

SOUND ENERGY Medicine & NADA Yoga with Himalayan Singing Bowls.

**Foundations of Sound Energy Medicine. Science behind Healing
History and Philosophy. Sound Energy Massage (Lhamo Scho
Course by Lola Lhamo**



LOLA LHAMO
YOGA & SOUND
ENERGY MEDICINE

Course is certified by Sound Energy Medicine Practitioners Association

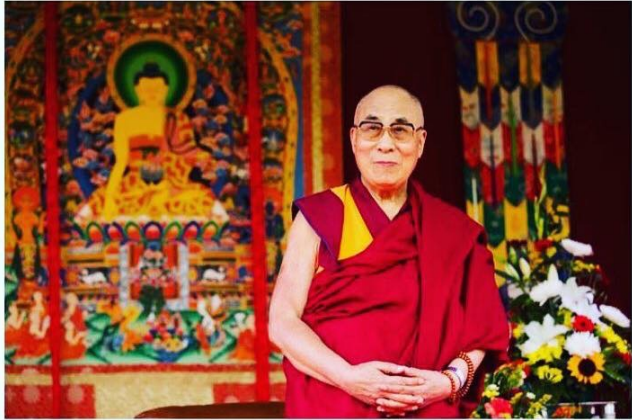
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For graduates: teaching of methods shared on this course is not permitted – only for healing practice.

For teaching Sound Energy Medicine you need to complete 3 Levels and be certified as a Teacher by SEMPA

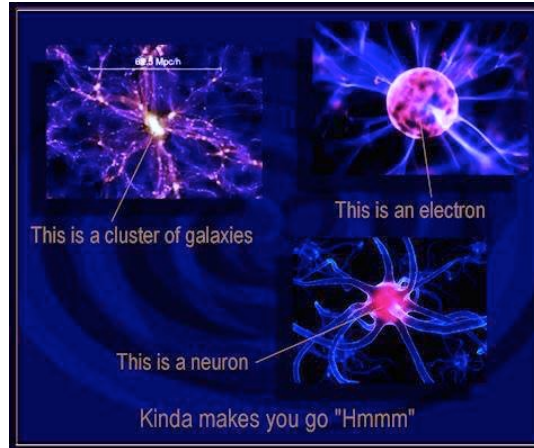
SOUND ENERGY Medicine & NADA Yoga with Himalayan Singing Bowls

**DALAI LAMA: SPIRITUALITY WITHOUT
QUANTUM PHYSICS IS AN
INCOMPLETE PICTURE OF REALITY**



“Having studied the atom, I am telling you that *there is no matter as such*. All matter arises and persists only due to a force that causes the atomic particles to vibrate, holding them together in the tiniest of solar systems, the atom. Yet in the whole of the universe there is no force that is either intelligent or eternal, and we must therefore assume that behind this force there is a conscious, intelligent mind or spirit. This is the very origin of all matter.”

~ Max Planck

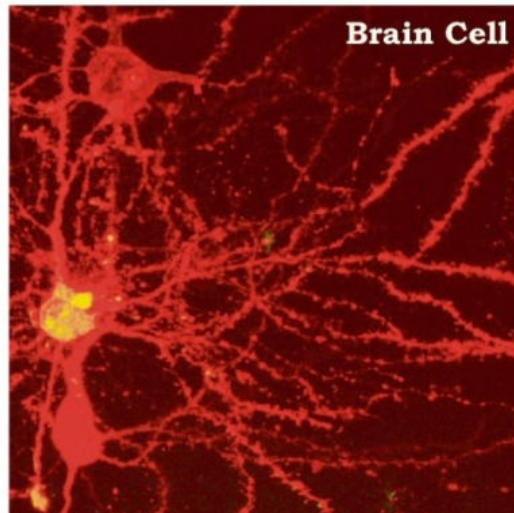


Each human is a miniature universe built on the same template as the cosmos.

Man's nature is divine, perfect and infinite.

Yoga = becoming one with the universe, divine....

**Supreme Yoga practice as
foundation:
ATI Yoga (Tibetan
Buddhism)
Seeing things as Energy**



“My brain is only a receiver. In the Universe there is a core, from which we obtain knowledge, strength and inspiration. I have not penetrated into the secrets of this core, but I know that it exists.”

~ Nikola Tesla

SOUND ENERGY Medicine & NADA Yoga with Himalayan Singing |



According to Vedanta, everything started with *purusha*, which is pure being, divine essence, state of perfection, or infinite love.

When *purusha* creates, that creation becomes known as *prakruti*. Everything we know and understand is *prakruti*. However, being a part of *prakruti*, we then forget that our essence is *purusha*.

The process of “remembering” is found through *chitta*, which is the evolution of consciousness. *Chitta* is achieved through *Dhyana* – meditation.

