



SOUND MEDITATION LEVEL - 2[©] COURSE

**SOUND AND
VIBRATIONAL
THERAPY**



OPENING PRAYER

Vakratunda Mahakaya Suryakoti Samaprabha |
Nirvighnam Kuru Me Deva Sarva-Kaaryeshu Sarvada ||

Sarva Manggala Maanggalye Shive Sarvaartha-Saadhike |
Sharannye Tryai ambake Gauri
Naaraayanni Namoh astu Te || 3

Gurur Brahma Gurur Vishnu
Gurur Devo Maheshwarah
Guru Saakshaata Parabrahma
Tasmai Shri Guruve Namah





TOPICS

DAY 1

1. What are gongs?
2. Gongs and its types.

Practical: How to play Gongs and
integrating gongs with sound meditation.



GONGS



Handmade Gong is a flat circular metal disc percussion instrument. Gongs produce sounds and vibrations that are mystical in nature and in its original sense to unite harmonic sounds.

As compared to the singing bowls that principally vibrate at the rim, Gong vibrations issue from the center.

The sound of these gongs can be influenced and varied through the nature of the stroke, as well as the size, weight, and composition of the mallets. By varying the striking points, highs, lows, and various sound mixtures contained in the entirety of the gong's sound sphere may be extracted and played up.

Gongs create a surround-sound effect that guides the listener in a rich and immersive sound experience.

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PLAYING A GONG

Pressure: Soft , firm and hard

Speed: fast, medium & Slow,

Methods: brushes and tapping

Strokes: Upwards and downwards

Inner spiral to begin with and outwards spiral to end

Technique: Infinity, brushing towards 4 sides , sunrays strokes, using 2 mallets.

METHOD TO PLAY GONGS:

- 1. Gong wash : Individual and group**
- 2. Cleanse the energy of a space using gongs.**
- 3. Different ways to play a gong to generate all notes from the gong.**
- 4. Methods of integrating gong into the sound meditation session.**

STRUCTURE OF THE SESSION.

- 1.Centering.
- 2.Toning- tranquilizing breath.
- 3.Guided Relaxation.
- 4.Sound bath:***Sound Meditation with gongs: (Pattern 1 & 2 singing bowls crystal singing bowls and pattern 4&5 himalayan singing bowls.)***
- 5.Closing.

SOUND MASSAGE THERAPY AND SCIENCE

WHAT IS SOUND THERAPY/HEALING ?

Sound Healing is the application of Healing frequencies to the physical and subtle energy fields around the body. These healing or therapeutic frequencies and sounds are delivered via sound therapy sessions using a variety of sound healing tools such as Tibetan singing bowls, Tuning forks and gongs etc

The basic principle of sound healing is the concept of resonance (the vibratory frequency of an object). The entire Universe is in a state of vibration. This includes human beings. Every organ, cell, bone, tissue and liquid of the body, and the electromagnetic fields which surround the body, has a healthy vibratory frequency. If we are not resonating with some part of ourselves or our surroundings, we become dissonant and therefore unhealthy. Our naturally healthy frequency becomes a frequency that vibrates without harmony, creating illness.

