

Mantra Yoga

Experience Inner Peace and Awaken Creative Potential through Silent Sound Vibrations

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It is best to use this book as a reference while learning the techniques from a trained instructor. Refer to the Sadhana School website (www.SadhanaSchoolOfArts.com) for audio samples. This content is a part of Naada Kriya Yoga.

Recommended pre-requisites:

- *Sonorous Sound: Voice Range and Resonance through Naada Kriya Yoga.*
- *Enlightenment Engineering: A Scientific Approach for Innovative Independent-Minded Seekers.*

Dedication

To my parents
Chaya and Dinakar Immaneni

Acknowledgements

To the reviewers of this book
Upender and Chithra

Sanskrit Language Transliteration Guide

Given below the list of commonly used vowels (10) and consonants (31).

<p><i>a</i> like "a" in "Roman" <i>A</i> like "a" in "far" <i>i</i> like "i" in "pin" <i>I</i> like "ea" in "peak" <i>u</i> like "u" in "pull"</p>	<p><i>U</i> like "u" in "rule" <i>E</i> like "ey" in "they" (without the off-glide) <i>ai</i> like "ai" in "aisle" <i>O</i> like "o" in "note" <i>ou</i> like "ow" in "now"</p>
<p><i>k</i> like "k" in "sky" <i>kh</i> k with strong expulsion of breath <i>g</i> like "g" in "go" <i>gh</i> g with strong expulsion of breath <i>ch</i> like the second "ch" in "church" <i>cch</i> c with strong expulsion of breath <i>j</i> like "j" in "jam" <i>jh</i> j with a strong expulsion of breath <i>T</i> like "t" in "stop" with tongue curled further backward <i>Th</i> T with strong expulsion of breath <i>D</i> like "dd" in "odd" with tongue curled further backward <i>Dh</i> D with strong expulsion of breath <i>N</i> like "n" in "land" with tongue curled further backward <i>t</i> T with tongue starting just behind and touching upper teeth <i>th</i> t with strong expulsion of breath <i>d</i> D with tongue starting just behind and touching upper teeth <i>dh</i> d with a strong expulsion of breath <i>n</i> like "n" in "no" with tongue starting just behind and touching upper teeth</p>	<p><i>p</i> like "p" in "spin" <i>ph</i> p with strong expulsion of breath <i>b</i> like "b" in "ban" <i>bh</i> b with strong expulsion of breath <i>m</i> like "m" in "man" <i>y</i> like "y" in "yes" <i>r</i> like "r" in "drama" <i>l</i> like "l" in "lion" <i>v</i> or <i>w</i> like "w" in "we" <i>S</i> like "sh" in "shall" <i>sh</i> approach the roof of the palatal dome with tip of the tongue and expel breath <i>s</i> like "ss" "lesson" <i>h</i> like "h" in "hope"</p>

Foreword

Mantras are powerful sounds that can alter one's life experience. Mantras are being used in the native cultures all around the world since thousands of years.

Most people who practice mantras either do mental repetition or chant aloud, focusing on the audible sound. While these two methods promote relaxation, they do not awaken the creative potential.

The secret of harnessing the power of mantras is the creation of silent sounds by vibrating specific bones inside the body. These sounds have the power to stimulate specific portions of the frontal cortex, thereby, awakening the creative potential.

In this book, I give the scientific basis for the mantras and describe the techniques for producing the powerful silent sounds using *blja aksharas* (seed syllables).

Through the practice of these techniques, you can invoke gods and goddesses within you and become a living temple. This is Mantra Yoga - the process of experiencing the true nature of self (bliss and enormous creative power). Mantra Yoga connects Hindu religion, Vedic science and spirituality. The sound vibration has the power to take you from the experience of forms (duality) to the experience of formless (oneness).

Hope this book inspires you to become a living temple and radiate bliss and creativity.

Blissfully yours,
Immaneni Ashok

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1 Introduction

In this chapter I present a simple scientific model to explain the scientific basis of mantras. Then I describe the process for choosing a mantra and the scientific art of consciously manifesting new life experiences using Mantra Yoga. I conclude this chapter with personal experiences and an inspiring story of my long-distance student.

1.1 A Scientific Life Model

Reference: *Enlightenment Engineering: A Scientific Approach for Innovative Independent-Minded Seekers.*

1.1.1 Terrestrial and Celestial Brains

The brain is the source of all human experiences (including sensory perceptions, feelings and emotions). Every single experience has a trigger point in the physical brain. I have categorized the brain into two parts, based on the quality of experience. Note that these terms were introduced by me in the “*Enlightenment Engineering*” book mentioned above; You will not find the references to these terms elsewhere.

The Terrestrial Brain is the source of intelligence related to constrictive feelings – either limiting concepts (programmed ideas or conditioning) or negative emotional reactions. This brain has a few hundred switches (a small number), each corresponding to a constrictive feeling. If one of these switches is turned on, then you are experiencing the associated intelligence that makes you feel small, caged and stressed.

The Celestial Brain is the source of intelligence related to celestial experiences – overflowing creativity and expansive feelings such as joy, freedom, lightness, ecstasy, tranquility, confidence, love and passion. This brain has trillions of switches (very large number). If one of these switches is turned on, then you are experiencing the associated intelligence that makes you feel expansive, free and powerful.

1.1.2 Definitions

Consciousness: Pure intelligence, the source of all creation and experiences.

God (ultimate/supreme): Same as consciousness.

God (deity): An aspect of pure intelligence that expresses specific qualities. In our model, each deity corresponds to a set of celestial brain switches.

Mantra: Silent sound vibration that has the power to stimulate the celestial brain.