**Who, though a conscious being, is a stone?
Who paints pictures in the sky?
In which atom, the world exists just as a tree in a seed?
योग-वासिष्ठ *Yoga-Vāsiṣṭha* (6 BCE-7 CE)**



Dr Emoto research on impacting water molecules with intentions and emotions. 1st photo is “You are beautiful”, 2nd is “Thank you”, 3rd one is “Love for humanity”, 4th one is “Love and Gratitude”, 5th one - “Eternal”, and last one is “You disgust me” (natural mandala is broken, disturbed).



**Supreme Yoga
practice as
foundation:
GRATITUDE**

SOUND ENERGY Medicine & NADA Yoga with Himalayan Singing I



**Supreme Yoga
practice as
foundation:
BATHING in
LIGHT**

In each religion on our planet there is the reference to spiritual practice for keeping inner light shining. They all are uniting in understanding that the path to God or Divine is through light, and the path to enlightenment is the path to our true nature.

From perspective of yogic science, Meditation on Light is Supreme Yoga practice, part of Tantrikas, and its aim is to bring awareness to spiritual essence of your being, subtle nature of your body and mind being pure energy.

अथ यदतः परो दिवो ज्योतिर्दीप्यते विश्वतः पृष्ठेषु सर्वतः पृष्ठेष्वनुत्तमेषूत्तमेषु लोकेष्विदं
वाव तद्यदिदमस्मिन्नन्तः पुरुषो ज्योतिस्तस्यैषा

**Now that light which shines above this heaven, higher than all,
higher than everything, in the highest world, beyond which there
are no other worlds, that is the same light which is within man.**

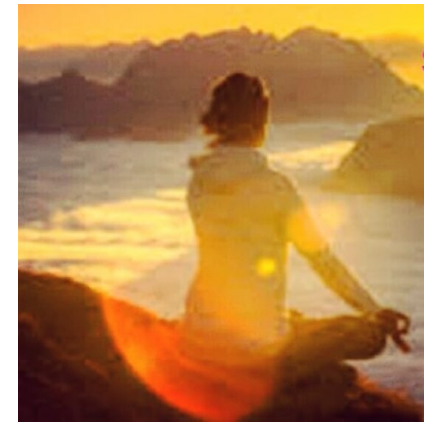
Chandogya Upanishad 3.13.7



In many spiritual traditions the light of different colours is used for healing. In Taoism and Chinese Medicine each organ has corresponding key colour and an element. Sacred yogic texts as well assign the colour to specific element which reside in energy centres or chakras within the body. The practice of visualizing the light of different colours and projecting it into energy centre or organ, or simply bathing in this colour, is believed to improve the qualities of this chakra, organ, and the body as a whole.

To learn in details: please, study Yin Yoga, Chinese Medicine, Tao, QiGong, Mantak Chia Cosmic Healing, Lhamo Mandala Energy Medicine.

**Simple Lhamo Energy Mandala practice: bath in White, Golden or Purple Light, fill in every cell of
your body with light, breath in and breath out light.**



SOUND ENERGY Medicine & NADA Yoga with Himalayan Singing I



**Supreme Yoga
practice as
foundation:
BREATHING /
Pranayama**

Prana (प्राण, *prāṇa*, *sanskrit*) means breath, life force, vital energy, principle of life, the spirit of soul, spirit energy. Prana has different names in different cultures: *anima* in Latin, *pneuma* in Greek, *Qi* in Chinese, *ruh* in Islamic and Sufic, *mana* in Polynesian, *ruah* in Hebrew, and many other names. However you call it, Prana is what creates and sustains you, what gives you life, and you can manage your life force with the help of Pranayama, yogic science of breath.

'When Prâna has watered the great earth with rain, then the plants spring forth, and also every sort of herb.' (11.4-17) **'O Prâna, be not turned away from me, thou shall not be other than myself! As the embryo of the waters (fire), thee, O Prâna, do bind to me, that I may live.'** (11.4)
~ Atharva Veda



Your voice is your unique blueprint. Some scientific organisations can determine the state of your health by analysing the frequencies of your voice, and can improve the health of your body by giving you to listen the frequencies your voice lacks.

For example, NASA held an experiment (see research of Dr Jeffrey Thompson): due to lack of gravity in space bones of cosmonauts were deteriorating. Spacemen were given to listen "frequency of the bones" which sent the right signals to the brain, and after return on Earth their bones were functioning well.

Simple Lhamo Energy Medicine practice: sing more and listen to the music which brings you back to the harmony. Singing or humming the vowels or favourite songs: the power of your voice creates harmonising vibrations flowing through the body. Good to know, that when we chant we expand and direct our breath, prana, by this charging ourselves with life-force. If you add to this singing practice also visualizations of gratitude and joy you will be in a state of perfect harmony just within few minutes of chanting

**Supreme Yoga
practice as
foundation:
SINGING /
CHANTING**

SOUND ENERGY Medicine & NADA Yoga with Himalayan Singing I



The sound and vibration are powerful energy medicine.