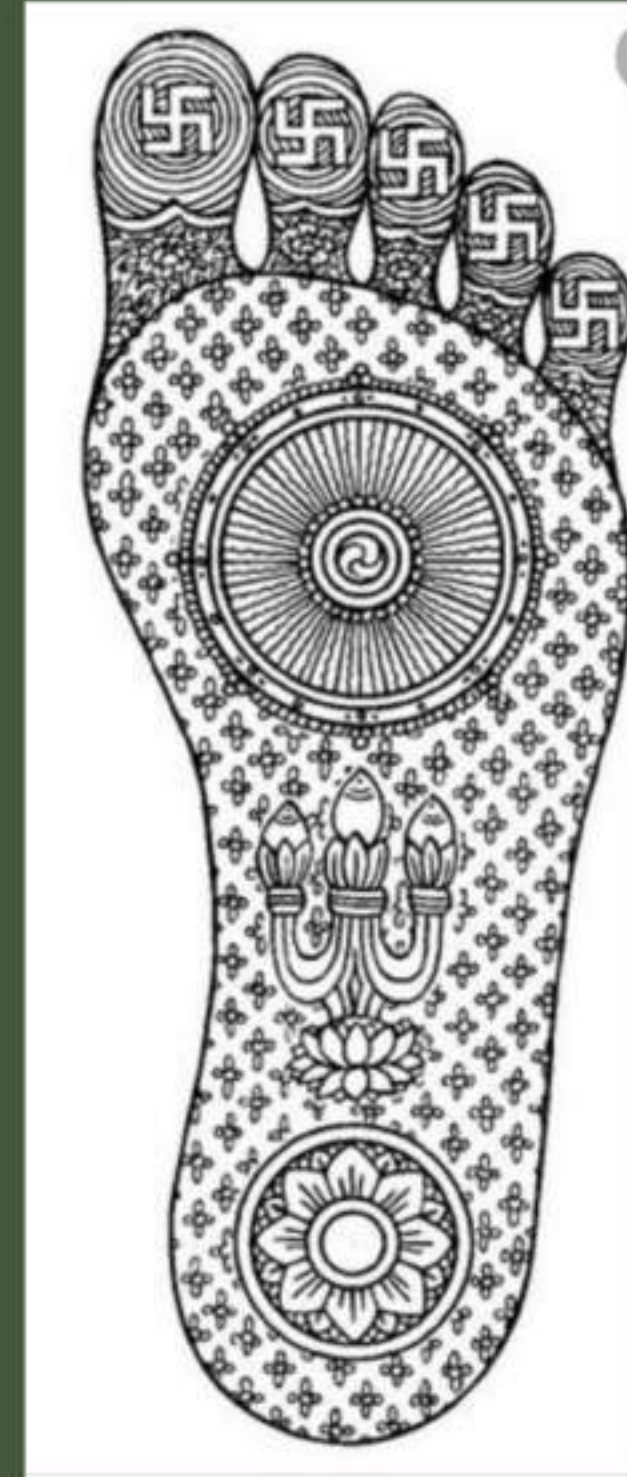
What is Vibroacoustic sound therapy?

Human skin has receptors for temperature and vibration which are able to perceive sound. This concretizes external vibration can influence body function.

Vibroacoustic is the use of sound frequencies as a type of therapeutic intervention. It uses sound vibrations to reduce symptoms, invoke relaxation, and alleviate stress.

The sound waves delivered by Tibetan singing bowls or tuning forks resonate outward through every muscle, organ and joint in the body – a gentle vibrational massage that melts away deeply-held patterns of tension, stress and pain.

FOOT CHAKRA



FOOT CHAKRA IS ONE OF THE MOST IMPORTANT CHAKRA AS IT HELPS PASS THE DIVINE ENERGY TO MOTHER EARTH, WHICH MAKES GROUNDING POWERFUL. FEET HAVE ROOT EXTENDED INTO THE EARTH. HEALTHY FOOT CHAKRA HELPS PASS ENERGY TO ALL THE CHAKRAS, AS THE ENERGY IS DERIVED FROM EARTH.

SYMPTOMS OF BLOCKED OR CLOSED FOOT CHAKRAS:

- DO YOU FEEL FATIGUE AND TIREDNESS OFTEN?
- DO YOU SUFFER FROM INSOMNIA?
- DO NIGHTMARES TROUBLE YOU?
- DO YOU FEEL UNGROUNDED?
- DO YOU FEEL RESTLESS OFTEN?
- DO YOU FEEL DISORIENTED AND DISCONNECTED?
- DO YOU SUFFER FROM 'SLOW HEALING'?
- DO YOU HAVE CREATIVITY BLOCKAGE?

IMPORTANT FUNCTIONS TO THE FOOT CHAKRA:

