

Tone for Peace

CHAKRA TREATMENT

1. Peaceful Body
2. Peaceful Feelings
3. Peaceful Thoughts
4. Peaceful Family
5. Peaceful Community
6. Peaceful Nation
7. Peaceful World
8. Peaceful Universe



Sound Healing Meditation

TONING by CHANARA

INSTRUMENTS:
Gong-Chime-
Rainstick-Creek-
Birds-Crickets-
Tibetan Overtones-
Mongolian Overtones

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TONING is Heart Singing.
It is singing without words.
It requires no training.
Babies do it. So can you.
Just sing along.
Make it up as you go.
Every sound is right.
Trust yourself.
Relax and have fun.