

SOUND ENERGY Medicine & NADA Yoga with Tibetan Singing Bowls

7 Chakras & 5 Elements Balance Sound Bath
Course by Lola Lhamo



Course certified by Vibroacoustic Therapy Association



Sound Energy Massage and Nada Yoga

Yogas chitta vritti nirodhah

Tada drastuh svarupe vasthanam.

“Yoga is stilling the fluctuations of the mind. Then one abides in their own true nature.”

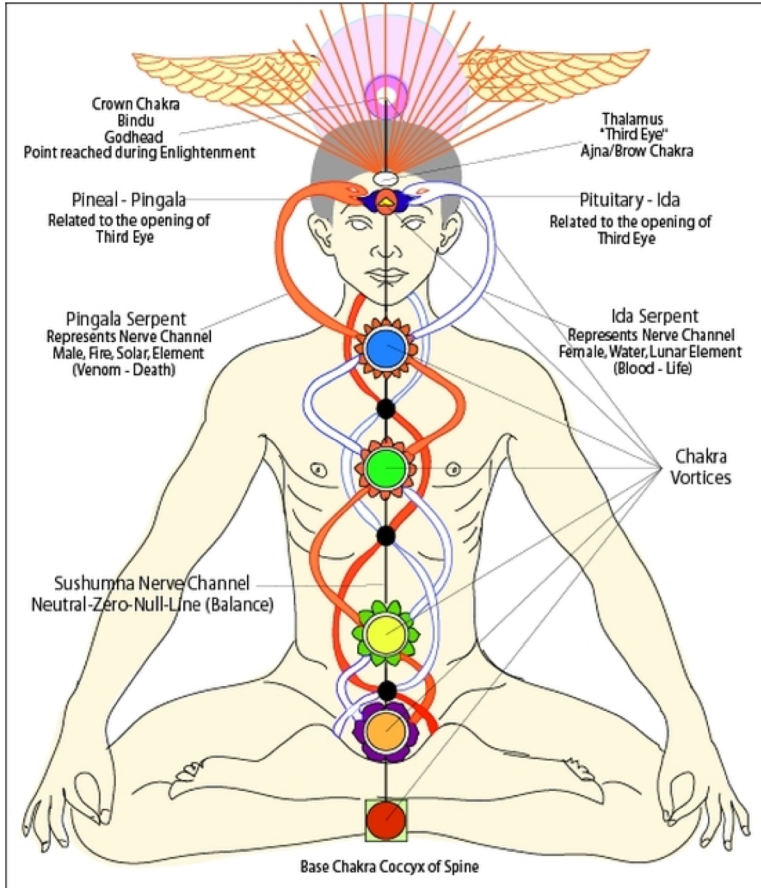
Yoga Sutras of Patanjali



Patanjali created the *Eight Limbs of Yoga* as a template to help us transcend the confines of our ego and to reach self-realization.

Steps for yogic energy healing to transformation:

1. Ethical principles of integrity - Yama
2. Ethical principles of self-discipline and behavior - Niyama
3. Asana – mastering the body to sit still in meditation (physical exercises for body & concentration appeared 8 centuries later)
4. Pranayama – breath, prana, life force control & extension
5. Pratyahara – withdrawal from senses of the outer world to inner world, self-observation
6. Dharana – concentration
7. Dhyana - meditation – awareness of quiet mind
8. Samadhi – ecstasy, bliss, union with divinity



In physical body, the nadis are channels carrying air, water, nutrients, blood and other bodily fluids around and are similar to the arteries, veins, capillaries, bronchioles, nerves, lymph canals and so on.

NADIS: Energy Channels

Since ancient times, the ṛṣis of India believed there are millions of Nadis (energy channels) in the body. Nāḍī (Sanskrit नाडी nāḍī = tube, pipe, flow) is a term for the channels through which, in traditional Indian medicine and spiritual science, the energies of the physical body, the subtle body and the causal body are said to flow.

Nadis carry life force energies known as *prana*.