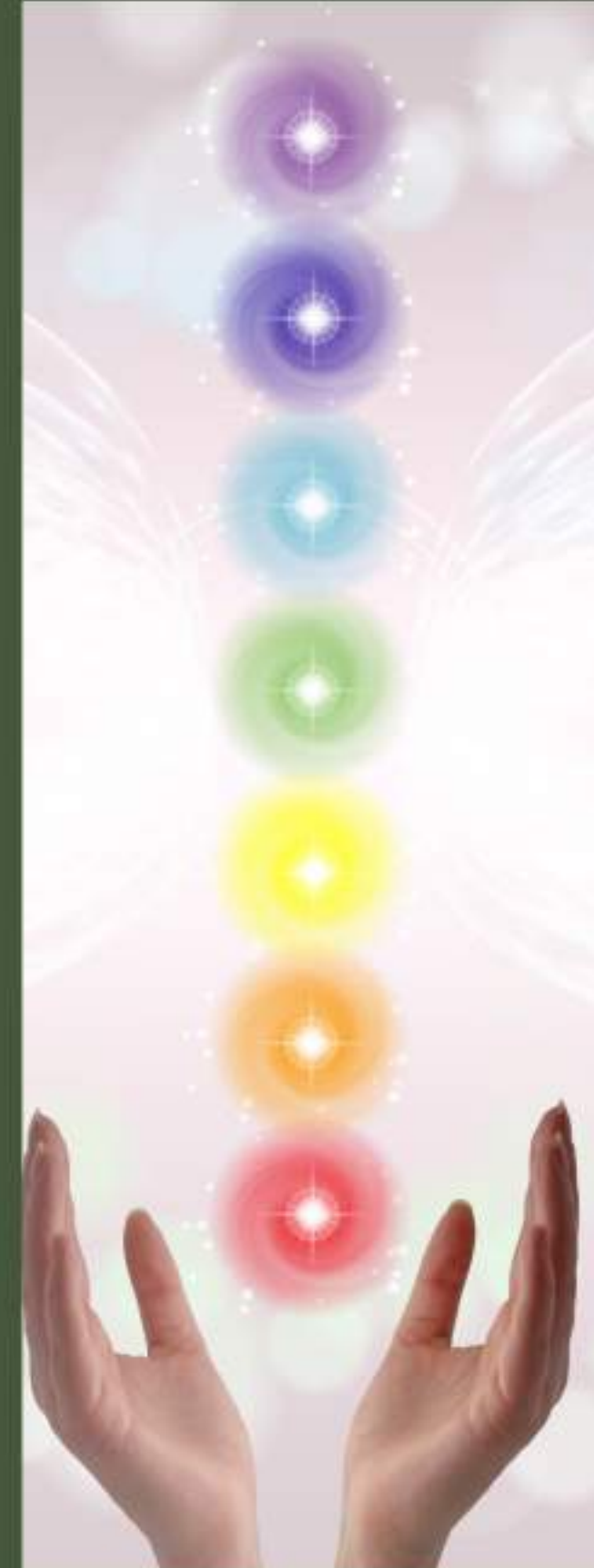
- **CONNECTION TO THE EARTH:** FACILITATE GROUNDING, ANCHORING, AND BALANCING ENERGIES BETWEEN THE PHYSICAL BODY AND THE EARTH'S ENERGY.
- **GROUNDING AND STABILITY:** IT MAY HELP THEM FEEL MORE CENTERED, ROOTED, AND CONNECTED TO THE PRESENT MOMENT, WHICH CAN BE PARTICULARLY BENEFICIAL DURING TIMES OF STRESS, ANXIETY, OR UNCERTAINTY.
- **SUPPORT FOR SPIRITUAL GROWTH:** FOSTERING A STRONG CONNECTION TO THE EARTH'S ENERGIES, INDIVIDUALS MAY FEEL MORE SUPPORTED IN THEIR JOURNEY OF SELF-DISCOVERY, HEALING, AND AWAKENING.

- **RELEASE OF EXCESS ENERGY:** HELPS INDIVIDUALS GROUND AND DISCHARGE ANY ENERGETIC IMBALANCES OR BLOCKAGES, PROMOTING A SENSE OF WELL-BEING AND VITALITY.
- **INTEGRATION OF HIGHER ENERGIES:** BY OPENING AND ALIGNING THIS ENERGY CENTER, INDIVIDUALS MAY FACILITATE THE FLOW OF DIVINE OR COSMIC ENERGIES INTO THEIR BEING, PROMOTING HARMONY AND BALANCE ON ALL LEVELS.

HEALTHY OR OPEN FOOT CHAKRAS

- SPEEDS UP HEALING PROCESS
- MAKES GROUNDING POWERFUL
- REDUCES TIREDNESS AND STRESS
- REMOVES BLOCKAGES RELATED TO MANIFESTATION
- HEALS INSOMNIA
- ELIMINATES NEGATIVE ENERGIES, PSYCHIC ATTACKS, NIGHTMARES...