Sound Energy Massage with Tibetan Singing Bowls has healing impact on many levels:



~ Energy body:

combined vibration and sound release emotional tension and blocks, purify subtle energy channels and the energy field blueprint, rejuvenate the DNA structure (your information hardware).



~ Cosmic Holographic Blueprint:

by opening your energy channel with sound and vibration you can experience spiritual awakening, union with universal consciousness and can heal yourself with new pure energy through your open energy channel, also triggering personal transformation.

~ Physical body:

deep vibration releases the tension of muscles, pain, massages the organs, rewires the brain, the stress and anxiety disappear. It has been confirmed that the cancer & leukemia cells shutter with the resonance therapy.

Science on impact of Sound and Resonance

More details and direct links to research:

<http://vibroacoustictherapy.org/vibroacoustic-therapy/science/>

Sound Energy Medicine showed positive results in treatment of the following health conditions:

- ~ Cancer and Leukemia rehabilitation
- ~ Pain and Anxiety reduction
- ~ Insomnia
- ~ Depression
- ~ Alzheimer's Disease
- ~ Arthritis
- ~ Heel spurs
- ~ Recovery from surgery or trauma
- ~ Circulation and blood pressure
- ~ Parkinson's disease
- ~ Fibromyalgia



- Physiologically, the relaxation response initiates the following changes, which can be called **the Sound Energy Therapy benefits**, here are few of them:
- Decreases the pain, both physiological and psychological
 - Decreases anxiety and stress, fatigue and depression, nausea and headache
 - Decreases blood pressure and stimulates blood circulation
 - Slows heart rate
 - Slows respiration rate and normalises the breath
 - Relaxes muscles
 - Changes viscosity of phlegm in lungs
 - Skin surface massage and deep tissue massage
 - Deep massage of intestines (often resulting in improvement of constipation)
 - Analgesia
 - Reduces stress-hormone levels (Cortisol, Beta-endorphin and ACTH)
 - Improves quality of life
 - Improves reproduction function

SOUND ENERGY Medicine & NADA Yoga with Himalayan Singing Bowls

History of Himalayan Singing Bowls

It's believed that Buddha brought the first bowl from India to Tibet. There is a legend, that this bowl is still kept at Tibetan monastery and is played on big occasions. All monks bring their bowls to charge with energy of this bowl...

Tibetans will always smile if you ask them about the bowls, and will answer that they are used just for food offerings...

On the deeper understanding in Tibetan culture, the highest Lamas were using them as ritual offerings to their Gods and Deities; the highest Lamas used these bowls for their rituals to travel to another level of consciousness, but it was forbidden to talk about these bowls, even within the monasteries itself. In Bon bowls were used to clear the path for spirit to reconnect with body and purify the body and mind from hungry spirits (energies that don't serve).

Interesting, from Sanskrit, one of translations of Maitreya, Buddha of the future, sounds like "Harmonic Resonance".



SOUND ENERGY Medicine & NADA Yoga with Himalayan Singing Bowls

7 Metals of Tibetan Singing Bowls

It is believed, the old, traditional Tibetan Singing Bowls were made out of an amalgam of the Seven Alchemical Metals, which correspond to:

Lead – Saturn – 1st Chakra

Iron – Mars – 2nd Chakra

Tin – Jupiter – 3rd Chakra

Gold – Sun – 4th Chakra

Copper – Venus – 5th Chakra

Silver – Moon – 6th Chakra

Mercury – Mercury – 7th Chakra

+ meteorite in Tibet giving special powers

The organic and otherworldly sounds are unrivaled for inducing a trance state, and by using Tibetan Singing Bowls that are attuned to the various Chakras, near magical transformations body, mind and soul can be achieved.

Scientifically bowls contain binaural rhythms which synchronize left and right sides of the brain, which is highly beneficial for all systems in the body

Metal Compositions/ Contents (Mixture of Metals)

Two 2 Metal -: Copper (Cu), Tin (Sn) - Bronze Metal

Three 3 Metal -: Copper (Cu), Tin (Sn) & Zinc (Zn)

Four 4 Metal -: Copper (Cu), Tin (Sn) , Zinc (Zn) & Lead(Pb)

Five 5 Metal -: Copper (Cu), Tin (Sn), Zinc (Zn), Iron (Fe) & Lead (Pb)

Seven 7 Metal -: Copper (Cu), Tin (Sn), Zinc (Zn), Iron (Fe), Lead (Pb), Silver (Ag) & Gold (Au)



SOUND ENERGY MASSAGE

Preparation, ancient traditions, gratification

Bowls purification

Energetic: full moon, sun light, sage, Paolo Santo, water, fire, places of power – nature, temples, salt overnight