In Kundalini yoga, there are three important nadis:

- ~ **ida** - left channel, introverted, lunar, feminine, cooling;
- ~ **pingala** - right channel, active, solar, masculine, heating;
- ~ **sushumna** - central channel.

In Raja Yoga or Yoga of Patanjali, when the mind is quietened through Yama, Niyama, Asana and Pranayama the important state of Pratyahara begins. A person entering this state never complains of Dispersion of Mind. This is characterized by observing the movements in sushumna in the subtle body. Sushumna makes the way for the ascent of Kundalini.

Chakras – Energy Centers in different cultures

There are many chakras, or energy centers, in the body that become blocked by longheld tension and low self-esteem. But practicing poses that correspond to each of main chakras can release these blocks and clear the path to higher consciousness.

Traditionally, Indians saw the body as containing seven main chakras, arranged vertically from the base of the spine to the top of the head. Chakra is the Sanskrit word for wheel, and these "wheels" were thought of as spinning vortexes of energy. These imbalances may develop temporarily with situational challenges, or they may be chronic. A chronic imbalance can come from childhood experiences, past pain or stress, and internalized cultural values.

Tantric practice is said to eventually transform all experience into bliss. The practice aims to liberate from negative conditioning and leads to control over perception and cognition.

In Tibet by focusing on a specific chakra (while often holding the breath) the subtle winds enter the central channel. The chakra at which they enter is important in order to realise specific practices. For example, focusing on the subnavel area is important for the practice of *tummo*, or *inner fire*. Meditating on the heart chakra is important for realising *clear light*. Meditating on the throat chakra is important for *lucid dreaming* and the practices of dream yoga. And meditating on the crown chakra is important for *consciousness projection*, either to another world, or into another body.



Crown Chakra (32 Petals)



Throat Chakra (16 Petals)



Heart Chakra (8 Petals)

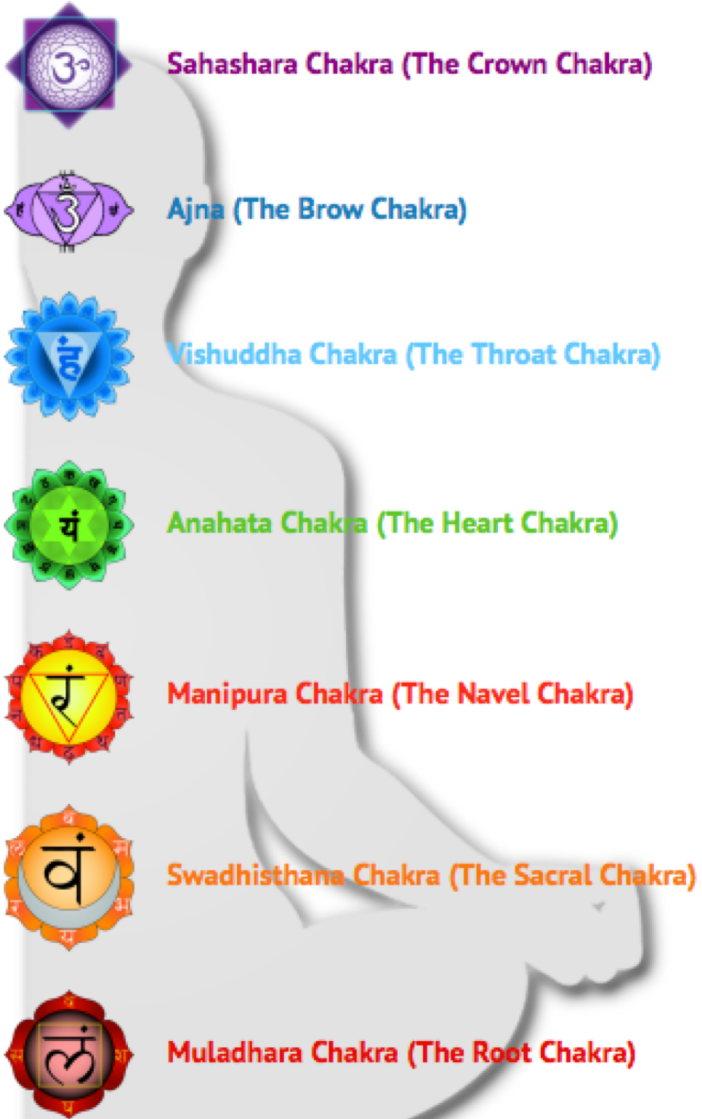


Navel Chakra (64 Petals)