PALM CHAKRA



THE PALM OF OUR HAND IS A HUGE POWERFUL AREA. ALL OUR ENERGY POINTS ARE REFLECTED IN OUR HANDS AND THEY REPRESENT OUR ABILITY TO CREATE WHAT WE WANT AND NEED IN THE WORLD.

THE PALM CHAKRAS ARE ABOUT RECEIVING THE GIFT OF TOUCH TO EXPRESS. AS WE EXPRESS OUR HEART ENERGY THROUGH OUR SHOULDERS, DOWN OUR ARMS INTO OUR HANDS WE CAN MANIFEST AND USE OUR HANDS TO CREATE WHAT OUR HEART WANTS IN THE PHYSICAL WORLD.

WE CAN SHOW LOVE TO OTHERS THROUGH OUR TOUCH AND DEEDS AND ALSO RECEIVE LOVE THROUGH OUR HANDS.

PALM CHAKRAS ARE BELIEVED TO PLAY A SIGNIFICANT ROLE IN BOTH LETTING GO OF UNWANTED ENERGIES AND RECEIVING BENEFICIAL ENERGIES.

- **LETTING GO OF UNWANTED ENERGIES:** THE PALM CHAKRAS ARE CONSIDERED CHANNELS THROUGH WHICH ENERGY FLOWS, BOTH INTO AND OUT OF THE BODY. WHEN UNWANTED OR STAGNANT ENERGIES ACCUMULATE WITHIN THE BODY, THEY CAN BE RELEASED OR CLEARED THROUGH THE PALMS.
- RELEASING UNWANTED ENERGIES THROUGH THE PALM CHAKRAS CAN PROMOTE FEELINGS OF LIGHTNESS, CLARITY, AND EMOTIONAL WELL-BEING. IT CAN ALSO CREATE SPACE FOR NEW, POSITIVE ENERGIES TO ENTER AND FLOW FREELY WITHIN THE BODY.

RECEIVING BENEFICIAL ENERGIES THROUGH THE PALM CHAKRAS CAN PROMOTE RELAXATION, REJUVENATION, AND OVERALL WELL-BEING. IT CAN HELP INDIVIDUALS FEEL MORE GROUNDED, BALANCED, AND CONNECTED TO THE FLOW OF UNIVERSAL ENERGY..

STRUCTURE OF THE SESSION FOR A PARTICULAR THERAPY

- 1.Centering.
- 2.Choice of pranayama for therapy.
- 3.Toning- tranquilizing breath.
- 4.Guided Relaxation - seated.
- 5.Sound massage therapy.
- 6.Closing.

TONING

Toning is a practice in Sound Therapy that uses repetition of Sounds for an extended period of time to entrain different energy centres of the Body or different parts of the body.

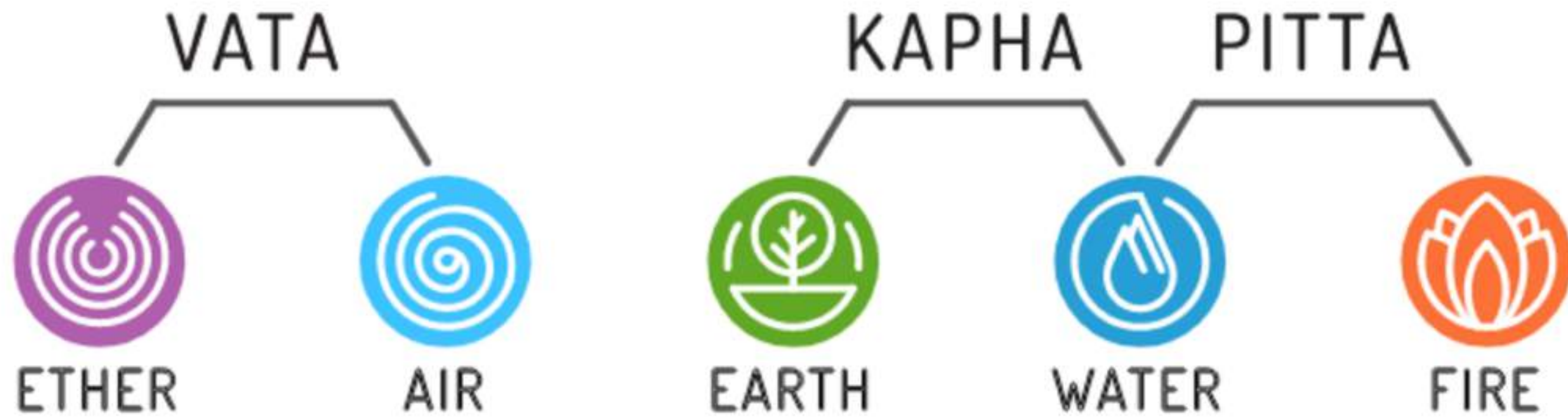
The vowel sounds Ahaa, Eee, Eye, Ooo, Uuu are non-local or non-specific. If you don't know the sound for an area of the body, you can chant any of the vowel sounds and direct its vibration into that area.