Physical: lemon juice, vinegar, keep warm & well protected

Space purification, ancient tradition:

Heavy energies/hungry spirits: compassion, call, offer rice/bread + incense and place outside

Prepare another rice bowl + incense

Call for Defenders – defending the space

Call for Protectors – protecting yourself from yourself

Call for Masters (higher energies)

Meditate, set up an intention for the day / healing session

Lighten the candles

With client: use red thread for protection

Fill in the form

Ask what worries, listen

Before the session let him/her set up an intention for the session (may vary from their worries)

After the session offer water

Ask how they feel – listen

Write your comments on the form after the client left

Show gratitude to the bowls, thank masters, protectors & defenders

Ask yourself sincerely what could be improved next time in your practice

Dedicate the energy to the wellbeing of everyone or the person(s) which need it the most



SOUND ENERGY MESSAGE

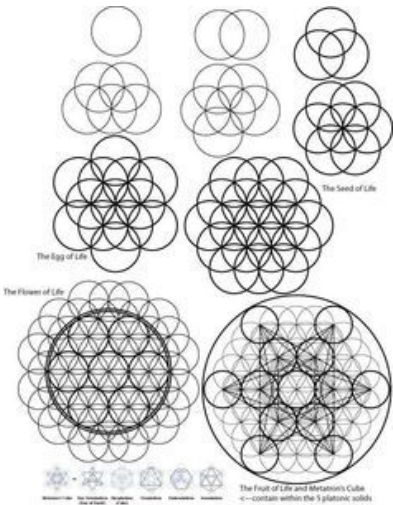
Sacred symbols used



VAJRA is a Sanskrit word meaning both thunderbolt and diamond. Additionally, it is a weapon won in battle which is used as a ritual object to symbolize both the properties of a diamond (indestructibility) and a thunderbolt (irresistible force).

Sanskrit *Vajra*- refer to a weapon of the Godhead, means "to be(come) powerful. Vajra is used to kill ignorance.

In Tantric Buddhism (Vajrayana) the vajra and ghanta (bell) are used in many rites by a lama or any Vajrayana practitioner. The vajra is a male symbol, representative of upaya (skilful means) whereas its companion tool, the bell which is a female symbol, denotes prajna (wisdom). Some deities are shown holding each the vajra and bell in separate hands, symbolizing the union of the forces of compassion and wisdom, respectively.



FLOWER OF LIFE: patterns of seven overlapping circles appear in historical artefacts from the 8th century BC onwards. They are found on a Cypro-Archaic I cup of the 8th-7th century BC in Cyprus; at the Temple of Osiris at Abydos in Ancient Egypt; and on Roman mosaics, for example at Herod's palace in the 1st century BC. The patterns are used extensively in Islamic art. in Ancient Egypt, *and in the Hindu temple at Prambanan in Java.*

SPIRAL

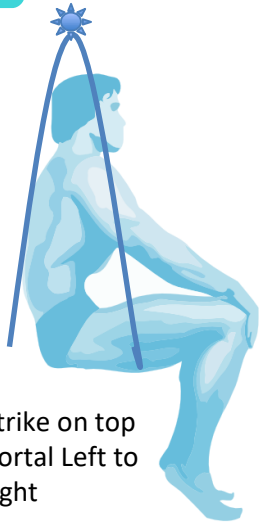
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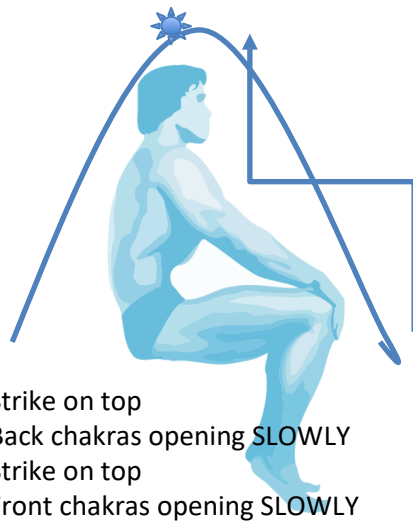
SOUND ENERGY MASSAGE © (Lhamo School)

Application of sacred symbols: first bottom down, then bottom up

1 Portal opening/Aura caressing/Chakras opening



Strike on top
Portal Left to right

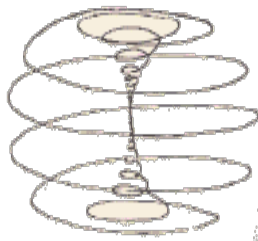


Strike on top
Back chakras opening SLOWLY
Strike on top
Front chakras opening SLOWLY

2. Back Vajra/doubleDorje Spiral



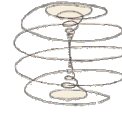
2.1. Back
Strike heart area
Vertical Dorje
Horizontal Dorje



