

Toning Practices

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Chakra Toning

1. Take a deep breath and allow a sound to emerge using the first vowel sound in the chart.
2. Simply focus on the vibration in your body or focus your attention in the area of the corresponding chakra. Don't worry about the pitch or exact note. (If you want to use that approach, the common way is to start with C at the Root chakra and move up the scale.)
3. Repeat that vowel sound for 3 or more breaths, then move on to the next.
4. Repeat the whole sequence, if desired, or go “up” the chakras and back down again.
5. Notice which ones feel more difficult or blocked. Spend more time on those vowels.
6. Alternatively, sound each vowel only once, or pick one vowel and sound it repeatedly.

Chakra	Vowel Sound	Pronunciation	Area/Qualities
Root	UH	like “cup”	survival, physical needs, trust
Sacral	OOO	like “too”	creativity, sexuality, relationship
Solar Plexus	OH	like “go”	personal power, self-esteem, vitality, fulfillment of purpose
Heart	AH	like “ma”	unconditional love, compassion
Throat	I	like “eye”	communication, self-expression
Third Eye	A	like “aye”	intellect, conscious/unconscious mind, intuition, inner wisdom
Crown	EEE	like “tree”	pure consciousness, bliss, soul

Toning your Name

Toning your name: This practice is a powerful opportunity to connect with your center and your purpose, while also increasing energy and a sense of calm. Say or tone your name out loud for 5 - 10 minutes or more. Play around with the rhythm and pitches of each syllable at first, until you find what resonates with you or simply feels “right.” This could take a little while, so be patient! Keep your attention within as you practice toning, observing with compassion any thoughts, feelings or sensations that arise.

Toning your name—vowels only: After practicing the exercise above for several days/weeks/months, drop the consonants of your name, and tone only the vowels. Again, allow the rhythm and pitch to change as you feel your way into a toning that resonates with you. If you decide to practice this daily, be open to finding a toning approach that you stick with for a long time, or to modifying it now and then, as you grow and change.