1.2 The Scientific Basis of Mantras

Sound is scientifically defined as a disturbance of mechanical energy that propagates through matter as a wave. Sound waves comprise a wide frequency spectrum. The human ear can detect only a small part of this range. The remaining part is “silent,” but these waves can be felt through the “inner sense of hearing.” For example, “ultrasound” falls under the category of silent sounds. A human body can produce two types of silent sounds - emotion sounds and celestial sounds. Emotion sounds are produced by muscular vibrations, whereas, celestial sounds are produced by bone vibrations. Note that the term “celestial sound” is coined by me; you will not find the reference to this term elsewhere.

The celestial sounds produced by vibrating specific bones in the skeletal system have the power to stimulate specific regions of the celestial brain (frontal cortex), thereby, awakening specific types of intelligence. Each Mantra is associated with a specific set of celestial sounds, and packaged with a set of syllables. The secret of producing celestial sounds using these syllables is to produce the vibrations using specific bones. This scientific art is revealed in this book.

You might be wondering how I came to know about this secret and how I can prove it. Here are the answers. My first exposure to these mantras was through traditional processes involving initiation from yogis who have mastered these mantras. After experiencing the intelligence associated with these mantras, I had the desire to find out a short cut - a possibility of using a simple reproducible process that can be used by anyone, anywhere. With this intent, I started a systematic process of observing movements in my body while I am under the influence of a particular mantra following a deep mantra meditation. For each mantra, I observed concentrated vibrations at specific bones of my body. These vibrations were reproducible. Based on these results I understood how ancient sages created these mantras and the associated descriptions. The creators of these mantras were indeed great scientists of the inner world.

When I received the mantras from my teachers, I had to take an oath that I will not reveal these mantras to anyone else. If I have to teach mantras, I have no choice but to use well known, popular mantras. This led me to the second step, of figuring out how to reproduce the effect using a different set of syllables. For each mantra, I used the bone vibrations as the basis and worked backwards to create a new technique using different syllables. Then I verified the new techniques by correlating with the experiences produced by the secret mantras. In this book I share the new techniques that use popular mantras associated with the following deities: *gaNESa*, *sarasvatI*, *nArAyaNa*, *muruga*, *Sakti* and *Siva*.

1.3 The Process of Choosing a Mantra

You can choose a mantra either based on the celestial qualities that you desire to experience, or the constricting qualities that you desire to overcome, or specific outer experiences that you desire to manifest. In some situations, you need to choose a combination of mantras.

1.3.1 Choosing a Mantra Based on Celestial Qualities

This list summarizes the qualities of the nine mantras covered in this book:

- *gaNESa*: Majesty, security, contentment, peace, experience of inner light.
- *sarasvatI*: Effortless learning, mastery of music and other intricate arts.
- *lakshmi nArAyaNa*: Abundance, harmony and peace.
- *muruga*: Confidence, fearlessness, youthfulness and leadership.
- *durgA / rAjarAjESvarI*: Passion, dynamism and courage.
- *Siva / AnjanEya / gAyatri*: Complete mastery of one's own self and eternal stillness.

1.3.2 Choosing a Mantra Based on Constricting Qualities

Here are the mantra-medicines for the constricting qualities that you wish to overcome:

- Insecurity: *gaNESa*.
- Anxiety: *gaNESa*.
- Hyper/inability to focus: *gaNESa*.
- Poor memory: *gaNESa*.
- Fear: *gaNESa, muruga, durgA*.
- Depression: *nArAyaNa, durgA*.
- Frustration: *nArAyaNa*.
- Anger: *nArAyaNa*.
- Greed/jealousy: *nArAyaNa*.
- Attachment: *nArAyaNa, Siva*.
- Fatigue: *muruga*.
- Diabetes/heart-disease/high-BP/cancer: *nArAyaNa*.

1.3.3 Choosing a Mantra Based on Desired Outer Experiences

Here are the recommended mantras for the desired outer experiences:

- Success in creation of wealth: *gaNESa, lakshmi nArAyaNa*.
- Success in creation of harmonious community: *lakshmi nArAyaNa*.
- Success in academic education: *gaNESa, sarasvatI*.
- Success in leadership and entrepreneurial activities: *muruga, rAjarAjESvarI*.
- Success in teaching activities: *Siva*.
- Success in parenting: *Siva*.

1.4 The Scientific Art of Conscious Manifestation using Mantra Yoga

Here is a five-step process for using Mantra Yoga to create new life experiences.

1.4.1 Clear intent and strong desire

The first step is to create a vision statement. Here are some examples:

- I intend to experience security and peace through the practice of *gaNESa* mantra.
- I intend to relax and enjoy life through the practice of *lakshmi nArAyaNa* mantra.
- I intend to create wealth effortlessly through the practice of *lakshmi nArAyaNa* mantra.
- I intend to overcome fear through the practice of *muruga* mantra.
- I intend to recover from cancer through the practice of *lakshmi nArAyaNa* mantra.
- I intend to experience vitality through the practice of *muruga* mantra.
- I intend to successfully and effortlessly run the start-up company through the practice of *rAjarAjESvarI* mantra.
- I intend to learn music effortlessly through the practice of *sarasvatI* mantra.
- I intend to be a chess wizard through the practice of *gaNESa* mantra.
- I intend to attract a harmonious life partner through the practice of *lakshmi nArAyaNa* mantra.
- I intend to successfully and effortlessly parent my children through the practice of *Siva* mantra.

A strong desire behind your intention is necessary to create the drive to sustain the process. Your desire must be so strong that you are desperate for the new experience. You must be visualizing this experience even in your dreams.

1.4.2 Mastery of the technique

The second step is to master the mantra technique. It is best to learn the technique from a teacher who has mastered the technique. The mantra technique is most effective when combined with *prANAyAma* (breath control) and *dhyAna* (visualization). The breath control technique enables you to produce the silent bone vibrations and the visualization technique enables you to involve deeply into the experience of silent sound vibrations. In this book, each mantra comes with a breath control technique and a visualization technique. It is recommended that you follow the suggested breath control technique. You have the flexibility to choose another visualization technique, especially using a deity form if you are attracted to visual forms of Gods or Goddesses.