SOUND ENERGY Medicine & NADA Yoga with Tibetan Singing Bowls

Chakras Yogic System



Energy Centers Tao System

B (si)

Upper Dan Tian
Shen to Wuji (supreme)

A (la)

Middle Dan Tian
Qi to Shen (spirit)

G (sol)

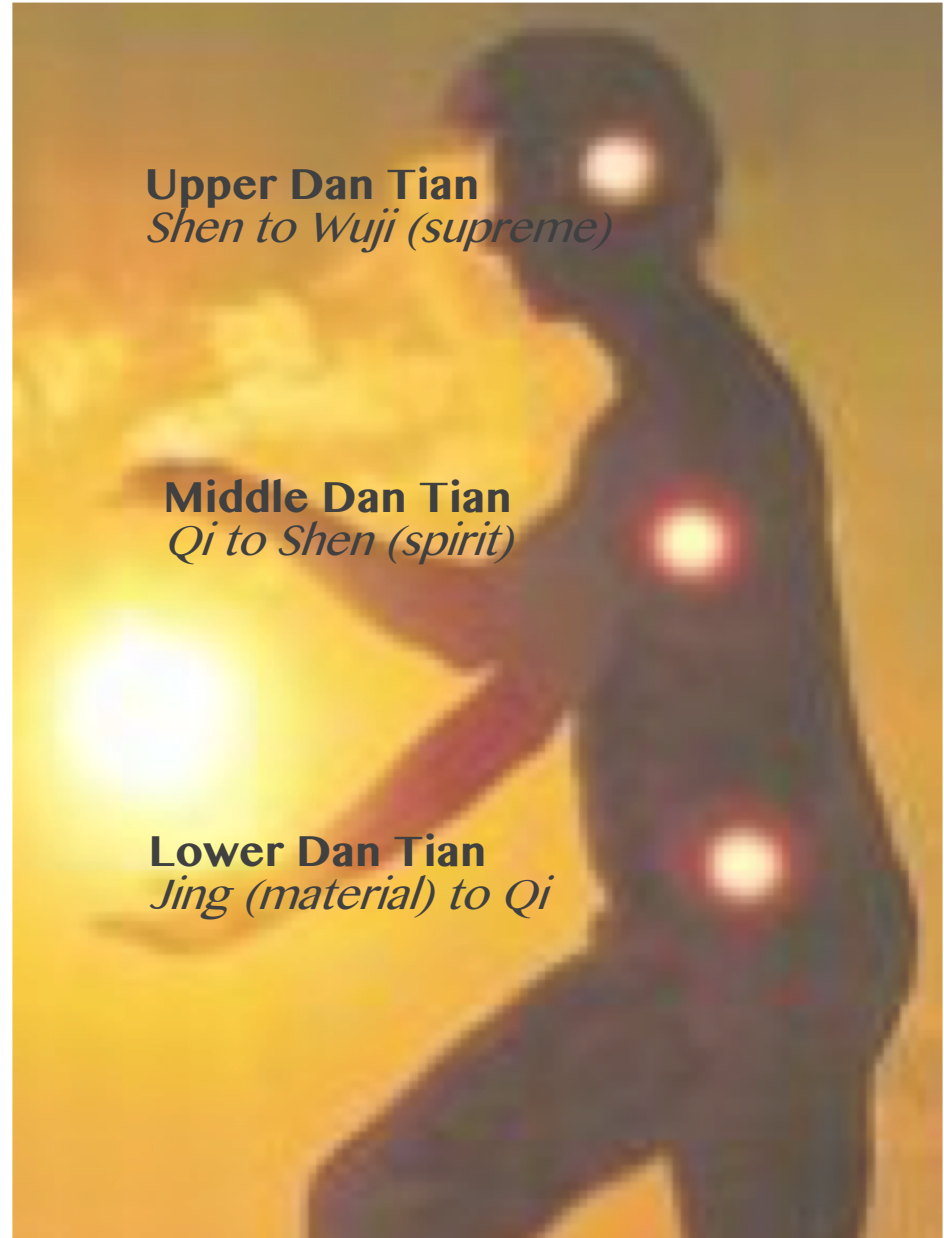
F (fa)