EXAMPLES OF TONING SOUNDS FOR THE BODY



Mmm	sinuses
Nnn	ears
Eemm	eyes
Lmm	nose
Paam	stomach
Kaa Gaa Gha	throat
Yaa Yu Yi	jaw
Haa	diaphragm
Mam	reproductive organs
Ma	heart
Sssss	Lungs and large intestine
Shhh	Liver and small intestine
Wooo	Kidneys and bladder
UU-AH-EE-MM	Energizing, wakeup
MM-EE-AH-UU	Relaxing, bedtime

TRI DOSHAS



A background image showing a person's hands playing a singing bowl with a mallet. The person is wearing a light blue long-sleeved shirt. The bowl is a golden color and is being struck with a wooden mallet that has a white, flower-shaped head. The person's hands are positioned around the bowl, and the background is a soft, out-of-focus light blue.

CHOOSING A BOWL FOR THERAPY BASED ON TRI DOSHAS.

**FOR GROUNDING AND ELEVATING PAIN - C & D
TO CREATE RESONANCE: USE THE CHAKRA BOWL CLOSER TO
THE AREA OF PAIN.**

DIFFERENT TYPES OF TECHNIQUES IN SOUND THERAPY

1. Healing with one or two bowls. (Balancing Vata Dosha).
2. Warm water therapy.
3. Sound massage.

Sonic Massage Pattern

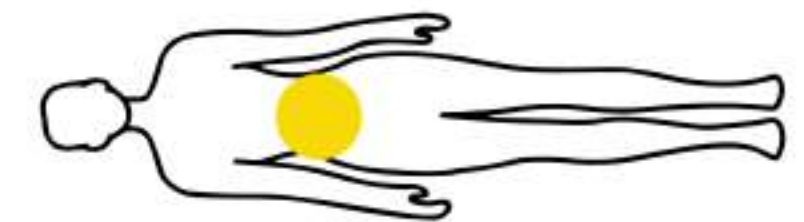
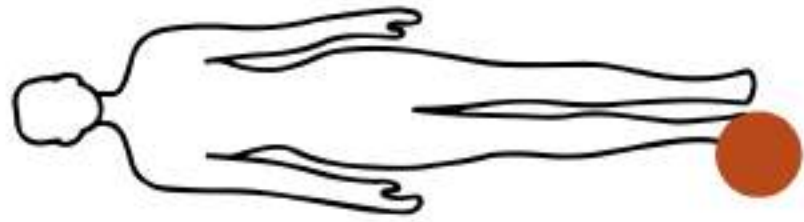
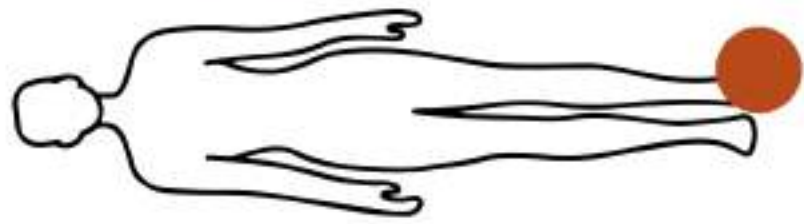
BACKSIDE

Past

Pour Hot Water for 2/3 of the bowl for vibroacoustic therapy.

Place a bolster under the knees and a light towel to support bowls

Strike roughly 5 times till vibrations last. Increase by odd numbers if reqd.



