTIONS FOR THE MEDITATIONS**

1. Listen to the recording in a quiet place with no distractions.
2. Become familiar with the information each chakra processes. See below in the section "About the Chakras". This information can help you to create intentions for working with the sounds of each bowl.
3. Listen to the whole CD for a chakra healing and deep relaxation. Or work with a specific chakra track.
4. If your time is more limited, listen to Tracks 8 and 9 for a quick chakra balance.
5. Spend several minutes in silence following listening to the tracks.
6. Drink plenty of water for the 24 hours following the listening.

## **A FEW TIPS ON WORKING WITH THIS RECORDING**

Old Tibetan singing bowls have layers of sound and waverings. The deep, slow pulsing and the chirpy overtones work at many levels and dimensions of being.

The sound of the Tibetan bowls on this particular recording act like a washing machine, shaking up old patterns and energies. Drinking lots of water following this process acts like the rinse cycle, rinsing away any remaining bits of released energy and flushing it down the drain.

### ***FEELING PUSHED.***

If the sounds of these old bowls feel at times like they are pushing you - they are. The wavering sounds push against stuck energy. Most of the time, this energy is ready to release. Your job is to allow this process.

### ***SIGNS OF RELEASE.***

Sometimes energy is released without any discernable feeling. Sometimes there is. Signs of release are:

1. If you feel that you need to allow your body to move while you are listening, then allow it to do so. You may feel an urge to stretch or shake or move in a particular way. Again, allow yourself to do so.
2. You may find yourself needing to yawn. This is a sign of release.
3. Occasionally tears may be needed. Allow them too.

### ***WHEN STUCK ENERGY DOESN'T RELEASE.***

If it still feels stuck there are a few options for you to consider:

1. Continue to work with the sound for several days, weeks or longer. Some blocked energy releases in layers.
2. The energy is not ready to be released and there is still something to be learned from it. Later on, if it continues to come to mind, it may be time for you to work with the sound to assist the energy to release.
3. Sound is not the right tool for you. There are many excellent modalities available to choose from.

### ***WHEN THE SOUND FEELS UNCOMFORTABLE***

When this happens, you will need discernment. There are three options for you to consider:

1. Not every sound is appropriate for you. If you experience strong nausea or headache, stop listening immediately. Normally symptoms will dissipate in a few moments.
2. Allow the feeling to resolve itself by continuing the experience. If you experience mild discomfort, physical or emotional, listening through to the end can help energy to resolve and/or move. Sometimes we need to acknowledge discomfort to help it to resolve.
3. If a particular singing bowl stimulates discomfort, look into information on that chakra for further ways you can support it. My book, Please Pass the Calm (releasing in Jan. 2020) has some great information you can use as you support chakra health.

## ***ABOUT THE CHAKRAS***

Chakras are information gathering systems. They might be likened to the nervous system of your soul. Your chakras gather information from your biofield and environment and translate this information to your body through the endocrine system and the release of neuropeptides and endorphins as a response to this information. Because your endocrine system governs your immune system, your chakras exert a powerful influence on your immune system and your overall health and wellbeing.

### ***1. ROOT CHAKRA***

The root chakra is physically located at the base of the spine. It is home to legs, feet, bones, rectum and to parts of your immune system.

The information the root chakra processes revolves around survival, safety, security and stability. The root chakra connects you to your physical body and to the earth itself. It provides the foundation for you and your life, with the knowledge that we are all connected and thrive in community.



### ***2. SACRAL CHAKRA***

The Sacral Chakra is located in the lower abdomen, just below the navel. It is home to your elimination systems, your reproductive systems, your pelvis and hips.

The information that the Sacral Chakra processes revolves around relationships with others. It is about movement, flexibility and connection. The spiritual lesson of the sacral chakra is to honour each other.



### ***3. SOLAR PLEXUS CHAKRA***

The solar plexus chakra is the home of the ego and personality, it is home to your personal power. I like to say that we walk our soul's purpose into the world from the solar plexus chakra. The physical area of the solar plexus chakra is just below your ribcage. This chakra governs the digestive system, muscles, liver, gallbladder and pancreas.

The information that the solar plexus chakra processes revolves around your relationship with yourself. The spiritual lesson of the solar plexus chakra is to honour yourself.



### ***4. HEART CHAKRA***

Physically, the heart chakra is in the centre of the chest between the nipples. It is home to the circulatory system, the respiratory system, the immune system, the shoulders, arms, hands and diaphragm.

The heart chakra is the Grand Central Station of the chakra system.



The information that the heart chakra processes revolves around emotional power and how you perceive your emotions.

This is where we learn about love, forgiveness, compassion, dedication, inspiration, hope, and trust.

### **5. THROAT CHAKRA**

At the physical level the throat or fifth chakra is at the throat. The throat chakra governs the neck, throat, mouth, teeth and gums. As your communication centre, at its best, your throat chakra speaks your heart and your soul through whatever you are creating. At its worst, your throat chakra communicates your beliefs, judgments, or fears.

The information that the throat chakra processes revolves around communication, creativity and choice. Here we learn integrity, truth, faith and personal authority.



### **6. 3RD EYE CHAKRA**

The third eye or sixth chakra is on the forehead, between the eyes and just above the eyebrows. The physical systems affected by the third eye are the brain, nervous system, eyes, ears, and nose. The gland governing the third eye is the pituitary gland.

The information that the third eye chakra processes revolves around the power of the mind, intelligence, intuition, perception and wisdom. This is the home of your inner sage or wise one.

This is the journey of intelligent perception, understanding the difference between truth and illusion and between subjective perception and your own fearful voices and the symbolic truth or meaning in a situation.



### **7. CROWN CHAKRA**

The crown or seventh chakra is at the top of the head. This chakra governs the nervous system, muscular system, skin and skeletal system. The gland associated with the crown chakra is the pineal gland.

The information that the crown chakra processes revolves around devotion, inspiration, reverence, the mystical, and about living in the present moment.

Mystical experience can be enlightening and life-changing, but it is also a push to integrate such lessons with the divine into everyday life. That is where it really counts.

