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## *Mantra and Chant*

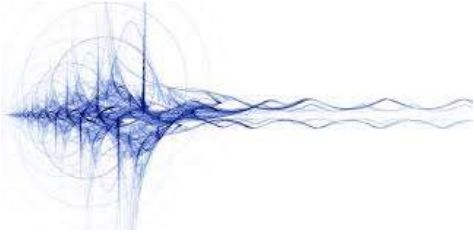
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## The Power of Vibration

- Every part of our bodies, thoughts, emotions, moods, words, cells, and organs are alive with vibration
- The atoms that make up our cells are constantly vibrating
  - HARMONY = HEALTH
  - DISSONANCE = DIS-EASE
- We are constantly surrounded by sound; the words we speak, the voices we hear, the music we listen to, the ambient noises around us all create vibration
- This vibration is not only HEARD but also FELT and ABSORBED into our bodies at physical and subtle levels
- Our nervous system is constantly processing these vibrations and they can have a major impact on our health and our mood



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## Noise Stress

- The following conditions from too intense or too prolonged noise exposure:
  - Delayed cognitive development
  - PTSD triggers
  - Sleep disturbance
  - Lower threshold for noise tolerance
  - Rapid heartrate and high blood pressure
  - Immune dysfunction
  - Anxiety
  - Increased cortisol production
  - Elevated adrenaline

*What is your  
daily noise  
landscape  
like?*

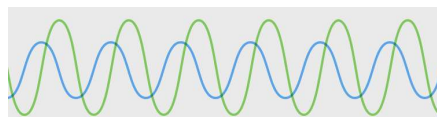


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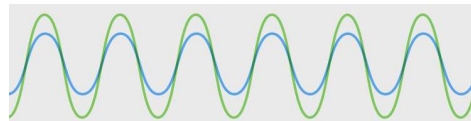
## Harmony or Dissonance?

- Chanting (and singing) creates an immediate shift in the atoms that make up our cells



We go from resonating in  
**DISSONANCE**

To resonating in  
*harmony*



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## Vowels, Consonants, and Tones

- Both the consonants and vowels of what you chant affect where and how you feel the vibrations
  - Consonants "place" the vibration in the energy center (chakra bijas)
  - Vowels hold and resonate the vibration there
- When you chant, you want to use a pitch closest to your speaking pitch (Heart Pitch)
  - Open your mouth and say AAAHHH, that is your Heart Pitch
- Or you can chant at specific notes to resonate different areas of the body.
  - Higher notes are felt more in the head while lower notes are felt more in the lower torso, legs and feet.

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*Rudra Granthi*

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## Qualities of Rudra Granthi

- Location: Ajna Chakra where Ida, Pingala, and Sushumna Nadi merge
- Guna: Sattva (balance)
- Governs: Beliefs, mental patterns
- Tendency: Prejudices, opinions, spiritual egoism, religiocentrism, proselytism
- When Blocked: Intellect not capable of differentiating between self-knowledge and intellectual gifts; leads to prejudice and intellectual pride. Often tangled by heart-centered service when praise is expected, or there is the belief of superiority over those served.
- When Pierced: Ego-lessness, overcoming the individual 'self and merging with the universal 'Self, enhanced harmony and positivity, omnism (all religions have a kernel of truth)

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## Location of Rudra Granthi

- As Ida and Pingala nadis spiral up from Muladhara Chakra in the pelvic floor toward the crown, they cross at each chakra keeping them spinning in opposite directions.
- At Ajna Chakra, they merge and only Sushumna nadi continues upward to Sahasrara Chakra.