1. DOMINANT FOOT

2. Other FOOT

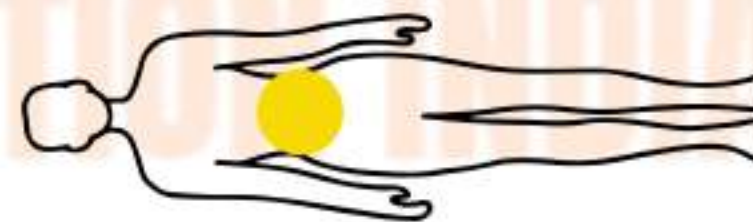
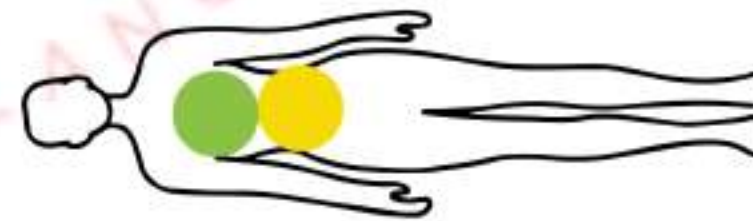
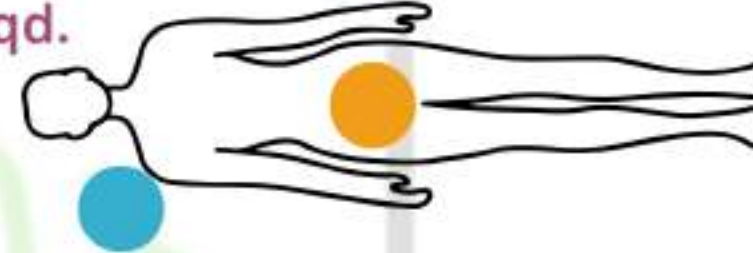
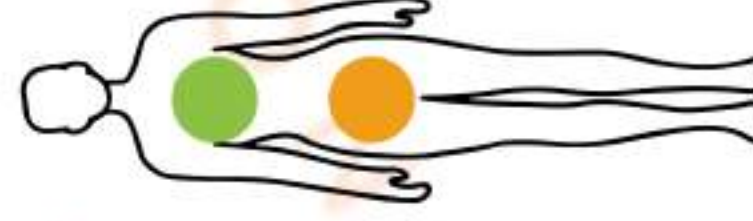
3. BOTH FOOT