2.2. Back
Spiral clockwise, from base of the spine upwards



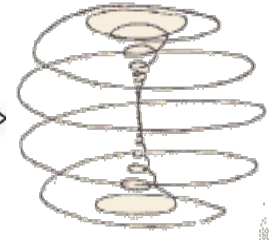
3. Front



3.3. Top of the head
Spiral clockwise upwards



3.1. Front
Strike heart area
Vertical Dorje
Horizontal Dorje



3.2. Front
Spiral clockwise, upwards

4. Repeat full cycle (1-3) with bowl bottom up

5. Bowl on head

1min, 3-4 rounds, clockwise (avoid eyes, ears, nose)



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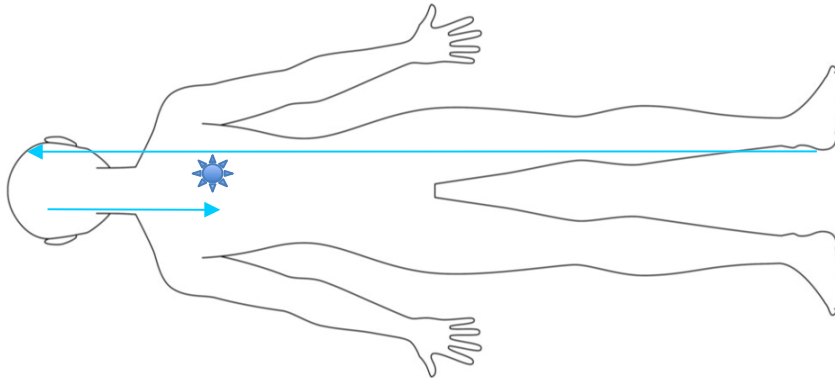


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Application of sacred symbols

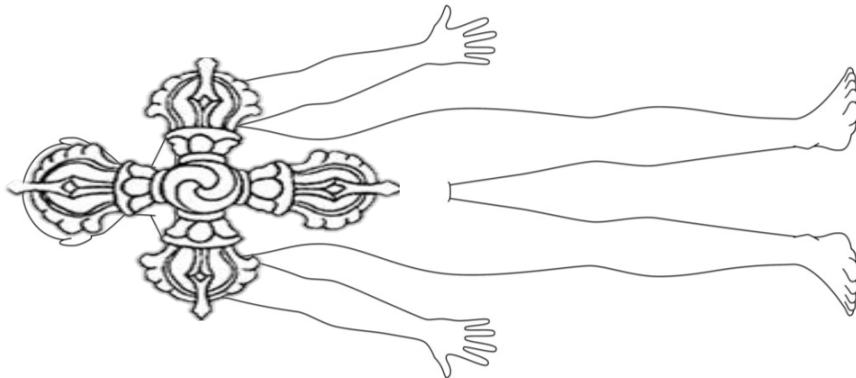
1. Portal opening/ Aura caressing/Chakras opening

Strike near heart, down towards feet, then all the way up



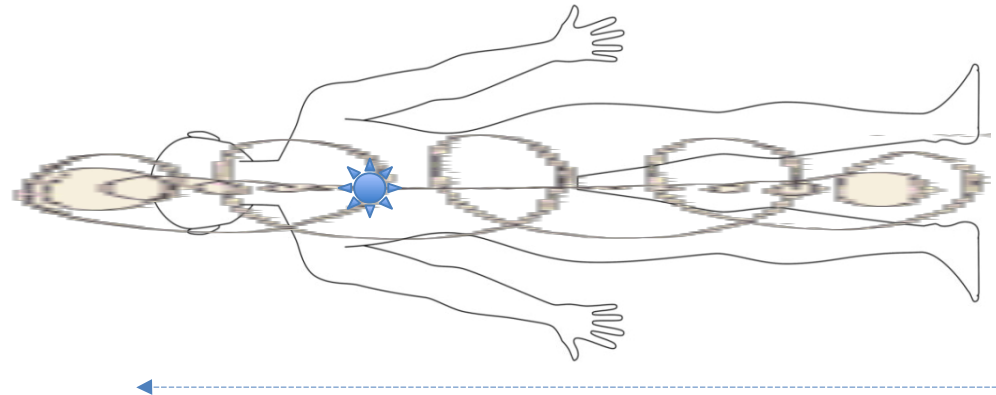
2. Double Dorje, Vajra

Strike near heart, vertical vajra, horizontal vajra



3. Spiral

Strike near heart, start spiral from feet clockwise towards the head



Important:

Opening sequence - we begin with these 3 steps both when person is on the belly and on the back

Closing sequence - we finish with 3 steps after massage:

