

Introduction

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Hi I am Usha KM. I am happy to introduce all of you to Sound Meditation today.

Let's do away with a few prerequisites for this session.

1. Please turn off your phones
2. If you have any injuries or discomfort please let me know. We can try to alleviate some of the discomfort with cushions etc.
3. If you have a cold or cough, or you are pregnant and in the first trimester, let's not do it today.
4. Now surrender to the practice and allow yourself to relax or fall asleep because this is probably what your body needs

Centering

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Lets stretch a bit and prepare ourselves for the sound meditation

1. We will start with the Forward bend.

Lets sit up straight, move the legs apart, Turn your whole body to face the left foot. Now inhaling, lift your arms and exhaling bring your chest towards the thighs, head to the knees, hands towards the feet

Inhaling come up. Lets sit up straight, Turn your whole body to face the right foot. Now inhaling, lift your arms and exhaling bring your chest towards the thighs, head to the knees, hands towards the feet

2. Backward bend

Lets sit up straight, in sukhasana. Bring your hands to the knees. Inhaling, Arch your back and look up. Exhaling round your back and bring your chin to the chest.

Repeat this three times.

3. Lateral

Lets sit up straight. Sit in Sukhasana.

Bring your left hand to the floor. Lift your right arm and bring it to the left, stretching your right side. Stay here for 30 seconds.

Bring your right hand to the floor. Lift your left arm and bring it to the right, stretching your left side. Stay here for 30 seconds.

4. Twist

Lets sit up straight, in sukhasana. Bring your left hand to the right knee, twist and look over your right shoulder, bringing your right hand to the back, the left hip. Five breaths here. Every time you exhale twist a bit further.

Back to center.

Bring your right hand to the left knee, twist and look over your left shoulder, bringing your left hand to the back, the right hip. Five breaths here. Every time you exhale, twist a bit further.

5. Extension

Lets sit up straight, in sukhasana. Interlock your fingers. Stretch your arms up. Turn your palms to face the ceiling. Exhaling bring your arms down making a circle and bring the hands into a prayer. Do this 3 times.

Toning

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Now let's get ready for Brahmari, my favorite pranayama.

We start by closing off all our senses using the Shanmukhi Mudra. We close the 6 openings through which we sense the external world or, through which our awareness gets dispersed. These 6 openings are 2 ears, 2 eyes, nose, and mouth.

To do this, get into vajrasana. Keep the back erect and become aware of your surroundings. Before you detach from it by raising arms and elbows to shoulder level palm facing you while you close off your senses with the fingers. You first block the ears by gently pressing thumbs on the tragus of the ears, pointer fingers on the eyes, middle fingers blocking the nostrils, ring fingers on the upper lip and lil finger on lower lip to feel the vibration. do the Brahmara inhalation with the ng sound, inhaling deeply through partially blocked nostrils. At this point, you are detached from the gross world and now try to bring focus on exhalation with the mmm vibration. With every inhale and exhale you are going deeper and deeper into the world of your subtle inner being. You may focus on the Ajna chakra.

Let's do this 9 times.

Guided Relaxation

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Now let's lie in Savasana. Bring your arms to the sides, palms facing up, left toes pointing away from the right toes. Close your eyes. Let's do a few deep breaths here.

Relax your mind.

Relax your forehead. Relax your eyebrows. Relax your eyes.

Relax your nostrils and take a few breaths through the nostrils, slowly and smoothly.

Relax your cheeks. Relax your jaw. Relax the corner of your mouth. Relax your chin. Relax your neck muscles.

Relax your shoulders. Relax your shoulder joints. Relax your upper arms. Relax your elbows. Relax your lower arms. Relax your wrists. Relax your hands. Relax your fingers. Relax your fingertips.

Relax your fingertips. Relax your finger joints. Relax your hands. Relax your wrists. Relax your lower arms. Relax your elbows. Relax your upper arms. Relax your shoulder joints. Relax your shoulders. Relax your throat center. Relax under the armpits and rib cage.

Relax your chest muscles. Relax your cardiac area and gently inhale and exhale.

Relax your stomach. Relax the navel region. Relax the lower abdomen. Relax your thigh joints. Relax your thighs. Relax your shoulder knees. Relax your lower legs. Relax your ankles. Relax your feet.

Relax your toes.

Now, relax each point as you go back up to the forehead again. Remain in Savasana until you feel completely relaxed and ready to come out.

—Practical Part

—Sound Meditation

—Sonic Wash with chimes

—Happy Drum and Tingsha

—Practical Part

Closing Script

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Bring awareness to your breath, wiggle your toes, fingers

Fold your legs at the knees.

Move your knees to the right. Come into sitting.

Observe how you feel.

Rub palms together. Make them nice and warm. Bring your hands to the eyes. Ears, neck.

Open your eyes.

Hope all of you experienced the benefits of sound meditation. Sound meditation brings you into the hypnagogic state which heightens your sense of relaxation, enhances your positivity, creativity. It syncs the left and right brain, heightening your sense of clarity, creativity. 70% of your body is water. Vibrations pass well through the water, in fact, travels in water better any other medium. That is why your body responds so well to the vibrations coming from the singing bowls.

Observe the benefits of this session. Do you feel calmer? What are your observations?

Now, throughout the day, see if you don't get irritated. See if you can maintain this sense of equilibrium.