

OH
OO
OOR
AH
ER
EE

Sounds

These will help you map your body.

AH

Rrrrr

Rrrraah

Mmaah

OM

A gathering of sound information from different traditions

<i>AH</i>	first letter of all alphabets, salutation, awe, wonder, compassion, healing heart chakra, thymus, ribs, cleanses lungs & GI, lethargy, TB, asthma
<i>EE</i>	creation, bliss, divine intelligence, crown chakra, pineal opens throat, palate, respiratory, upper chest, cleanses phlegm
<i>Mm</i>	identity, completion, satisfaction, self-affirmation, intuitive ability, listening, energizes brain, vibrates head, strengthens nose, windpipe, respiration
<i>OH</i>	innocence, curiosity, opens inward and abdomen, naval, feelings, spleen, adrenal
<i>OM</i>	manifestation, primal energy, aspiration, bridges divine and material
<i>OO</i>	focuses energy, love, desire, joy, resurrection, sexual energy, passion opens pelvis and lower body, root chakra, liver, spleen, stomach, lower GI
<i>Rrr</i>	brain stimulant

Sound gives expression to the body. When we produce sound by, and in the body, we are making vibration audible. We are vibrating ourselves as well as others.

The breath vibrates the vocal cords. When tissues vibrate, this gives us an inner massage. The muscles relax, fluids flow, and nerves calm. The muscles of the neck, throat, and belly relax. Some tissues vibrate at a high pitch, others low. **Body tissues have different resonant characteristics.** Experiment and you may find it easier to resonate high pitches into your sinuses, lower vibrations into your belly. Try this with the humming M – low pitch for a few minutes. where do you feel it in your body? Now do the same with a high pitch – where do you feel it?

So pitch helps direct the sound to different parts of the body.

Every molecule in the universe vibrates.

Both sound and silence affect us.

Find a tense area in your body Place your hands on that area to focus attention and intention. Make a sound that vibrates your hand and feel the tension disappear.

Sound carries emotion - love songs, an angry tone of voice, a shrill scream, a gentle sigh. Emotions ride on sound and can be communicated, released, or transformed. By listening to our sounds we can know our feelings.

Sound exists outside the boundaries of known music and language. We can allow our own free sounds loose and see where they take us. We can tone our organs, play our bodies with our voices and vibrate tight muscles for increased circulation and relaxation. *Sounds, pulses, rhythms connect us to the rest of the world.*

A FEW INNER JOURNEYS

Body Experience- inner journey of body

Make yourself invisible. Ride the waves in your blood. Go in and meet your immune system, bone marrow, thymus, cells in the circulation.

Sense the power and abilities in your cells.

Do you want them to home in somewhere? Follow them.

Is there a leader among these cells? Name him/her.

Call on this leader to lead the cells where they are needed.

Body Experience -Sensory Conditioning

After inner reflection, state the problem situation to be conditioned.

example: **problem** allergic rash on my arm.
 solution remove rash from arm.
 sensory **signal** song -every time I sing Rainbow woman, my
immune system will allow the rash to disappear. If it needs to be suppressed for
this action, that will be conditioned.

Visualize immune cells.

Do you want to condition them up or down?

What sensory stimulus will you use to turn on the system to improve your health.

Practice it now and draw the symbols to remind you to condition this reaction until it is no longer needed. Practice three times a day for a week or more.

For Healing

Draw a pie

Divide the pie, circle in parts according to the following suggestions:

How much time is devoted now to each component?

PHYSICAL: exercise, nutrition, massage, body work, other

SPIRITUAL: meditation, prayer, practice

MEDICAL TECHNOLOGY: drugs, acupressure-puncture, MD, tests

EMOTIONAL: imagery, relaxation, psychotherapy, friends, work

Draw another pie for the ideal that you would like to experience. Use colors and images as reminders.

Healing journey

Find an opening or doorway in.

Relaxation

Go to place that needs to be healed.

Healing - what does healing mean to you?

Close your eyes. Picture feeling wholeness, complete, becoming whole.

Experience what that feels like - later do a treasure map of that feeling of wholeness, what needs to be made whole in your life.

**The more love you give to your cells, you are giving love to yourself.
Fall in love and court yourself your cells.**