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## Jalandhara Bandha









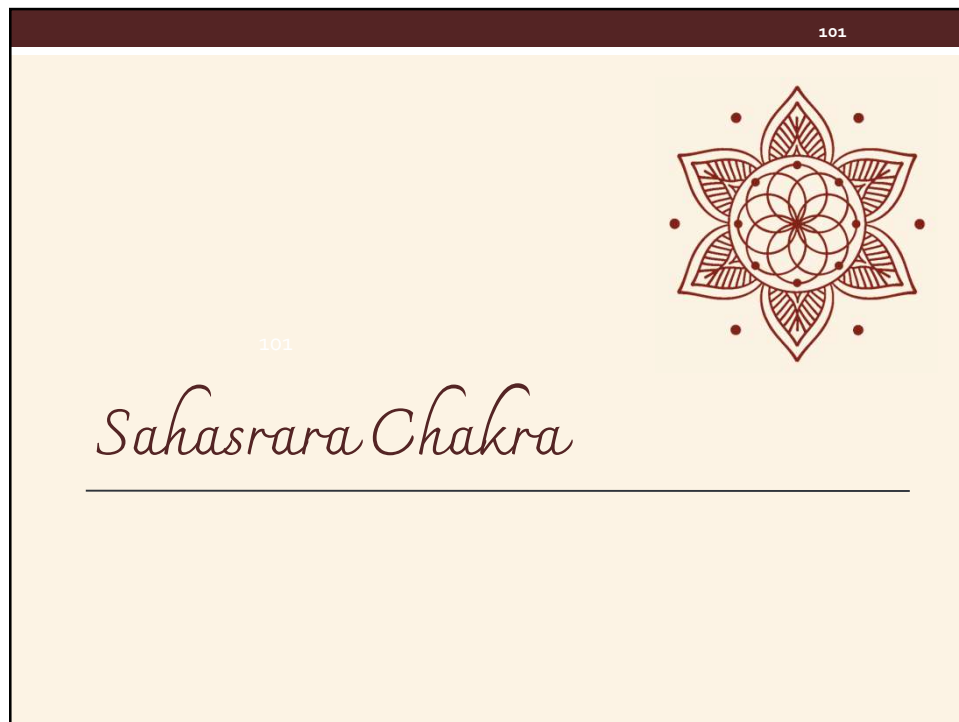
**CONTRAINDICATIONS:**

Cervical spondylosis, high intracranial pressure, vertigo, high blood pressure, heart disease, breathing problems

- “Chin Lock” or “Upward Pulling Net” compresses sinuses and arteries of the neck to balance thyroid and regulate metabolism, contains prana within the torso, calms the mind, and lifts the veil of ‘otherness’ to enable us to experience cosmic oneness.
- Sit on floor or chair with hands on knees.
- Inhale and hold breath as you slightly lift chest and collarbones supporting with extended arms; also draw chin down and back.
- To release, exhale while lifting chin and relaxing arms and shoulders.
- Take a few normal breaths before repeating 3-5 times.

## Protocol for Rudra Granthi

|  |   |   |
|--|---|---|
|  <p><b>Jalandhara Bandha</b><br/>Inhale and hold breath as you slightly lift chest and collarbones supporting with extended arms; also draw chin down and back.</p> |  <p><b>Kechari Mudra</b><br/>Roll tip of tongue back against the uvula, don't strain!<br/><i>(directs prana into Sushumna)</i></p> |  <p><b>Shambhavi Mudra</b><br/>Holding Jnana Mudra, look upward toward Ajna Chakra<br/><i>(enhances intuition)</i></p> |
|  <p><b>Ujjayi Breath</b><br/>Soft glottal contraction</p>   |  <p><b>Alternate Nostril Breath</b><br/>Inhale-L, Exhale-R,<br/>Inhale-R, Exhale-L</p>   |  <p><b>Japa Mala</b></p>  |



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## Qualities of Sahasrara Chakra

- Name: Thousand-fold
- Color: Purple
- Element: Consciousness
- Location: Crown of head
- Parts Affected: Brain
- Body Systems: Consciousness
- Sense: Intuition, witness
- Quality: Connection, higher understanding
- Mantra: 'I understand'
- Gemstone: Amethyst
- Ages: Any age; these issues typically only arise once the lower chakras are balanced

 A diagram of a human figure from the waist up, with a purple square highlighting the crown of the head. Above the head is a large, multi-colored lotus flower with many petals, representing the Sahasrara Chakra. The number '102' is printed in the top left corner of the slide.

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## Qualities of Sahasrara Chakra



- **Function:** Universal identity, divine consciousness
- **When Deficient:** Mental fog, depression, dullness, confusion, difficulty thinking for yourself, spiritual skepticism, religious rigidity, ungrounded
- **When Excessive:** Lack of focus on the material world/body, being overly intellectual, feeling that you are part of an intellectual elite, spiritual addiction
- **Fears When Unbalanced:** Fear of self-dissolution, fear of spirituality
- **Reaction to Fears:** Being judgmental, overthinking and over-analysis of everyday situations, blaming others for your crises, not seeing your part in things
- **When Balanced:** Detachment from illusion, continuity of consciousness, union with the divine wisdom, knowledge
- **Balance Inhibited By:** Attachment to the details obscures the big picture and hinders our relationship with the divine

## Protocol for Sahasrara Chakra

|   |   |  |
|---|---|--|
|  <p><b>Ananta Mudra</b><br/>Bring heels of hands together with fingers spread, slightly pinch thumb and pinkie fingers together without touching<br/><i>(cultivates integration and bliss)</i></p> |  <p><b>Citta Mudra</b><br/>With palms together, bring index pads to tips of side-by-side thumbs, also touch index tips together, point away from body<br/><i>(releases limiting belief patterns)</i></p> |  <p><b>Sahasrara Chakra Mudra</b><br/>Touch thumb tips and edges of index fingers creating a triangle shape, hold above the crown of your head<br/><i>(enhances sense of connection)</i></p> |
|  <p><b>Dharma Chakra Mudra</b><br/>Jnana Mudra with right palm facing out index/thumb tips touching tip of left middle finger<br/><i>(balances all chakras)</i></p>                                |  <p><b>Kapalabhati Breath</b><br/>Breathe quickly through the nose, contracting belly while exhaling, relaxing while inhaling</p>  |  <p><b>Silent Meditation</b></p>   |

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## Yantra & Mantra for Sahasrara Chakra



A circle surrounded by a thousand lotus petals

- The downward-pointed triangle represents this chakra's ability to channel energy downwards
- The wide upper edge represents the mind opening toward pure consciousness

- OM stimulates the chakra's location at the third eye
  - B5, or 963 Hz
- Each petal in the yantra symbol also contains a Sanskrit vowel bijas
  - Ham and Ksam
- They represent the Ida and Pingala nadis that join here, sun/moon, and all other dualities

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