- when on the belly - just bowl's bottom down

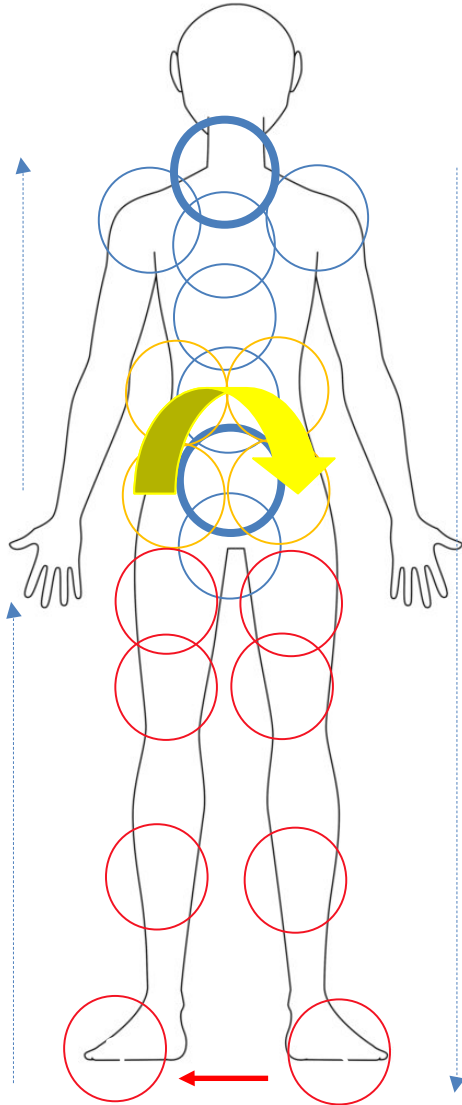
- when on the back - both with bowl bottom down and up

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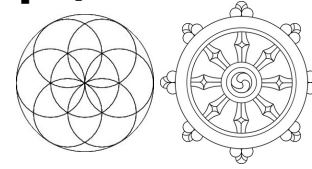
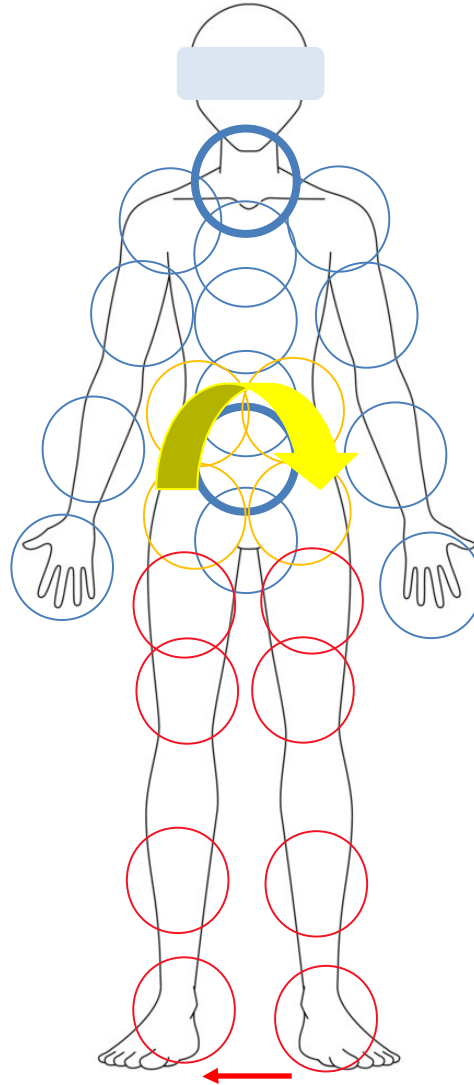


SOUND ENERGY MASSAGE© (Lhamo School) (brief technique)