Use Mooladhara Bowl

4. Manipura

5. Swadhisthana

6. Mooladhara



7. Mooladhara & Anahata

8. Swadhisthana & Anahata

9. Swadhisthana & Vishuddhi

10. Manipura, Anahata & Right Palm

11. Manipura, Anahata & Left Palm

*Strike upwards for Manipura & Anahata.
Strike downwards for the palms*

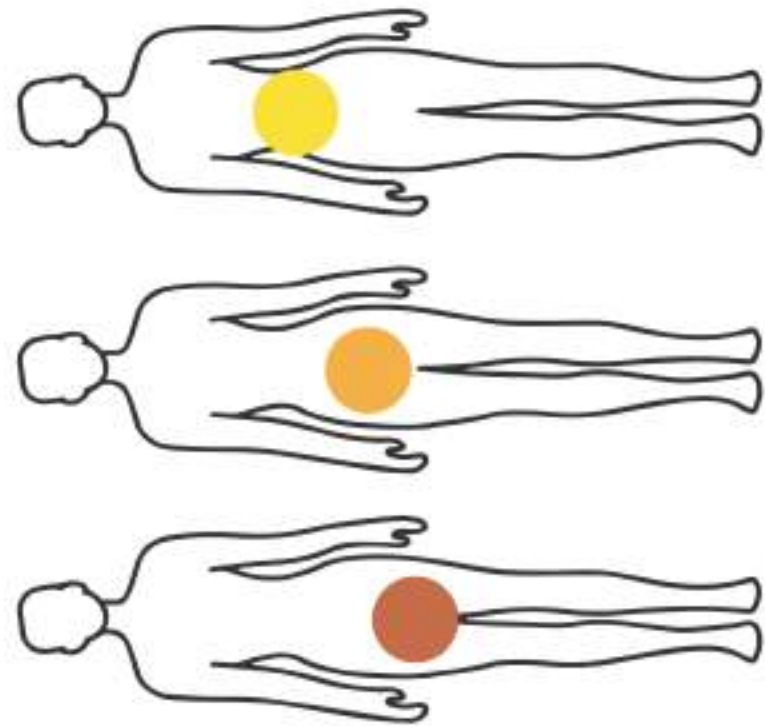
12. Manipura & Anahata

13. Manipura

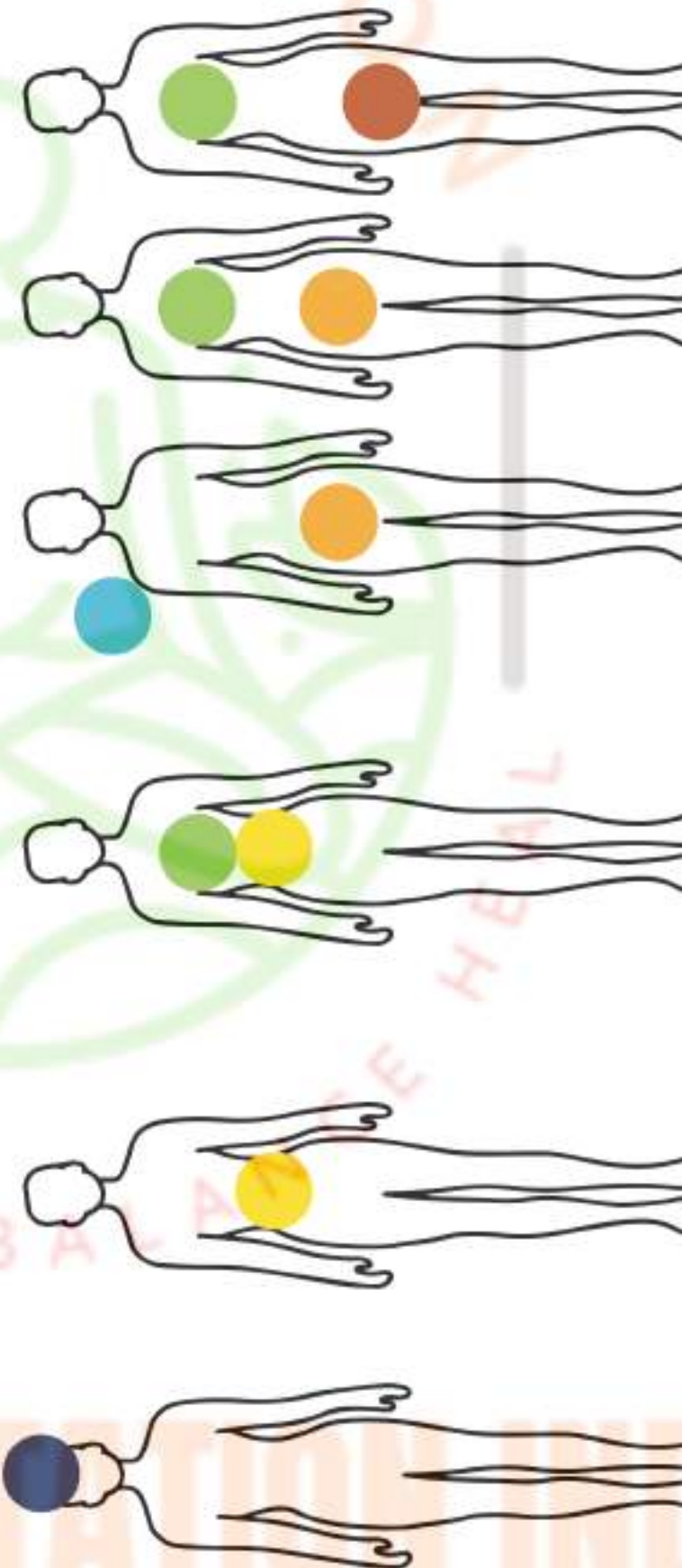
Sonic Massage Pattern

FRONTSIDE

Present & Future



1. Manipura
2. Swadhisthana
3. Mooladhara



4. Mooladhara & Anahata
5. Swadhisthana & Anahata
6. Swadhisthana & Vishuddhi

7. Manipura & Anahata

8. Manipura

9. Agnya

*Tingsha strike over the head,
move sideways near the ears.*

SOUND MEDITATION INDIA

THE END

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