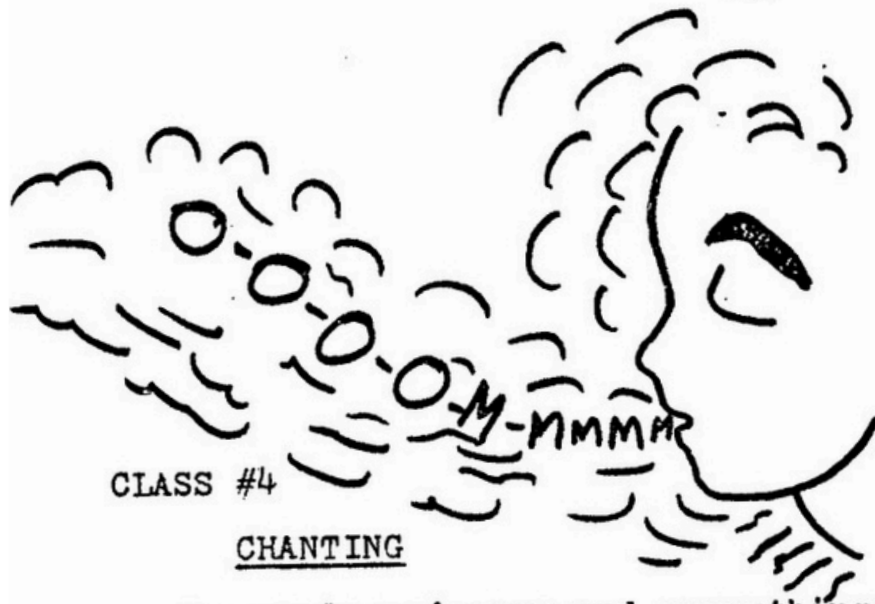


## CREATIVE GUIDELINES



## MEDITATION

## DYNAMICS #2



CLASS #4

CHANTING

The whole universe and everything in it is made up out of vibrations. In the beginning was the Word and the Word was with God. The Word means the sound of Creation that is constantly everywhere.

We reproduce this powerful vibration whenever we practice Chanting. The Chanting of the OM or the Vowels A-E-I-O-U puts you at ONE with Life Force by bringing down the Energies from the Higher Levels.

It is a Technique of tuning in to the Higher Levels of Spirit.

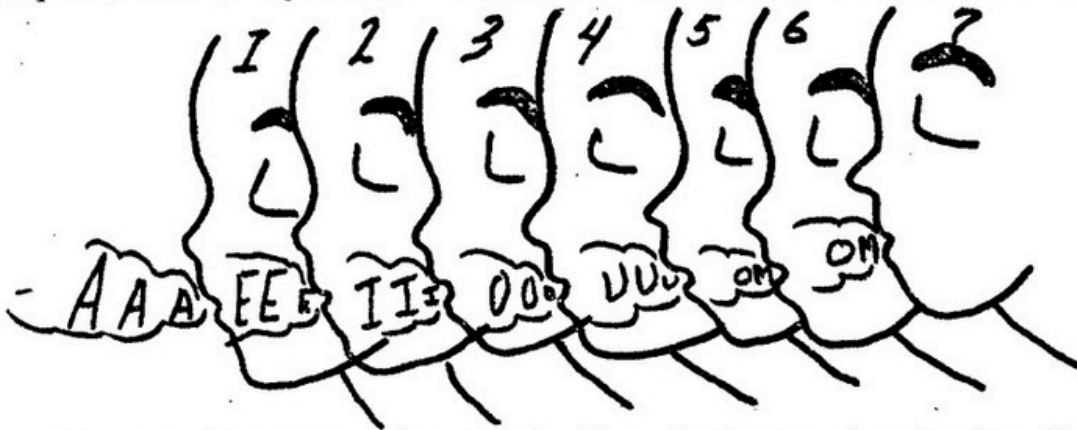
Chanting raises our physical vibrations as well as our mental and spiritual, by the outward speaking of the sound and by the physical hearing of the sound.

As we chant the sound and hear the sound, we also FEEL the sound in the area of the Third Eye as a humming vibration.

Chanting is extremely beneficial when used in connection with the Chakras. The vibrational sound cleanses each Chakra by restoring its proper vibration and increasing the energy flow to it, through it and all around it.

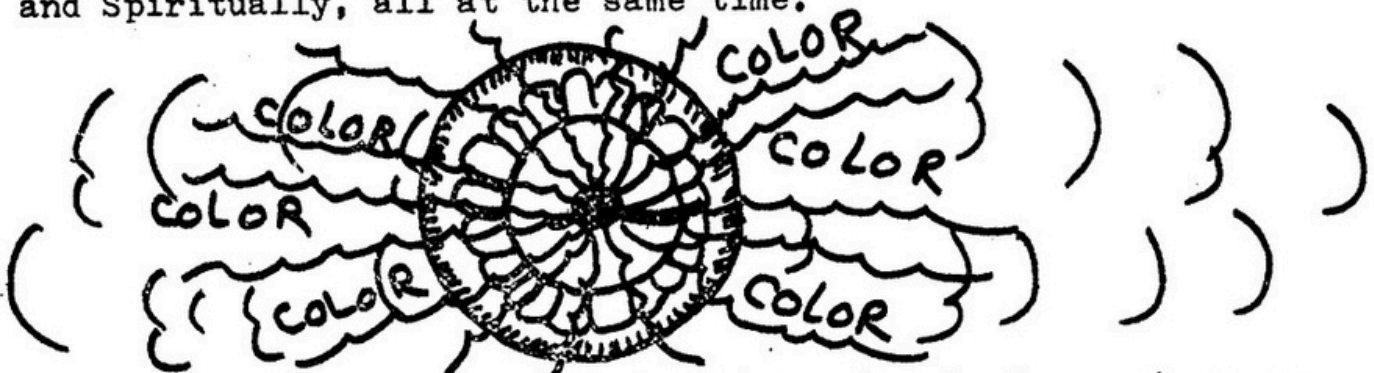
## TECHNIQUE OF CHANTING

After getting in a comfortable position, take a few cleansing breaths. To Chant, take a deep breath in and on the outbreath, say O--M, closing your lips after the breath has been released. Take another deep breath in and Chant OM on the outbreath. Repeat for 7 Cycles. Practice chanting the Vowels A-E-I-O-and U.



To use the Chanting with the Chakras, begin by thinking of the first Chakra, the Root Chakra. As you think (or mentally see) its vibrational color of Red, Chant A and direct its sound and vibration to this Red Chakra. Move your thought to the second Chakra location and its color and Chant E. Continue up through the remaining Chakras Chanting I at the third Chakra, O at the fourth, U at the fifth, and Chanting OM at the sixth and the seventh Chakras.

By connecting Sound, Color and Vibration to each Chakra, balance is restored to the WHOLE of you---physically, mentally, and Spiritually, all at the same time.



In using Chanting, you feel a higher level of consciousness because you are IN a higher level of consciousness.



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