1.4.3 Regular practice with deep involvement

The third step is to do *sAdhana*, disciplined practice. It is best to practice the technique twice a day, in the morning before your breakfast and in the night just before you sleep. The morning practice will keep you calm throughout the day and the night practice will sustain the vibrations through your sleep. The night practice is essential. You can start with 10 min sessions and slowly increase to 30 min sessions.

1.4.4 Acknowledging the inner experience

How long it takes for the mantra to stimulate your celestial brain depends on a variety of factors: the intensity of the desire behind your intention, the mastery of the technique and the regularity and intensity of your practice. It can take a few weeks or it can take a few months. It is important to enjoy the process and acknowledge the peaceful feeling created by the silent sound vibrations. When the mantra unfolds, i.e. when the associated celestial brain switches turn on, you will get a clear indication through an inner experience. It could be a vision of the deity form, it could be vision of light, it could be a feeling of immense power or it could be a feeling of bliss. Note that your inner experience is unique to you and it is best to refrain from comparing notes with the other mantra practitioners. It is important to acknowledge your inner experience instead of allowing doubts to develop in your mind. This is the fourth step of the manifestation process.

1.4.5 Trusting the newly awakened intelligence

It is best to understand the fifth step through an analogy. Imagine that you are managing five employees at your work place. In order to complete your project successfully on time, you need another employee with a specific expertise not possessed by the existing employees. As a manager, you decide to hire a suitable candidate. Once the new employee comes on board, you would welcome her, assign appropriate work with the trust that she has the ability to complete the assigned job. In the Mantra Yoga scenario, the newly awakened intelligence is like the new employee. As a manager of your own self, trust your new intelligence and let this intelligence help you manifest the new life experiences (outer experiences) that you are seeking. This is the final step of the manifestation process.

1.5 Personal Experiences related to Mantra Yoga

In 2003, I was going through a major transition in my life. My physical body was weak and holding stress accumulated for the past several years. I was feeling a great inner force moving me towards music and yoga. I knew I had to let go of the lucrative software career. I was gripped with financial insecurity. I did not know how I could survive as a music teacher. I had a great vision of developing a music-yoga institution, but I did not know how to manifest this vision.

I was inspired to learn Babaji's Kriya Yoga techniques (www.babaji.ca). In Summer 2003, I attended the Level-2 training. The highlight of this training was the initiation into a mantra of student's choice. The teacher described the qualities of several mantras, such as *Siva*, *durga*, *nArAyaNa*, *krishNa*, *muruga* and *gaNESa*, and asked each student to choose one mantra based on the celestial experience he/she is seeking at that point of time.

I was attracted to the *muruga*'s qualities - fearlessness, confidence, warrior, leadership, youthfulness, etc. It seemed like a perfect match to what I was seeking. As soon as I received this mantra from the teacher, I started feeling vigorous vibration in my entire body. It felt as though every bone came apart and started to dance with joy. The teacher asked us to focus deeply using visualization techniques and repeat the mantra for one hundred thousand times to invoke the associated qualities.

Being an open-minded scientist, I approached the process like performing a scientific experiment. I chose to complete this process in one hundred days. I returned home and started rigorous practice of repeating the mantra one thousand times a day. To facilitate complete absorption into the technique, I chose to visualize a three dimensional human form of *muruga* with lustrous body and radiant eyes (symbolizing youthfulness), holding a spear in one hand (symbolizing confidence) and a snake in another hand (symbolizing fearlessness). I used to do most of the practice while walking in the neighborhood trails. I used to visualize the *muruga* friend walking with me. The visualization became so deep that the existence of my friend became a reality - I started seeing him with my own open eyes and started feeling the texture of his skin with my own hands. Sometimes the depth of absorption was so deep that I used to lose the Ashok identity and experience myself as the *muruga* walking around with spear and snake!

Two weeks passed by. One morning during my walk, I felt a surge of energy inside by body and I suddenly stopped. I had a series of visions, indicating the stimulation of several celestial brain switches. I was, of course, wonder struck. I repeated the mantra only about fifteen thousand times. How did it happen so quickly? The answers came from within. Through the practice of hatha yoga, pranayama and meditation techniques, my body was ready to resonate with any sound. Since I practiced the mantra with a deep concentration, the results came quickly. Along with *muruga*, all the other dormant qualities were invoked. I realized that I already have all of these qualities deep within me.

After this experience, I felt totally new. The old Ashok was gone. A new Ashok came into existence. My health started improving and my skin started to gain luster. I felt totally secure. All my fears and doubts vanished. My creative power started to unfold. I could

clearly see the direction of my life. I started a rigorous process of retraining in several new fields. I enrolled in a massage therapy program to learn physiology, kinesiology and touch. Few months later I enrolled in the professional coach certification program. Then followed Hatha yoga teacher's training program and several other trainings related to body, touch and sound. I instantly knew how to run a business successfully and effortlessly. Sadhana School as it exists today, manifested out of the business intelligence that got awakened as a result of the *muruga* mantra practice.

Few months later, I learnt Pranayama *gAyatri* mantra technique from a yogi in India who mastered this technique. This technique involves sustaining a breath rate of three times a minute while creating sound vibrations inside the body through silent chanting synchronized with the breath (see Chapter 9). Initially, I was unable to do more than five minutes at a time. The technique was producing so much heat in my skeletal system that I was unable to bear. After a few weeks, I was able to sustain longer sessions. After a few months, the body was programmed to do the technique on its own, while driving and even during sleep.

After sixteen months of practice, the *gAyatri* mantra completed its work. The awareness of my body increased dramatically and I started noticing subtle muscular and bone vibrations in every part of my body. I realized that human matter body is only one perception and it is very limited. I was able to perceive my body as forms of sound and light and the ultimate experience was freedom from the bondage of the finite human body. The overall experience of *gAyatri* was the realization that I can perceive the material universe however I wish, and the ability to change the "lens" through which I look at both the outer and inner worlds.

