

SELF HEALING WITH SOUND: 4 WEEK JOURNEY

WEEK 2 – RECONNECT TO NATURE RESTORING THE CONNECTION TO OUR INNER NATURE THROUGH SOUND.

We are a part of nature. So, when we talk about a connection with the natural world around and our natural inner selves the two phenomenon are actually really one. However, the reality of accessing either of these in the fullest way possible can be quite a difficult task. At a first glance, one might say that it's much easier to connect with nature than it is to ourselves. But we only have to look at the news to see that something somewhere down the line in humanity has become separated and has lost its reverence and connection for nature.

Nature connectedness has in very recent times been shown to be a very deep phenomenon that becomes eroded through our modern lifestyles. Furthermore, it has been shown that healing the rift between ourselves and nature is not as simple as going out into nature. This works for a while but soon the influences which cut us off from it, take hold of us again. So how might we use sound to bridge this gap?

We are Nature

We all likely realise, that the natural world sustains us through the air we breathe, food we eat, water we drink. But have we contemplated the forces of nature which govern themselves continuously within us? For example, how is it really that the food we eat becomes a part of us? Ayurveda, the science of life explains that we are comprised of the same elemental composition as everything else in nature. In its most basic form this means earth, water, fire, air and ether. The principles operate from the grossest level (that which we can see, touch feel etc) but also to the subtlest energies which are manifesting in our body as biological processes, thought and emotion for example.

You may have heard of the chakra system, which governs our neuroendocrine functions in the body. Each of these chakras is presided over by an element. If these elemental forces are out of balance, i.e., (in sound terms, the natural resonant frequency has been disturbed) by toxins, blockages, emotions, environment then it will subsequently affect our bio-psychological system.

Sound & Nature

As we explored last week – we are directly influenced by sound, so our inner nature, so one of the obvious ways to explore the beneficial, healing effects of nature and reconnecting with sound is by going out into nature and listening and of course engaging the other senses in the process. But what if there was a way to access this rejuvenating energy of nature, this possibility of connecting with nature without leaving the house?

Across the ages there have been beings who have been able to dwell within the deepest spaces of silence within themselves. From this space, just like Om, other mantras have been felt as if the subtlest essence of nature itself is vibrating.

In the yogic sciences, a bija mantra is explained as a sound which contains the “Seed” or potency of certain recognisable energies which become manifest as the tangible or physical world. And in the case of these mentioned above – they each correspond to the elements of nature.

The bija mantras:

Lam = Earth

Vam = Water

Ram = Fire

Yam = Air

Ham = Ether/space

Om= beyond the elements/consciousness itself.

Om is the really the ultimate bija mantra. Since it is said that all other sounds emerge from it and oh yeah, the universe also. 😊

The Resonant frequencies of nature are encoded by these bija mantras and according to the laws of physics, through a process of entrainment, sounding of them can bring about the higher frequency of our system. So, if we are chanting the seed sounds of nature, we can literally encounter the essence of natural forces within ourself and balance our whole endocrine system through the process of entrainment. All without leaving the house!

A further power of the bija mantras: is that they also each confer the benefits of something called the humming effect – since each ends with ‘mmmmm’ sound. It has now been shown that humming causes a therapeutic release of nitric oxide as well as lowers heart rate and blood pressure when we hum for 5 minutes a day.

BIJA MANTRA MEDITATION

How to practice:

To begin:

Sit comfortably, and set an intention for your practice,

Chant Om for while to help you to relax and tune into the space and the cosmos.

Bija Mantras:

Chant each bija mantra 3 times moving up and down the spine with your attention in the corresponding area.

Lam – Perineum

Vam – Sacrum

Ram – Navel

Yam – Heart

Ham – Throat

Om – Between the eye brows x 6

Ham – Throat

Yam – Heart

Ram – Navel

Vam – Sacrum

Lam – Perineum

To close:

- Chant Om throughout the whole body.
- Hum for a few minutes
- Hum with fingers in the ears
- Sit in silence for a while rested in the heart.

The whole process can be contained within 10 minutes or stretched up to 30 minutes, depending on the time you have available. The length is not as important as the quality of your attention and the regularity with which you practice. Although it is occasionally very enriching to sit for a long time, diving into the sounds.

<p>(silence)</p> <p>Om̐</p> <p>Ham̐</p> <p>Yam̐</p> <p>Ram̐</p> <p>Vam̐</p> <p>Lam̐</p> 		<p>Om</p> <p>Beyond the elements, Consciousness, inner sound</p>
		<p>Ether (Akash) – Self Expression Authenticity</p>
		<p>Air (Vayu) – Creativity Connectivity Love</p>
		<p>Fire (Agni) – Digestive Capacity Luminosity</p>
		<p>Water (Jala) Fluidity Nourishment Purification</p>
		<p>Earth (Prithvi) Stability Structure Rootedness</p>

WEEK 2 QUESTIONS

Your connection with nature (&) inner nature

Reflect briefly on these questions:

1. Can you describe your connection with nature?

2. Which elements do you think are predominantly governing you? (no wrong answers)

3. How does imbalance manifest for you? E.g which kinds of emotions do you tend towards?

HOMEWORK FOR WEEK 2

1. Practice the bija mantra meditation

Make a commitment for yourself this week to practice the sound meditation at least once a day first thing or last thing at night. When possible, try and do it both times! Suggestion to do the bija mantras in the morning and a short om meditation before bed.

Continue to Journal before and afterwards!

2. Listen to Nature

Go out into nature and really listen. Without trying to force a connection, observe the effects of different sounds on your system.

Express your own sounds in nature (yelling, sighing, shouting, whatever comes naturally) and enjoy hearing the sounds you create

3. Bonus – In Action

If you feel you are particularly drawn to one of the bija mantras then try chanting this single mantra over and over, see how you feel. Which element does this represent? Why do you think you are drawn to it?

REFLECTION BEFORE WEEK 3

Reflect on the following points briefly.

Did you manage to use the practice daily?

How was the overall experience?

Did you feel the sound meditations impact the way you connect with or perceive nature?