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Meditation: Your Pathway to Connection

Crystal Singing bowls

Asia: Welcome everyone. This is Asia Voight and Meditation: Your Pathway to Connection. Tonight we are going to be learning about crystal singing bowls and your chakras and using those for meditation, grounding and expansion. We are also going to be incorporating one point focus. I will be talking about the different methods you can use with that.

First I want to talk about sound. Everything moves and vibrates, from the smallest molecule to the actual universe itself. In some of the other meditations, we talked about the Om. That intonation is the actual universal vibration. As long as it is vibrating and making some kind of sound, we might perceive the sound or we might not perceive the sound. We are not going to be just basing this on our hearing in our ears but really feeling in our third eye and expanding out from your body to the energetic field or the matrix of who we are. Focusing on that vibration, we are going to be using the crystal singing bowls to retune ourselves, retune our bodies. Many cultures and religions have revered sound so deeply that they really believe they are calling the universe into beingness. For the Hindus, all was dark and quiet in the universe until the first movement in the universe created the sound of Om. Yes, it is the mother tone creating the frequencies of all other sounds. Scientists have studied how sounds can produce changes in our bodies, healing every atom, molecule, cell, gland or organ. Each of these parts of our body has its own particular sound and frequency. If they are off, either open or closed chakras can be beneficial or detrimental to our health. Using the crystal bowls as part of a healing meditation will retune you just like a piano. The music of your body is beautiful and working again.

There are different doctors doing studies on sound and healing. We've already spent a little time, some of you with the chakras, but for those of you hearing this for the first time, I want to go over this quickly. On your handout you have a chart that has the seven main chakras of the body that are lined from the base of your body, all the way to the top of your head. It's also the colors of the rainbow. It starts with the root chakra, located at the base of the spine, the element is earth. It has to do with our physical needs. We want to have the color red and the note C. When we get to the actual meditation part, I will

be playing that C note that correlates to your root chakra. I'm also going to be incorporating in my body that frequency and sending it out to each and every one of you on the call and listening on the computer. So, know you will be getting in on two levels, getting this healing energy sent to you.

Moving up, we have the second chakra, the sacral chakra, which is more of an orange, the lower abdomen, the element of water, sexuality, emotions, to feel and the note is D.

Moving up is the solar plexus, this is the third chakra, the element of fire, power, vitality, to act, and the note is E. The color is yellow. For those of you who are beginning, when we get to the one point focus that we are going to incorporate with the crystal singing bowls, I would invite you to keep it with the colors. When we get to the base chakra, you will focus on red and then one up, orange, yellow, green and we will get to the rest in a minute. For some of you who have been doing this for a while, you may have another image you want to hold in your mind. For some of you it may be like an image of the Virgin Mary. It may be the image of Jesus. It may be Buddha. It may be an image of a beautiful tree. It may be a picture of one of your animals or one of your relatives who have passed. It may be a beautiful statue. You can use that image for all of the chakras or you can try both, but you can focus just on the color. There's no right or wrong for this. It is just guidelines and the different things I have done with different results.

Let's move up to the fourth chakra. That is your heart chakra. This has to do with air and love, to love, it's green and the note is F. I found it interesting when I was reading through this article, we can continue to go up, to multiply the octaves of sound up, instead of hearing, we would start to literally see that note materialize. This is so incredibly cool.

Moving up to the fifth chakra is your throat, the element of sound, communication, to speak. The color is blue and the note is G.

Moving up to the third eye and this is the brow location. It has to do with light and intuition, to see, the color is indigo and the note is A.

Moving up to the crown, the seventh chakra, the top of the head, it's about thought, understanding, to know. The color is violet and the note is B.

These are the different crystal singing bowls I am going to be playing that are literally made out of fused crystal. It's like a huge bowl. It comes up on the sides about six inches. The ones that I have are white. They are different sizes that help bring forward that note. I have a mallet that has swede on the side of it. I will tap the side of it and the vibration will start, then I go around the sides of it and the bowl starts singing. Some of you maybe have played with this when you had a glass of water and you dip your finger in the water and take it around the rim of the glass. That produces a tone. This is the same idea. There are even people who play the water glasses and how far they fill the water in the glass produces the different intonations and sounds. The bowls I have are 99 percent pure crushed quartz crystal.

Anybody can purchase these. They come from lots of different companies. I actually used to sell these part time. I'm not doing that anymore but if anybody wants help with that, I can help guide you in which ones work. There are also bowls that are made out of tin. For me, that was not a sound that really resonated with me. It was the ones made out of crystals that resonated. Hearing them brought forth my soul and made a very spiritual connection for me. You will find out. Maybe this isn't the exact

one and maybe a crystal singing bowl that has different properties in it, some of them have amethyst in them. Different types of stones might be the right connection for you.