1.6 Inspiring Story of my Long-Distance Student

In March 2006, a woman from Chennai, India contacted me for information about Kriya Yoga and requested me to share my experiences. After listening to my experiences, she got inspired and requested me to teach her Naada Kriya Yoga. I suggested that it is better for her to study Kriya Yoga directly from a teacher, instead of learning over phone. She told me that she doesn't have a choice, since she belongs to a conservative family and her husband and in-laws will not permit her to go outside on her own for this type of training.

Sensing her keen interest, I agreed to teach her Naada Kriya Yoga techniques over phone. I emailed her a document, and after she had a chance to read it, I called her over phone and taught her the *gaNESa* mantra and Pranayama techniques (chapter 4). After a couple of weeks, she expressed her frustration with the treatment she receives from her family members. I taught her *lakshmi nArAyaNa* mantra technique (chapter 6) and assured her that her perceptions will change in due course. Along with the Hatha Yoga practice (which she was already familiar with), she rigorously practiced the Mantra Yoga techniques. She started feeling more secure and grounded as a result of the *gaNESa* mantra, and started feeling harmony and inner peace as a result of the *lakshmi nArAyaNa* mantra. She started to have visions that indicated the activation of these two mantras.

The situation at her home changed swiftly. Her mother-in-law, who used to criticize all the time, stopped saying anything because she was wonder struck at the peaceful vibrations being radiated by her daughter-in-law. Her husband, who was not interested in spirituality, started actively supporting her.

I directed her to the next step and taught the Thirumoolar *Siva* mantra (chapter 9) and the *rAjarAjESvari* mantra (chapter 8). In a few months these mantras activated her celestial brain and she began to effortlessly manifest her desires. Her husband started accompanying her to different types of Yoga trainings, including the Kriya Yoga levels 1 and 2. Her ten-year-old daughter became her first student. Slowly, more students started gathering around her.

She believed in the possibility, trusted her teacher and did her practice with full concentration. In one year, she became her own master, surpassing the speed of her own teacher!

To avoid misinterpretations, I would like to clarify that I am neither a “guru” nor equipped with any powers to change people. The only thing I can do is to teach the technique and the art of practicing the technique correctly. The actual “work” is done by the sound itself and the power of this sound depends on the student’s mastery of the technique and the intensity of the practice. It is reasonable to say that the teacher gets 10% of the credit, while the student gets 90% of the credit.

1.7 Organization of this book

This book is organized as follows. The second chapter deals with the science of sound production in the human body. The third chapter gives the summary of preparatory techniques that are covered in the “Sonorous Sound” textbook. The remaining six chapters (chapters 4-9) deal with the six categories of mantras.

2 The Science of Sound Production

Reference: *Sonorous Sound: Voice Range and Resonance through Naada Kriya Yoga.*

2.1 What is Sound?

Sound is scientifically defined as a disturbance of mechanical energy that propagates through matter as a wave. Sound waves comprise a wide frequency spectrum. The human ear can detect only a small part of this range. The remaining part is “silent,” but these waves can be felt through the “inner sense of hearing.” Emotion and celestial sounds fall under the category of silent sounds. See Section 2.4.

2.2 How does human voice produce sound?

The human voice produces audible sound as follows:

1. Air pressure from the lungs creates a steady flow of air through the trachea (windpipe), larynx (voice box) and pharynx (back of the throat).
2. The vocal folds in the larynx vibrate, creating fluctuations in air pressure.
3. Resonating air chambers in the body amplify these waves, creating sonorant sound.
4. Mouth and nose openings radiate the sound waves into the environment.

Note that the voice box is not creating the sonorant sound. It is merely initiating the sound production by creating pressure waves that are barely audible. Resonating air chambers are required for producing sonorous sound. Each chamber not only amplifies the sound but also enriches the sound by adding either lower or higher harmonic sound waves. The more the number of chambers participating in the sound production, the more resonant is the resulting sound.

2.3 Resonating chambers in the human body

Human body has resonating chambers in three regions: head, heart and base (abdominal region).

Region 1: Head

The head resonance is created by two sets of resonating chambers: (1) Air sinuses in the bones of the skull and (2) Air chambers in the soft regions of head and throat.

The following are the resonating chambers located in the bones of the skull:

1. **Frontal** (above eyes): Located between eyebrows.
2. **Ethmoid** (between eyes): Located behind the bridge of the nose and at the root of the nose between the eyes.
3. **Maxillary** (below eyes): Located in the cheekbones on either side of the nostrils.
4. **Sphenoid** (behind eyes): Located in the sphenoid bone behind the eye sockets.
5. **Mastoid** (ears): Located inside the ears in the temporal bone.

The following are the resonating chambers located in the soft regions of head and throat:

- Nostrils
- Mouth
- Throat (pharynx – back of the throat)

Region 2: Heart

Heart resonating chamber is created by air-filled lungs in the thoracic region (inside the ribs).

Region 3: Base

Base resonating chamber is created by air-filled lungs in the abdominal region. For the lungs to expand down into the abdominal region, two things must happen: (1) Diaphragm must be elastic enough to sag down towards the pelvic floor and (2) The entire set of abdominal organs must be compacted and pushed out of the way (appears as a big lower belly).

2.4 Production of Silent Sounds

The vibration of vocal cords initiates audible sounds. Muscular movements initiate silent emotional sounds. The vibration of bones initiates silent celestial sounds.

Emotion sounds are covered in the companion book: *Silent Emotion Sounds: Emotional Intelligence through Naada Kriya Yoga*. Celestial sounds are covered in two books: *Celestial Musical Notes: Musical Intelligence through Naada Kriya Yoga*, and *Mantra Yoga: Experience Inner Peace and Awaken Creative Potential through Silent Sound Vibrations* (this book).

