

# Guided Meditation & Toning *Tools for Your Healing Journey*

by Julie Pelzer



***H*ow often do you take the time relax?**  
And I mean really relax -- no thinking about what you need to do in ten minutes!  
Relaxation promotes healing of your body, mind and spirit.

A basic and effective form of relaxation is meditation. While it has become common knowledge that meditation may affect genuine physical responses such as lowering blood pressure and reducing pain, meditation also has additional psychological benefits such as reduction of stress and anxiety and an increased sense of well-being.

Although we all know about the benefits of meditation, many of us simply don't feel we are able to take time to sit quietly or don't believe we have the ability to focus and concentrate. The easiest and quickest way to obtain the benefits of meditation is to take a few minutes, sit or lie down comfortably, and listen to a guided meditation on tape or CD. As you follow simple directions you will feel your body and mind begin to ease.

***Guided meditations can enhance your personal healing journey.*** When I lead meditations, I will often encourage the

participants to visualize the body as a channel connected to the energetic forces of the Universe and the healing vibration of the Earth. While deeply relaxed, a person is also deeply connected to their essence and able to use vibrational forces to enhance healing.

The effects of meditation and energy medicine can be further enhanced through the frequencies utilized in toning, singing, mantra and prayer. Sacred sounds can be created easily and effectively through the human voice. We often don't appreciate the fact that the sounds we create can resonate from one physical body to another. During a group discussion many years ago one of the participants had the most marvelous, deep voice. When he spoke I could literally feel a vibration in the space between my heart and throat chakras. I was filled with amazement as I touched my hand to my chest to enjoy the sensation.

***In Healing Touch we are fully aware of the chakras centered within the body.*** We know their location, the colors associated with them and the various emotional aspects. One area with which many of us are less familiar are the sound


frequencies associated with each chakra. While some energy and music therapies believe that there is a specific note that relates to each chakra, others believe that the note that vibrates from each person at a particular chakra depends on the person and what is happening at the time. It is my belief that each chakra has an associated frequency and it is interesting that these frequencies are based on the notes of the musical scale. The root chakra corresponds to the "C" note; the sacral chakra is the "D" and so on - up to the crown chakra, which is a "B". How wonderful to imagine that our bodies sing their own song and that we are musical beings!

**As we in Healing Touch use and experience vibrational medicine and healing, we can also appreciate the value of positively affecting the energetic flow of both our own chakra systems and those of our client's through the use of sound.** We intuitively know that certain types of music played in the background during our sessions will relax our client and facilitate their healing. On a personal level, we are also immediately aware that the energy flow of our body is increased by music, toning or playing of Tibetan bowls during meditation.

I encourage you to exercise the connection between the power of your voice and the sound frequency of your chakra system. You can give yourself a chakra tune-up by toning the note corresponding to a particular chakra. For example, to adjust and re-align the heart chakra, close your eyes and sing or tone the "F" note while focusing on your heart center. You may notice subtle energy movements or sensations as your system shifts into balance. This is a perfectly natural form of healing so relax and enjoy as blocks release and your energy starts to flow.

If you feel you are challenged musically, or find it easier to tone or sing along with another voice, click on the link below to hear the notes. This is a great location to do a quick meditation and chakra tune-up, especially if you need a break during extended periods at the computer: :

[http://messages-to-self.com/?page\\_id=34](http://messages-to-self.com/?page_id=34)

As you continue on your healing journey, you will not only gain clarity about who you are, but you will also gain a sense of wholeness and a return to your centered self. While there are many forms of healing modalities you can use to augment both your personal healing and to use during your client sessions, I encourage you to try two of the simplest and most effective methods -- meditation and toning. 

About the author:

I have been enthusiastic about Healing Touch since my first Level 1 class in 2002. Currently at Level 4, I am active in the local Healing Touch community which continues to be a wonderful source of inspiration, friendship and connection. As co-leader of our Healing Touch practice group I was encouraged to record my original meditations. The resulting CD, *Notes to Self*, has been an overwhelming success. I am passionate about healing through energy medicine, sound healing and connecting with authentic Self. My personal journey is one of exploration of consciousness and the vision that we do indeed create our own reality.