When we are doing this meditation, I want you to be focusing on the different colors when I'm playing the different notes and the different chakras. We will start from the base and move up to the crown. I will resay that all again when we get there and what color it is. You don't have to try to memorize it. Hold the intention of what do you desire for doing this meditation. What are you focusing on? Is it peace? Is it clearing of your chakras? Is it balance? Is it grounding? Maybe you are plenty grounded and it's more of a spiritual rising, an awakening? Take a minute and focus on what is your intention for tonight. When we get to the actual meditation part, what would that be for you? You can think about it or you can write it down.

(pause)

I also want to finish with Renee who said she has been meditating for six to eight hours a day. She wrote back in and she said, yes, that's right. I'm doing it all the time. She also has her three year old grandson chanting with her. She said, I have to thank the book that Asia is in, Extraordinary You: The Art of Living a Lusciously Spirited, Vibrant Life. She said, I can't put it down. It's really been the beginning for me, along with the meditation. I started all of this and really struggle between old beliefs I learned going to catholic school and what I am learning now. She said she is letting go of the old beliefs that do not serve her and finding the softer side of the divine. That has been so helpful with her and she said, I love it, thank you.

Thank you, Renee.

If you have not set up your space to get comfortable and to be uninterrupted, go ahead and take a moment to get your pillows situated, but not too comfortable where you are falling asleep. If you are interested in getting the book Renee talked about, Extraordinary You, I have that for sale on my website and I will be happy to send you a signed copy of that.

So once again, get as comfortable as possible and look at your intention, thinking about the intention you want. Decide on your one point focus. Are you going to focus on the colors of the chakras as we move up to them or are you going to be using an image. When you look at that image or that statue it brings tears to your eyes. That is the spiritual experience, that softening, that opening, that expanding of your body and the energy around it that we are going for here.

I wish I could send you a picture of this. I have all these crystal singing bowls spaced apart here. They can't be too close to one another. It's taking up all the room in my lovely office.

We are going to be starting now with the first chakra at the base of your spine. The color is red. Those of you who are musicians, the note is C. Take a deep breath and be aware of the surface underneath you. Allow that to support you. Take a deep relaxing breath and releasing any tension or tightness you are feeling in your body. Any other thoughts that are going through your mind, you can imagine you have a basket next to you and you can place these thoughts into that basket. You don't need to worry about them anymore. You don't need to think about it. Nobody wants anything from you right now. This is a place of peace, connection, quiet, unity. Anything you are worried about, any distracting thoughts, go ahead and put those in the basket next to you. You can retrieve them when we are finished or you can have one of your angels or guides take the whole box away.

Feel your body connected with the surface underneath you. Feel that support and allowing your muscles to relax and let go, softening. Feel my support. Feel and sense the support of the whole group and all the people on this call throughout the United States and through the world. Allow yourself to get that big, to be that big and bold and expanded. Allow yourself to take up space.

Breathe slowly and deeply, allowing yourself the quiet and soft feeling down and in your body. Now, focusing on your image or the color red, we will start with the base chakra.

(sound of C)

Allow that base chakra to realign, expand, open and balance your root chakra. Feel it retune perfectly aligned. Breathe and notice, allow yourself to expand into this new frequency, this new sound. For some of you, it might feel a little jarring. Just notice and breathe. Others of you feel home. There I am. Allow it to be, no judging, breathing.

And now we will move up to the second chakra, to your lower abdomen, the sacral chakra. This is the color orange. Take a deep relaxing breath.

(sound of D)

Now, breathing and allowing that energy to move and open, realign your chakra. Breathe and be aware of any images, sensations or feelings that are coming to you. Breathing and noticing. Make sure you are aware of the space underneath you and staying nice and grounded. Some of you might start to feel a little more lifted up. If you feel that sensation and it feels a little overwhelming, refocus on roots going down into the earth, down through your feet.

Now, moving up to the third chakra, your solar plexus. This is yellow.

(sound of E)

Focus on that energy in your solar plexus. Breathing and noticing any sensations or images. Now moving up to the fourth chakra, your heart, the place of love. The color is green.

(sound of F)

Breathing and noticing, allowing that frequency to open, rebalance and expand your heart chakra. Breathing and allowing. Now moving up to the fifth chakra. That is your throat, and has to do with communication, the color blue. Feel, see and sense that chakra and allow the pure frequency, the throat to rebalance.

(sound of G)

Breathing, noticing, sensing. Now, moving up to your sixth chakra, your third eye, between your brows, intuition. The color is indigo. Notice that area of your body, sensing how it feels, sensing the area. Continue to breathe.