2.5 Stimulation of Celestial Brain by Bone Vibrations

Each celestial sound has an associated switch in the celestial brain. The secret of invoking the power of a mantra is to vibrate specific bones while chanting the mantra. The first step is to chant aloud, focusing on specific bones for specific syllables. The second step is to incorporate breath and synchronize with the beat. The third step is to do silent chanting while producing the same bone vibrations and synchronizing with the inner beat.

3 Preparatory Techniques

Reference: *Sonorous Sound: Voice Range and Resonance through Naada Kriya Yoga.*

3.1 Big Bulging Belly Breathing Technique

Technique

- Sit down on the floor (with padding, if necessary) in a comfortable, stable position (or sit on a chair).
- Keep your spine in an extended state: lumbar spine slightly arching inward, rib cage slightly lifting up, chest open, chin slightly down with the back of the neck gently lifting up.
- With mouth slightly open, inhale swiftly into the lower, front part of the lungs, pushing the abdominal organs out, allowing the lungs to expand into the abdominal region.
- Place left palm just below the sternum (breastbone) and right palm on the lower part of the belly just below the navel.
- Repeat the following steps.
- Produce 'A' sound (singing a note at medium pitch) while pushing the air down, preventing the right palm from moving (i.e., keeping the abdominal organs out of the way even while producing the sound).
- Allow the left palm to slowly come in, as you release air from the top of the lungs. Continue to keep the rib cage lifted up and chest open.
- As soon as the movement reaches the navel, take the next inhalation swiftly, allowing the left palm to come out.

3.2 Head Resonance Technique

Technique

- [1 min] Move into comfortable sitting position and produce '*I-yA-A-U-ng*' sound as follows:
 - '*I*' sound from frontal, ethmoid and maxilla sinuses, as well as the nostrils.
 - '*yA*' sound from the mastoid sinus.
 - '*A*' sound from the throat.
 - '*U*' sound from the mouth.
 - '*ng*' sound from the sphenoid sinus.
- [2 min] Move into **Salutation pose** and produce '*I-yA-A-U-ng*' sound as described above.
- [3 min] Move into **Fish pose** and produce '*ng*' sound from the sphenoid sinus.
- [2 min] Move into a comfortable sitting position and produce '*aing*' from sphenoid sinus.
- [2 min] Maintain silence and feel the subtle vibrations inside your head.

3.3 Heart Resonance Technique

Technique

- [2 min] Move into **Forward Bend** and produce '*hm*' sound resonating in the heart region as described above.
- [2 min] Do the movements to open the upper chest.
- [4 min] Move into a comfortable sitting position and produce '*Om-A-hm*' resonating in the heart region.
- [2 min] Maintain silence and feel the subtle vibration at the center of your thoracic spine.

3.4 Base Resonance Technique

Technique

- [1 min] Do up-down thigh exercise
- [1 min] Do buttock kicking, producing '*sh*' sound from navel
- [1 min] Move into eight limb pose and produce deep belly laughter
- [1 min] Move into Bow pose and produce '*hm*' sound from diaphragm
- [4 min] Move into a comfortable sitting position and produce '*Om-hrIm-dhUm*' sound resonating in the base region.
- [2 min] Maintain silence and feel the subtle vibration in the pelvic region.

4 *gaNESa*

Lord *gaNESa* symbolizes the following celestial qualities:

- Majestic, secure, restful, grounded, content and peaceful.
- Memory, focus, clarity and brainpower.
- Experience of inner light.

4.1 *gaNESa mantra*

Ong gang gaNapatayE namaha

Syllables	Source of silent sound vibration	Musical note
<i>Ong gang</i>	Pubis bone	S
<i>gaNa</i>	Sphenoid bone	S'
<i>patayE</i>	Sphenoid bone	S'
<i>nA</i>	Sphenoid bone	R1'
<i>maha</i>	Sphenoid bone	S'

4.2 *gaNESa prANAyAma* technique

Five beat cycle: | *Ong* | *gang* | *gaNapata* | *yEnama* | *ha---* |

Breathing ratio: 5:10 beats

Ten-minute technique:

- [2 min] Practice Big Bulging Belly Breathing technique
- Start the metronome and set to 60 BPM (one sec beat - 4 breaths per min)
- Inhale into your belly for five beats silently chanting the mantra
- While applying the breathing technique, chant the mantra two times (5x2 = 10 beats)
- [3 min] Repeat the 5:10 cycle
- Update the metronome to 50 BPM (1.25 sec beat - 3.2 breaths per min)
- [2 min] Repeat the 5:10 cycle
- Update the metronome to 40 BPM (1.5 sec beat - 2.7 breaths per min)
- [2 min] Repeat the 5:10 cycle
- [1 min] Maintain silence

4.3 *gaNESa visualization* technique

Technique:

- Visualize a spinning red colored ball at your pubis bone and a spinning purple colored ball at the center of your sphenoid bone. Connect these two balls with a beam of white light.
- Visualize a huge pyramid with square base covering your human body. Fill the pyramid with bright orange light and allow your human form to dissolve.
- With focus on the four shapes of light, chant the mantra, allowing the sound to reverberate inside your pyramid body.

5 *sarasvatI*

Goddess *sarasvatI* symbolizes the following celestial qualities:

- Effortless learning.
- Ability to understand deep concepts.
- Ability to absorb teacher's knowledge and experience directly, like a sponge.
- Ability to master intricate art forms such as classical music.