E (mi)

Lower Dan Tian
Jing (material) to Qi

D (re)

C (do)



SOUND ENERGY Medicine & NADA Yoga with Tibetan Singing Bowls

VERTEBRAL LEVEL	NERVE ROOT*	INNERVATION	POSSIBLE SYMPTOMS
C1	C1	Intracranial Blood Vessels	Headaches • Migraine Headaches
C2	C2	• Eyes • Lacrimal Gland	• Dizziness • Sinus Problems
C3	C3	• Parotid Gland • Scalp	• Allergies • Head Colds • Fatigue
C4	C4	• Base of Skull • Neck	• Vision Problems • Runny Nose
C5	C5	Muscles • Diaphragm	• Sore Throat • Stiff Neck
C6	C6	• Neck Muscles • Shoulders	• Cough • Croup • Arm Pain
C7	C7	• Elbows • Arms • Wrists	• Hand and Finger Numbness
C8	C8	• Hands • Fingers • Esophagus • Heart • Lungs • Chest	or Tingling • Asthma • Heart Conditions • High Blood Pressure
T1	T1	Arms • Esophagus	Wrist, Hand and Finger
T2	T2	• Heart • Lungs • Chest	Numbness or Pain • Middle Back
T3	T3	• Larynx • Trachea	Pain • Congestion • Difficulty
T4	T4		Breathing • Asthma • High Blood
T5	T5	Gallbladder • Liver	Pressure • Heart Conditions
T6	T6	• Diaphragm • Stomach	• Bronchitis • Pneumonia
T7	T7	• Pancreas • Spleen	• Gallbladder Conditions
T8	T8	• Kidneys • Small Intestine	• Jaundice • Liver Conditions
T9	T9	• Appendix • Adrenals	• Stomach Problems • Ulcers
T10	T10	Small Intestines • Colon	• Gastritis • Kidney Problems
T11	T11	• Uterus	
T12	T12	Uterus • Colon • Buttocks	
L1	L1	Large Intestines	Constipation • Colitis • Diarrhea
L2	L2	• Buttocks • Groin	• Gas Pain • Irritable Bowel
L3	L3	• Reproductive Organs	• Bladder Problems • Menstrual
L4	L4	• Colon • Thighs • Knees	Problems • Low Back Pain
L5	L5	• Legs • Feet	• Pain or Numbness in Legs
SACRAL	SACRAL	Buttocks • Reproductive Organs • Bladder • Prostate Gland • Legs • Ankles • Feet • Toes	Constipation • Diarrhea • Bladder Problems • Menstrual Problems • Lower Back Pain • Pain or Numbness in Legs



Sahasrara Chakra (The Crown Chakra)
B (si)



Ajna (The Brow Chakra)
A (la)



Vishuddha Chakra (The Throat Chakra)
G (sol)



Anahata Chakra (The Heart Chakra)
F (fa)



Manipura Chakra (The Navel Chakra)
E (mi)