1. Back



2. Front

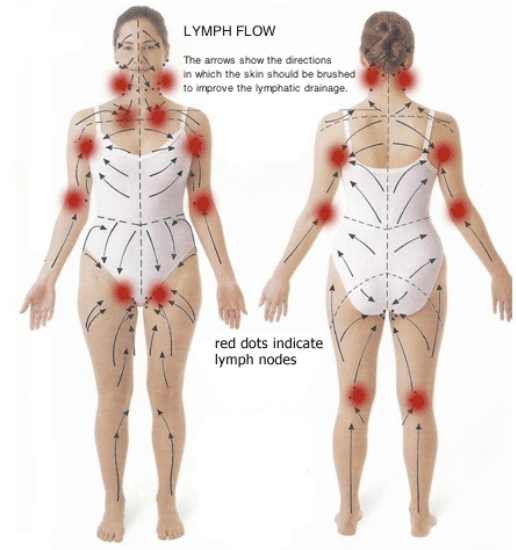


1 cycle - 8 strikes
3 cycles on feet - 24 strikes



Lymph flow

Never move the bowl against the lymph flow
Gently lift when necessary



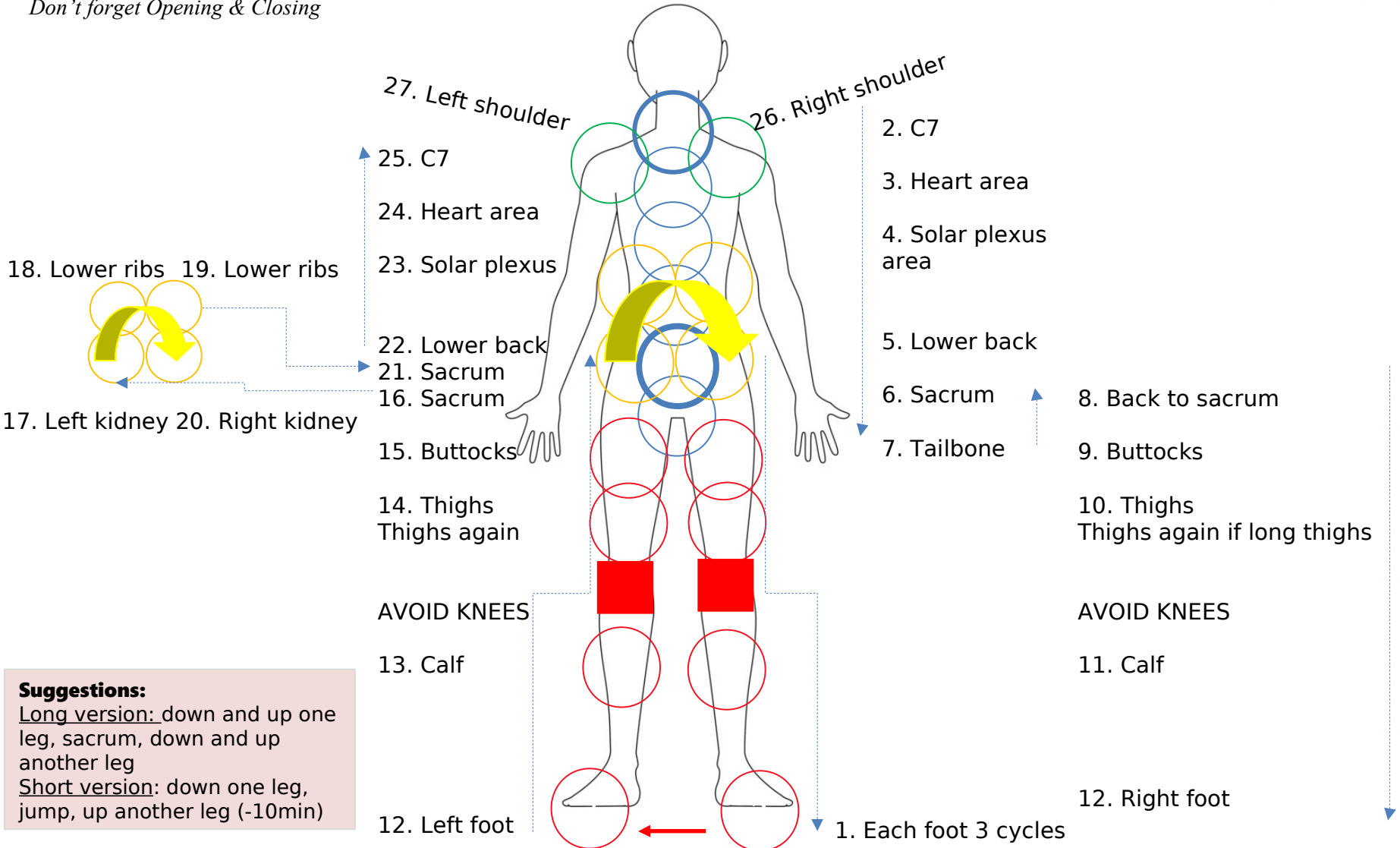
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SOUND ENERGY MASSAGE © (Lhamo School) (detailed technique)