5.1 *sarasvatI mantra*

Ong aing sarasvatyai namaha

Syllables	Source of silent sound vibration	Musical note
<i>Ong aing</i>	Sphenoid bone	S' (upper sa)
<i>sa</i>	Sphenoid bone	N1
<i>ras</i>	Sphenoid bone	S'
<i>va</i>	Sphenoid bone	N1
<i>tyai</i>	Sphenoid bone	S'
<i>na</i>	Sphenoid bone	R1'
<i>maha</i>	Sphenoid bone	S'

5.2 *sarasvatI prANAyAma technique*

Five beat cycle: | *Ong* | *aing* | *saras* | *vatyai* | *namaha* |

Breathing ratio: 5:10 beats

Ten-minute technique:

- [2 min] Practice Big Bulging Belly Breathing technique
- Start the metronome and set to 60 BPM (one sec beat - 4 breaths per min)
- Inhale into your belly for five beats silently chanting the mantra
- While applying the breathing technique, chant the mantra two times (10 beats)
- [3 min] Repeat the 5:10 cycle
- Update the metronome to 50 BPM (1.25 sec beat - 3.2 breaths per min)
- [2 min] Repeat the 5:10 cycle
- Update the metronome to 40 BPM (1.5 sec beat - 2.7 breaths per min)
- [2 min] Repeat the 5:10 cycle
- [1 min] Maintain silence

5.3 *sarasvatI visualization technique*

Technique:

- Visualize a spinning purple colored ball at the center of your head.
- While chanting the mantra, visualize a fountain of bright purple colored light originating from the spinning ball.

6 nArAyaNa

nArAyaNa is the lord of material universe and represents a balance of solar and lunar qualities. *lakshmi*, *rAma* and *krishNa* represent aspects of *nArAyaNa*.

Lord *nArAyaNa* symbolizes the following celestial qualities:

- Solar qualities: Discipline, persistence and will power to create material success.
- Lunar qualities: Deep relaxation and enjoyment; trust, acceptance and effortless adaptation to new environment.
- Overall experience: Abundance and harmony; Experience of microcosm (feeling of nothingness) and macrocosm (feeling of expansive universe within).

Goddess *lakshmi* is an aspect of *nArAyaNa*, symbolizing the following celestial qualities:

- Solar qualities: Discipline, persistence and will power to create material success.
- Lunar qualities: Enjoyment of material wealth.
- Overall experience: Abundance, material prosperity and success.

Lord *rAma* is an aspect of *nArAyaNa*, symbolizing the following celestial qualities:

- Solar qualities: Discipline, persistence and will power to follow established societal rules and ethical behavior.
- Lunar qualities: Trust, acceptance and effortless adaptation to new environment.
- Overall experience: Harmony and material success.

Lord *krishNa* is an aspect of *nArAyaNa*, symbolizing the following celestial qualities:

- Lunar qualities: Deep relaxation and enjoyment; trust, acceptance and effortless adaptation to new environment; Live according to own rules.
- Solar qualities: Planning and strategy.
- Overall experience: Abundance and harmony.

6.1 *lakshmi nArAyaNa* mantra

Om SrIm klIm lakshmi nArAyaNA

Syllables	Source of silent sound vibration	Musical note
<i>Om</i>	Pubis bone	S
<i>SrIm</i>	Lumbar L1 bone (solar plexus)	G1
<i>klIm</i>	Thoracic T4 bone (behind heart)	M1
<i>lak</i>	Sphenoid bone	P
<i>shmi</i>	Sphenoid bone	N1
<i>nA</i>	Sphenoid bone	P
<i>rA</i>	Sphenoid bone	N1
<i>yaNa</i>	Sphenoid bone	S'

6.2 *lakshmi nArAyaNa prANAyAma* technique

Seven beat cycle: | *Om* | *SrIm* | *klIm* | *lakshmi* | *nArA* | *yaNA* | -- |

Breathing ratio: 7:7 beats

Ten-minute technique:

- [2 min] Practice Big Bulging Belly Breathing technique
- Start the metronome and set to 60 BPM (one sec beat - 4.3 breaths per min)
- Inhale into your belly for seven beats silently chanting the mantra
- While applying the breathing technique, chant the mantra once (7 beats)
- [3 min] Repeat the 7:7 cycle
- Update the metronome to 50 BPM (1.25 sec beat - 3.4 breaths per min)
- [2 min] Repeat the 7:7 cycle
- Update the metronome to 40 BPM (1.5 sec beat - 2.9 breaths per min)
- [2 min] Repeat the 7:7 cycle
- [1 min] Maintain silence

6.3 *lakshmi nArAyaNa* visualization technique

Technique:

- Visualize the following spinning colored balls at the following bones:
 - Red ball at your pubis bone
 - Yellow ball at your L3 (lumbar vertebra behind your navel)
 - Green ball at your T4 (thoracic vertebra between your shoulder blades)
 - Purple ball at the center of your sphenoid bone.
- Visualize a huge pyramid with square base covering your human body. Fill the pyramid with white light and allow your human form to dissolve.
- With focus on the four spinning balls of light, chant the mantra, allowing the sound to reverberate inside your pyramid body, with the sounds originating from the specific balls/bones:
 - *Om*: Red ball (pubis)
 - *SrIm*: Yellow ball (L3)
 - *klIm*: Green ball (T4)
 - *lakshmi nArA yaNA*: Purple ball (sphenoid)

7 muruga

Lord *muruga/subrahmaNya* symbolizes the following celestial qualities:

- Confidence and fearlessness.
- Youthfulness and beauty.
- Responsibility and patience.
- Expression of creativity and leadership.