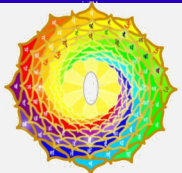






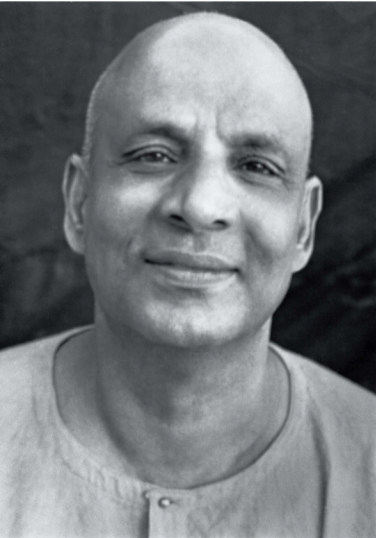
Swadhisthana Chakra (The Sacral Chakra)
D (re)



Muladhara Chakra (The Root Chakra)
C (do)

SOUND ENERGY Medicine & NADA Yoga with Tibetan Singing Bowls

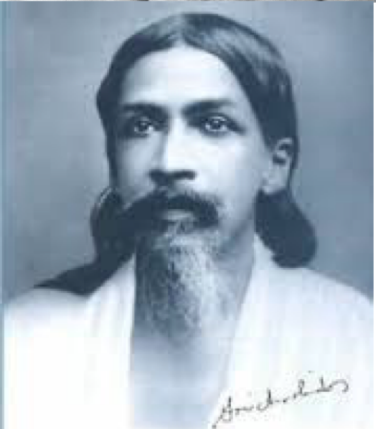
Symbol & Sound	Sanskrit & Translation	Physical Body	Emotional state	Practices
 B (si)	SAHASRARA, Crown Thousand petals Great sound	Hypothalamus or the pituitary gland, pineal gland, brain, nervous system, skin, depression	KNOW – I understand Maturity, wisdom, dignity, higher consciousness, divinity, gratitude	Meditation, Savasana, head-stands, gratitude
 A (la)	AUM AJNA, Third Eye Command	Brain, pituitary & pineal glands, eyes, nose, hormones, headaches	SEE – I see Intuition, clear vision, spiritual energy, intelligence, insight	Balāsana, Garudasana, Janu Sirsasana, Dolphin pose, Adho Mukha Svanasana, Paschimottanasana, Trataka
 G (sol)	HAM VISHUDDHA, Throat Ether Especially pure	Thyroid, endocrine system, sore throat, voice, insomnia, ears, teeth, shoulders, arms	SPEAK – I speak Communication, self-expression, power of choice, voice	Khecari Mudra, Sarvangasana, Halāsana, Matsyasana, Simhasana (lion pose)
 F (fa)	YAM ANAHATA, Heart Air Unstruck sound of celestial realm, Pure *Yantra – Shiva-Shakti	Immune system, heart, respiratory, thymus, skin, blood, palms, allergies, anxiety	LOVE – I love, trust Love, compassion, relations, openness, harmony, intuition	Ustrasana, Kapotasana, Chakrasana, Bhujangasana, Virabhadrasana, Purvottanasana
 E (mi)	RAM MANIPURA, Solar plexus Fire Jewel city Mani – gem Pura - city	Digestive system (liver, stomach, pancreas, kidneys), metabolism, diabetes, arthritis, blood, muscles, adrenals, vision	WILL – I do, I transform Will power, persistence, natural leadership, career, control, confidence	Pranayama uddiyana; agnisara kriya (abdomen in-out); Virabhadrasana, Dhanurasana
 D (re)	VAM SVADHISTHANA, Sacral Water One's own base	Genitals, fertility, lower back, emotional instability, depression, uterus, colon	FEEL – I feel, I create Sexuality, prosperity, physical energy, creativity, compassion, relations	Trikonasana, Chandrasana, Natarajasana, Balāsana (child pose)
 C (do)	LAM MULADHARA, Root Earth Mula – root, base, foundation Dhara – support.	Adrenal glands, kidneys, skeleton, bones, pelvis, hips, legs, knees, excretory system, bladder, sexual organs, veins	BE – I am Grounded, safe, stable, connected, joyful. Fearlessness, willpower.	Tadasana, Vajrasana, Garudasana, Lotus, Gomukhasana, Utkatasana, Dandasana, mulabandha