On back step by step

Don't forget Opening & Closing



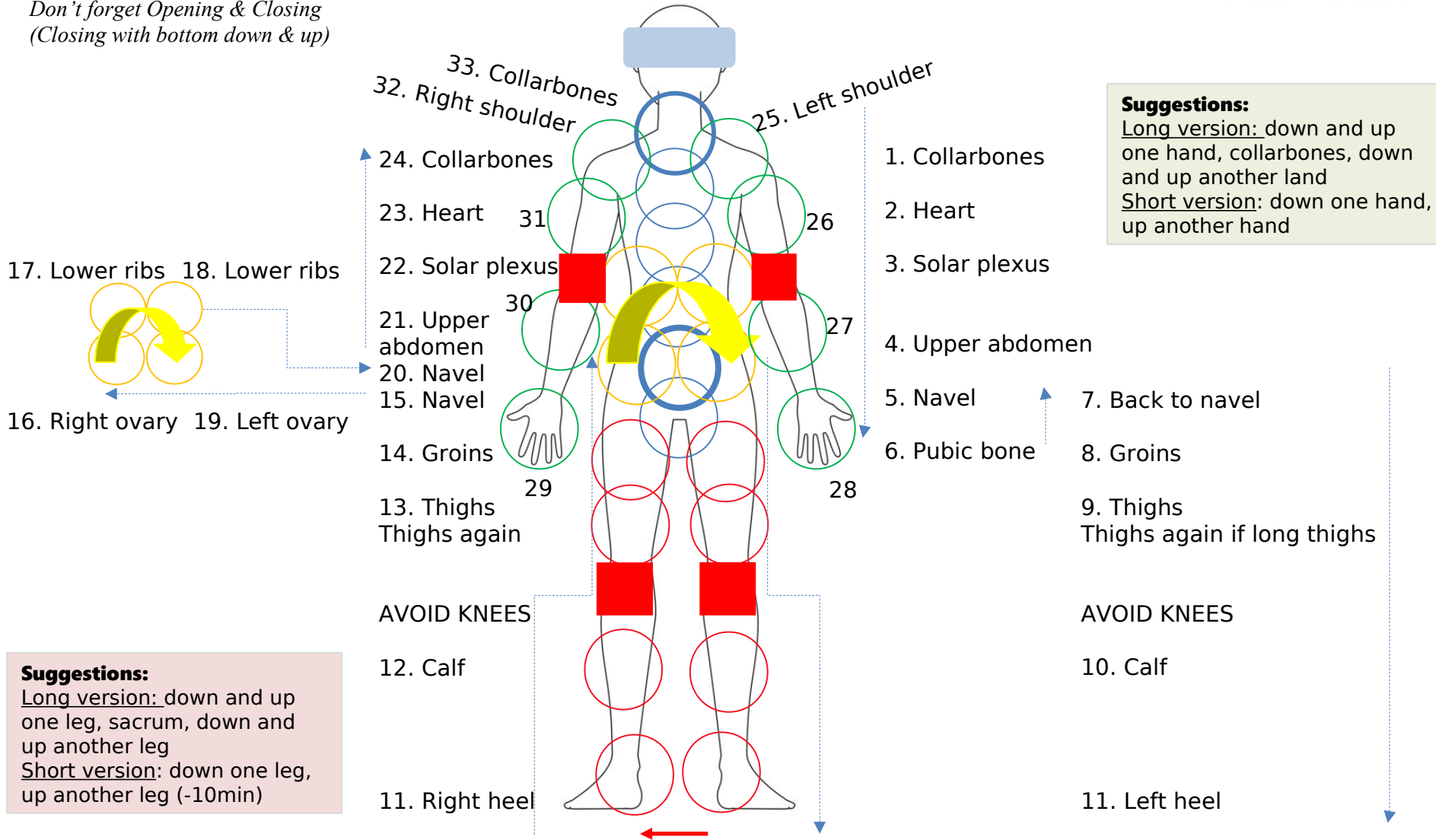
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SOUND ENERGY MASSAGE © (Lhamo School)

On the back step by step

Don't forget Opening & Closing
(Closing with bottom down & up)



Massage Intake Form

Personal Information

Name _____ Phone (day) _____ (evening) _____

Address _____ City/State/Zip _____ DOB _____

Occupation _____ Employer _____

E-mail _____ Primary Physician _____

Emergency Contact _____ Relationship _____ Phone _____

How did you hear about us? _____

Medical Information

Are you taking any medications? yes no

If yes, please list name and use: _____

Are you currently pregnant? yes no

If yes, how far along? _____

Any high risk factors? _____

Do you suffer from chronic pain? yes no

If yes, please explain _____

What makes it better? _____

What makes it worse? _____

Have you had any orthopedic injuries? yes no

If yes, please list: _____

Please indicate any of the following that apply to you.

- Cancer
- Headaches/Migraines
- Arthritis
- Diabetes
- Joint Replacements
- High/Low Blood Pressure
- Neuropathy
- Fibromyalgia
- Stroke
- Heart Attack
- Kidney Dysfunction
- Blood Clots
- Numbness
- Sprains or Strains

Explain any conditions you have marked above:

Massage Information

Have you had a professional massage before? yes no

What type of massage are you seeking?

- Relaxation
- Therapeutic/Deep Tissue

Other _____

What pressure do you prefer?

- Light
- Medium
- Deep

Do you have any allergies or sensitivities? yes no

Please explain _____

Are there any areas (feet, face, abdomen, etc.) you do not want massaged? yes no

Please explain _____

What are your goals for this treatment session?

Please circle any areas of discomfort

*By signing below, you agree to the following.
I have completed this form to the best of my ability and knowledge
and agree to inform my therapist if any of the above information
changes at any time.*

Client Signature _____ Date _____

Therapist Signature _____ Date _____



Sound Energy Medicine Practitioners Association (SEMPA)

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