7.1 muruga mantra

Ong sang su brang maN yam

Syllables	Source of silent sound vibration	Musical note
<i>Ong sang</i>	Sphenoid bone	S'
<i>su</i>	Pubis bone	S
<i>brang</i>	Cervical C7 bone (bottom of the neck)	P
<i>maN yam</i>	Thoracic T4 bone (behind heart)	M1

7.2 muruga prANAyAma technique

Four beat cycle: | *Ong* | *sang* | *subrang* | *maNyam* |

Breathing ratio: 6:12 beats

Ten-minute technique:

- [2 min] Practice Big Bulging Belly Breathing technique
- Start the metronome and set to 60 BPM (one sec beat - 3.3 breaths per min)
- Inhale into your belly for six beats
- While applying the breathing technique, chant the mantra three times (12 beats)
- [3 min] Repeat the 6:12 cycle
- Update the metronome to 50 BPM (1.25 sec beat - 2.7 breaths per min)
- [2 min] Repeat the 6:12 cycle
- Update the metronome to 40 BPM (1.5 sec beat - 2.2 breaths per min)
- [2 min] Repeat the 6:12 cycle
- [1 min] Maintain silence

7.3 *muruga* visualization technique

Technique:

- Visualize the following spinning colored balls at the following bones:
 - Red ball at your pubis bone
 - Green ball at your T4 (thoracic vertebra between your shoulder blades)
 - Blue ball at your C7 (cervical vertebra at the bottom of your neck)
 - Purple ball at the center of your sphenoid bone.
- Visualize a huge pyramid with square base covering your human body. Fill the pyramid with white light and allow your human form to dissolve.
- With focus on the four spinning balls of light, chant the mantra, allowing the sound to reverberate inside your pyramid body, with the sounds originating from the specific balls/bones:
 - *Ong sang*: Purple ball (sphenoid)
 - *su*: Red ball (pubis)
 - *brang*: Blue ball (C7)
 - *maN yam*: Green ball (T4)

8 Sakti

Various forms of *Sakti* (dynamic energy) symbolize the following celestial qualities:

- Enormous creative power.
- Passion and dynamism.
- Courage and readiness for new adventures.

8.1 *durgA mantra*

Om hrIm dhUm durgAyE namaha

Syllables	Source of silent sound vibration	Musical note
<i>Om</i>	Tailbone	S
<i>hrIm</i>	Sacrum bone	R1
<i>dhUm</i>	Tailbone	S
<i>durgAyE</i>	Sphenoid bone	S'
<i>na</i>	Sphenoid bone	R1'
<i>maha</i>	Sphenoid bone	S'

8.2 *durgA prANAyAma technique*

Six beat cycle: | *Om* | *hrIm* | *dhUm* | *durgA* | *yEnama* | *ha---* |

Breathing ratio: 6:12 beats

Ten-minute technique:

- [2 min] Practice Big Bulging Belly Breathing technique
- Start the metronome and set to 60 BPM (one sec beat - 3.3 breaths per min)
- Inhale into your belly for six beats silently chanting the mantra
- While applying the breathing technique, chant the mantra two times (12 beats)
- [3 min] Repeat the 6:12 cycle
- Update the metronome to 50 BPM (1.25 sec beat - 2.7 breaths per min)
- [2 min] Repeat the 6:12 cycle
- Update the metronome to 40 BPM (1.5 sec beat - 2.2 breaths per min)
- [2 min] Repeat the 6:12 cycle
- [1 min] Maintain silence

8.3 *durgA visualization technique*

Technique:

- While producing “*Om hrIm dhUm*” sounds, visualize powerful whirlpool of bright orange colored light at your pelvic region, covering the sacrum bone at the back and the pubis bone at the front.
- While producing “*durgAyE namaha*” sounds, visualize a fountain of orange light originating at the center of this whirlpool and spreading out from the center of your sphenoid bone.

8.4 *rAjarAjESvarI* mantra

*Om hrIm SrIm klIm sang bhang dhung
durgA mahAlakshmayE namaha*

Syllables	Source of silent sound vibration	Musical note
<i>Om</i>	Pubis bone	S
<i>hrIm</i>	Sacrum bone	R2
<i>SrIm</i>	Lumbar L1 bone (solar plexus)	G1
<i>klIm</i>	Thoracic T4 bone (behind heart)	P
<i>sang</i>	Sphenoid bone	G1
<i>bhang</i>	Cervical C7 bone (bottom of the neck)	R2
<i>dhung</i>	Pubis bone	S
<i>durgA</i>	Sphenoid bone	D2, S
<i>mahA</i>	Sphenoid bone	D2, G1
<i>lakshmayE</i>	Sphenoid bone	R2 S D2, P
<i>namaha</i>	Sphenoid bone	D2, S S

8.5 *rAjarAjESvarI prANAyAma* technique

Twelve beat cycle: | *Om* | *hrIm* | *SrIm* | *klIm* | *sang* | *bhang* | *dhung* |
| *durgA* | *mahA* | *kshmayE* | *namaha* | ---- |

Breathing ratio: 6:12 beats

Ten-minute technique:

- [2 min] Practice Big Bulging Belly Breathing technique
- Start the metronome and set to 60 BPM (one sec beat - 3.3 breaths per min)
- Inhale into your belly for six beats
- While applying the breathing technique, chant the mantra once (12 beats)
- [3 min] Repeat the 6:12 cycle
- Update the metronome to 50 BPM (1.25 sec beat - 2.7 breaths per min)
- [2 min] Repeat the 6:12 cycle
- Update the metronome to 40 BPM (1.5 sec beat - 2.2 breaths per min)
- [2 min] Repeat the 6:12 cycle
- [1 min] Maintain silence

8.6 *rAjarAjESvarI* visualization technique

Apply a combination of *lakshmi nArAyaNa* and *muruga* visualization techniques.

9 Siva

Siva symbolizes the following celestial qualities:

- Mastery of five elemental forces (earth, water, fire, air and ether) and mind.
- Complete mastery of one's own self.
- Eternal stillness.

