

SELF HEALING WITH SOUND: 4 WEEK JOURNEY

WEEK 3 – THE PATH OF SOUND

SOUND AS A MEANS TO DEEPEN THROUGH OUR PERSONAL CHALLENGES

These are the four main ways that I have come to use sound as a healing tool on a daily basis and also when times get tough!

1. **Increasing Awareness** - To observe that our thoughts and emotions themselves are soundwaves
2. **Sensitivity & Kindness** - To work with the way that we **use** speech outwards and within (how we talk to ourselves)
3. **Rooting & Releasing** - To energise our biofield with conscious sound and in doing so unblock deep rooted patterns and tendencies, tapping into the silence behind the sound.
4. **Transformation and Transcendence** - Balance to our physical, mental and emotional states directly through sounds produced from the heart and be nourished by the silence

Lets look at each of these in more detail. As you continue to practice your bija mantras daily, explore these aspects and reflect upon your experiences!



Truth is at the bottom of the well



Truth coming out of her well

Jean-Léon Gérôme.

1. INCREASING AWARENESS –

TO OBSERVE THAT OUR THOUGHTS AND EMOTIONS THEMSELVES ARE SOUNDWAVES

As we start to work with sounds, producing sounds, listening more attentively then both the subtle and the changeable, wavelike nature of emotions starts to reveal itself.

We start to be able to recognise that some emotion or thought is rising up and that in time if we don't feed it, then it will also fall and melt away again. Just as we learn to do with the creation of Om or other sounds that we make.

This allows us to

- Expand the time between experiencing emotion and reaction
- Embark on the journey to discover who we really are by experiencing consciously what we are not. E.g. "there is a lot of anger, but I am not angry"
- Strengthen and give space to the witnessing power within us, which is our consciousness to live our lives.

Task/Reflection: List 3 emotions that you experience regularly (e.g anger/irritation/sadness) By each of these reflect on your ability to recognise that it will soon pass vs a tendency for it to escalate and spoil your day.

Emotion	Let it go ← -----→ Spoil your day	Reflection
	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10	
	1 2 3 4 5 6 7 8 9 10	

Notes/ more reflections:

2. SENSITIVITY & KINDNESS

TO WORK WITH THE WAY THAT WE USE SPEECH OUTWARDS AND WITHIN (HOW DO WE TALK TO OURSELVES?!)

In week 1 we touched on the healing or destructive qualities of the spoken word, and this applies to how we really treat ourselves and those around us. How do we speak to ourselves? Are we kind and understanding? Or strict and overly critical. Often when we are very hard on ourselves we are hard on other people. This can lead to the propagation of stressful relationships and therefore circumstances.

Can we start to treat ourselves more gently? How about with others, using our voice to speak in a way which is authentic but sensitive to how its received.

Reflect on an occasion this week that you speak to yourself nicely and when you were probably too hard on yourself.

Spoke nicely to yourself	Too hard on yourself

Reflect on an occasion this week that you speak to someone nicely and when you were probably too hard on them

Spoke to someone nicely	Too hard on someone

3. ROOTING & RELEASING –

TO ENERGISE OUR BIOFIELD WITH CONSCIOUS SOUND AND IN DOING SO UNBLOCK DEEP ROOTED PATTERNS AND TENDENCIES, TAPPING INTO THE SILENCE BEHIND THE SOUND.

This goes hand in hand with Number 1 – Increasing awareness. If we have a deep desire to become more true, more authentic individuals, then at some point we have to face our demons. All of the yogic practices bring you to a point where you can choose to engage in this process or simply to continue using the practice to help you bring your life into balance. But if you do discover a certain longing to go deeper then you start to experience that sitting in meditation or even experiences in life start to “bring things up”.

This is the point when we continue to use sound to observe, create space for and root into our own sense of self as difficult feelings and emotions arise. We may be shown a mirror for our own behaviours and tendencies. This is often uncomfortable, but we can use sound as an anchor and direct line back to what is really true and what feels like home.

The process of unblocking ourselves, brings new energy, new perspectives and often a more synchronous feeling with life itself. We will start to attract the things that we need, experiences, people and the path of our own heart starts to reveal itself.

- Creating conscious sound as a practice: “brings things up”
- We learn to observe these “things” – thoughts, emotions, strong feelings and not take them too seriously
- The sound creates a space of silence into which we can feel rooted and connected to ourselves. This helps us to observe and sit with that which arises

Can you describe a point this week that might that indicates some deeper points in you were touched and perhaps moved.

How did it feel?

What did you do?

How did *that* feel?

4. TRANSFORMATION AND TRANSCENDENCE

BALANCE TO OUR PHYSICAL, MENTAL AND EMOTIONAL STATES DIRECTLY THROUGH SOUNDS PRODUCED FROM THE HEART AND BE NOURISHED BY THE SILENCE.

(particularly strengthened by cultivated no. 2 kindness and sensitivity)

The actual process of creating conscious sounds is healing and recalibrating in itself. We can intensify this by

- a) Setting intentions (or a sankalpa) and using the sound to carry this intention through ourselves as a vibratory manifestation.
- b) Really tuning into our own hearts capacity to love and to spread the hearts vibration throughout the body, mind and emotions whilst chanting.
- c) Acknowledging and dwelling in the deep and beautiful silence that follows our sound meditations

Silence

You may have noticed that after chanting for even as little as 5 minutes there is a space afterwards which you really don't want to speak or move.

An energised stillness, a silence which seems to deepen the more we practice. This space is highly restorative, in fact there is hardly any space more restorative that we can access. See if you can drink or take a sip of this stillness into your cells and being. Let it energise you, let it uplift you and restore your senses to balance and sensitivity.

Reflect on your experience of sitting in silence since the start of the course. Has it been made easier through the practice of bija mantra/om chanting?