

## Healing yourself with Sound



More and more it is being shown that Sound can have a positive effect on our physical health as well as the health of the planet. Chanting brings our awareness into the present. We can all find the time to Chant even if it is in the car on the way to work or in the shower in the morning! When we chant the sound is vibrating us on a cellular level and healing the past and the future. It is healing our bodies, our minds, and our spirits. Various cultures throughout time have used Chanting and Singing to create sacred space. In sacred space all manner of transformations can take place.

Do you have physical problems? Maybe you feel blocked in your business or work, or your relationships aren't working well. These are all reasons to chant. The energy and vibration when we chant these vowel sounds will help dissolve blocks on many levels.

As you prepare yourself, sit comfortably in an upright position with your back straight and your feet on the ground. If at all possible have your feet bare and touching the earth. Take a big breath in through your nose filling your belly and as you exhale allow the sound to travel up through your body and exit the back of your throat. Allow yourself to connect with the energy of each sound. It is important to allow a space in between each chant, the silence can be as potent as the sound. Chant each sound for as long as you can, see what emotions come up for you during each sound.

We chant the vowel sounds in the Spanish pronunciation:

Ah = Purification

Eh = Placement

Eee = Awareness

Oh = Childlike Innocence

U = Carrying

As you chant these sounds keep in mind the quality of each sound. For instance, when chanting Ah allow the idea and energy of Purification to enter into your body. Listen and learn what purification really means. Do this practice with each of the sounds.

Make Chanting a part of your day, do it as mindfully as you can and see the results for yourself. If you want more information on my work with Sound, Ceremony and Vibration you can reach me at 520-395-0648 or go to <http://www.sweetwaterhealingarts.com> to read more.