9.1 *tirumUAr Siva mantra*

Om

Si va ya na ma

ya na va Si ma

ma va ya na Si

Si ya na ma va

va Si ma ya na

Syllables	Source of silent sound vibration	Musical notes
<i>Om</i>	Sphenoid bone	S
<i>Si va ya na ma</i>	Sphenoid bone	S R1 M1 R1 S
<i>ya na va Si ma</i>	Sphenoid bone	R1 M1 P M1 R1
<i>ma va ya na Si</i>	Sphenoid bone	M1 P N1 P M1
<i>Si ya na ma va</i>	Sphenoid bone	P N1 S' N1 P
<i>va Si ma ya na</i>	Sphenoid bone	S' N1 P M1 R1

9.2 *tirumUAr Siva prANAyAma technique*

Nine beat cycle: | *Om* - - | - - *Siva* | *yanama*- |

| *yanavaSi* | *ma-mava* | *yanaSi*- | *Sivanama* | *va-vaSi* | *mayana*- |

Breathing ratio: 9:9 beats

Ten-minute technique:

- [2 min] Practice Big Bulging Belly Breathing technique
- Start the metronome and set to 60 BPM (one sec beat - 3.3 breaths per min)
- Inhale into your belly for six beats silently chanting the mantra
- While applying the breathing technique, chant the mantra two times (12 beats)
- [3 min] Repeat the 9:9 cycle
- Update the metronome to 50 BPM (1.25 sec beat - 2.7 breaths per min)
- [2 min] Repeat the 9:9 cycle
- Update the metronome to 40 BPM (1.5 sec beat - 2.2 breaths per min)
- [2 min] Repeat the 9:9 cycle
- [1 min] Maintain silence

9.3 *tirumUAr Siva visualization technique*

Dissolve your head into a ball of dazzling sun light while chanting the mantra.

9.4 AnjanEya mantra

Note: As per the mythological stories, *AnjanEya* is a devotee of *rAma*, but considered an embodiment of *Siva*. The *AnjanEya* mantra produces the same effect as a *Siva* mantra (mastery of own self and eternal stillness) and hence included in the *Siva* category.

Om A hm AnjanEya hm

Syllables	Source of silent sound vibration	Musical note
<i>Om</i>	Pubis bone	S
<i>A</i>	Thoracic T4 bone (behind heart)	M1
<i>hm</i>	Thoracic T4 bone (behind heart)	M1
<i>Anja</i>	Sphenoid bone	S'
<i>nE</i>	Sphenoid bone	R1'
<i>yA</i>	Sphenoid bone	S'
<i>hm</i>	Sphenoid bone and Thoracic T4 bone	S'

9.5 AnjanEya prANAyAma technique

Six beat cycle: | *Om* | *A* | *hm* | *AnjanEya* | *hm* | ----- |

Breathing ratio: 6:12 beats

Ten-minute technique:

- [2 min] Practice Big Bulging Belly Breathing technique
- Start the metronome and set to 60 BPM (one sec beat - 3.3 breaths per min)
- Inhale into your belly for six beats
- While applying the breathing technique, chant the mantra two times (12 beats)
- [3 min] Repeat the 6:12 cycle silently chanting the mantra
- Update the metronome to 50 BPM (1.25 sec beat - 2.7 breaths per min)
- [2 min] Repeat the 6:12 cycle
- Update the metronome to 40 BPM (1.5 sec beat - 2.2 breaths per min)
- [2 min] Repeat the 6:12 cycle
- [1 min] Maintain silence

9.6 *AnjanEya* visualization technique

Technique:

- Visualize the following spinning colored balls at the following bones:
 - Red ball at your pubis bone
 - Green ball at your T4 (thoracic vertebra between your shoulder blades)
 - Purple ball at the center of your sphenoid bone.
- Visualize a huge pyramid with square base covering your human body. Fill the pyramid with white light and allow your human form to dissolve.
- With focus on the three spinning balls of light, chant the mantra, allowing the sound to reverberate inside your pyramid body, with the sounds originating from the specific balls/bones:
 - *Om*: Red ball (pubis)
 - *A hm*: Green ball (T4)
 - *AnjanEya hm*: Purple ball (sphenoid)

9.7 *gAyatrI* mantra

Notes:

- This technique uses the original core of the mantra that starts with sound “t” and ends with the sound “t” and omits the prefix “Om bUr bhuvah svah” which has been added for the *sandhyA vandanam* practice.
- Although *gAyatrI* is given a goddess form, this mantra produces the same effect as a *Siva* mantra (mastery of own self and eternal stillness) and hence included in the *Siva* category.

*tat savitur varENyam bhargO dEvasya dhImahi
dhiyO yOnah prachOdayAt*

9.8 *gAyatrI prANAyAma* technique

Twenty one beats for two mantra repetitions:

tat savi	*tur varE*	*-Nyam*	*-bharg*	*O dEv*	*asya dhI*	*mahi dhi*	
yO yO	*nah prach*	*Oday*	*At tat*	*savitur*	*varE*	*-Nyambh*	*argOd*
Evasya	*dhImah*	*idhiyO*	*yOnah*	*prachOda*	*yAt*		

Breathing ratio: 10.5 : 10.5 beats

Ten-minute technique:

- [2 min] Practice Big Bulging Belly Breathing technique
- Start the metronome and set to 60 BPM (one sec beat - 2.9 breaths per min)
- Inhale into your belly for 10.5 beats silently chanting the mantra
- While applying the breathing technique, chant the mantra once (10.5 beats)
- [4 min] Repeat the 10.5 : 10.5 cycle
- Update the metronome to 50 BPM (1.25 sec beat - 2.3 breaths per min)
- [3 min] Repeat the 10.5 : 10.5 cycle
- [1 min] Maintain silence

9.9 *gAyatrI* visualization technique

While chanting the mantra, dissolve your entire body into a huge beam of white light with no ends (i.e. bottom goes towards the center of the earth and the top goes towards the sky). As you get more and more deeply involved in the experience of the sound vibrations, allow the beam of white light to become thinner and thinner, until it disappears. Stop chanting and experience the void where there is no matter, no sound, no light and no thought.