(sound of A)

Breathing and noticing and sensing. Moving up to the seventh chakra, the crown, the top of your head, the violet, expanded, universal connection. Notice, sensing how the top chakra is feeling now. Allow this sound to infuse, expand and realign.

(sound of B)

Allowing that violet energy, the crown chakra to infuse and align with your energy centers. Breathing and noticing what you are experiencing.

(pause)

Now allow yourself to take a deep breath, being aware of the surface you are sitting or lying on. Take another deep, exhilarating breath, being fully aware of my voice. Slowly wiggle your fingers and toes. Slowly open your eyes.

I'm wondering how everyone is doing out there? You may be experiencing some tingling or heat in your body as the frequencies are reawakened and realigned inside of you. A lot of times my students in the past have actually felt a little off for maybe even 24 hours afterwards. It is really important to give yourself space, as much as you can, of peacefulness, and time in nature during this rebalancing. It's such a profound experience hearing these sounds to reawaken that ancient connectedness inside of us. We don't want to be disturbed while that recalibration is taking place. We may feel a little more fragile. So, make sure you are around people who are kind and supportive and gentle. Taking a salt bath would also be very helpful. Letting go of the old and repolishing, a nice warm sea salt bath could be a wonderful idea besides walking in nature.

I'm wondering if anyone would like to share their experience. We have Joanne who would like to share. She says, "wow, I really felt it in my sacral chakra, an odd sensation like an aching. Interesting because I have been having a lot of lower back pain since a car accident I was in." She is finding her awareness that her body, for some reason, doesn't want to let go of this pain. Wow, Joanne, how incredibly insightful and awakening that this allowed you to have that awareness. I have this pain but my body, my energy, does not want to let go of this. Fantastic. I would invite you to do some journaling about that and also to listen to the replay and go through the tonings, the frequencies again. Each time that will help rebalance and move that pain away when it comes in to rebalanced health, the pain will just fall away.

Chris shares, "I got really cold. My legs kept twitching." She wanted to crawl into the orange and she kept yawning and yawning. "I loved all those tones, thank you." Wonderful, Chris.

Also from New Zealand, "I also let out big yawns after each chakra. Does that mean I'm releasing?" I'm going to yawn right now, yes. That's what it always is for me. It's kind of like a goose bump sensation for some people. When they see on Idol and there's Jennifer Lopez saying I'm getting goosies when someone is singing really well and they are right on that tone and frequency. They aren't pitchy, they are on it. Your body releasing and yawning is another way of saying, yes, I'm finding that release and clicking into that space of a yes. So, really notice for you, what is your yes.

Helen wants to share. "That was wonderfully relaxing. I could feel the vibration of the music resonating with each chakra. I loved it, thank you."

Tracy shares, "I felt my heart expand so big and it got very hot surrounding my entire chest. Thank you."

I'm so happy to hear this feedback. This is the first time I have done this over the phone and I wasn't exactly sure how it was going to translate out there. I'm so glad that I'm hearing a lot of positive feedback. So, make sure to listen to the replay again.

Debbie says, "oh my gosh, the moment the first note sounded I knew I had found it!!! I loved it so much, my body is tingling. I felt like a thump in my heart area also on the fourth chakra. I thought of a boy who was my boyfriend as a young teen and I remembered a pearl heart necklace he gave me, oh my gosh, so long ago. I don't even remember his name but I thought of him kindly. I really needed to relax after a very stressful week and thank you so much. I loved it."

Kendra says, "it was beautiful. The sounds are all enveloping and reenergizing. I felt my body respond more strongly to some of the bowls. I felt the energy lift up through each chakra. Afterwards there was a brilliant extension of the energy all around me. It all started spinning within me and around me at the same time. My dogs join me for these meditations and I was aware of their interest in these crystal singing bowls they could hear. At the throat chakra, I and both of them became unsettled and I felt I needed to move. We all settled in nicely after that one as we went into the third eye chakra."

Thank you so much. I just love sharing with all of you the path and the pieces I have used to open my intuition and live in that type of connected space. These are the tools. As you practice them, every time you get more used to being in that space of knowingness and walking in your life aided by the spiritual energy of your soul. You are not wandering around wasting time wondering, what am I supposed to do? Where am I supposed to go? Because that energy you are feeling right now, that expanded connectedness; you can have that all the time. I wanted to highlight Renee again as an example to all of us. You could be living in this six to eight hours a day. I'm going to reconnect with that Renee so thank you for sharing.

Tracy sent in, "my kitty Bamboo is in a dreamy state after sharing this with me. Kitty Bamboo says thank you." Oh, I love that.

We are at our time and I adore each and every one of you. Thank you for being here. We will meet again next Tuesday with Vincent Gena, who has some beautiful guided meditations to share with us. Sending love and blessings to all of you. Have a beautiful night and continue to stay in this beautiful space.