Sages on Chakras practices

In his book on Japa Yoga (Himalaya Press, 1978), **Swami Sivananda** states that a yogi that practices Japa only with the Om and is successful at Mahasamyama (oneness with the object —in this case, a word being meditated on—) becomes a direct disciple of the Om, the most holy of all words and syllables. Thus, the yogi who achieves this feat needs no guru or Sat-guru to achieve any spiritual goal (an archetype or an Ascended Master —a Krishna, a Rama, a Jesus, a Nanak, a Buddha... —).

Swami Sivananda mentions that this yogi has a path that is, in all recognisable ways and manners, reverse of that of other yogis or spiritual aspirants and their paths, in that this spiritual aspirant then works through the chakras, mastering them from the crown down.



Satprem explains, in page 67 of his book *Sri Aurobindo, or the Adventure of Consciousness* (ISBN 81-85137-60-9), that, in **Sri Aurobindo** and the Mother's Integral Yoga, the practitioner experiences a "descent" where the Grace and Light works through and enlightens the chakras from the crown chakra downwards.

SOUND ENERGY Medicine & NADA Yoga with Tibetan Singing Bowls



SOUND ENERGY
MEDICINE
WITH LOLA LHAMO

ॐ

OM

(Sacred Syllable)

भूर्भुवः स्वः

BHUR BHUVAH SUVAHA

the material world the physical world the celestial world

तत् सवितुर् वरेण्यं

TAT SAVITUR VARENIYAM

the Supreme Being the source to be worshipped

भर्गो देवस्य धीमहि

BHARGO DEVASYA DHEEMAHI

the Divine Light its sacred truth we deeply meditate

धियो यो नः प्रचोदयात् ॥

DHIYO YO NAH PRACHODAYATH

the Intellect which to us may Light be endowed

ॐ मणि पद्मे हुं

OM MA•NI PAD•ME HUM
pure body jewel wisdom unity

Mantra of Wholeness Purna-tvam Mantra

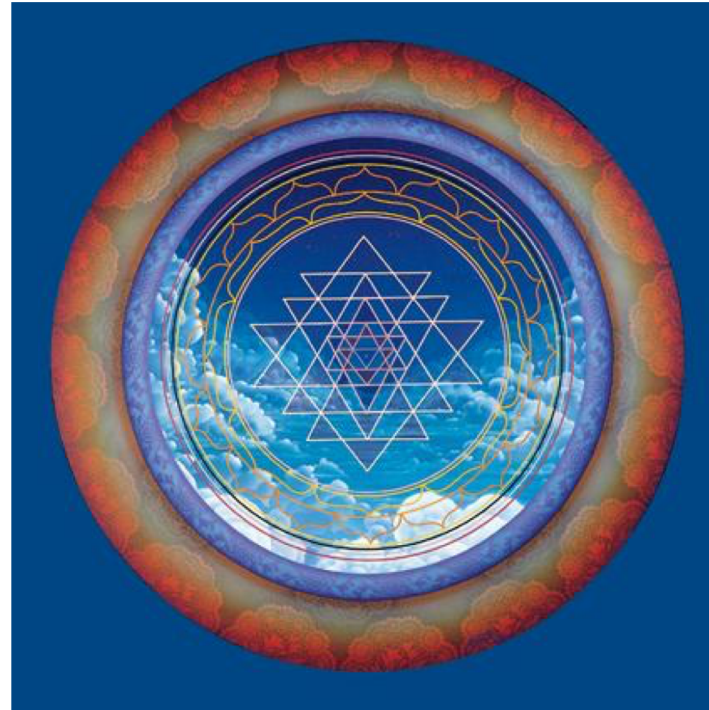
Aum. In that state, Wholeness is
experienced here

Wholeness is felt there

In that state, Wholeness arises from
Wholeness

In that state, one dives from
Wholeness into Wholeness, until
nothing but Wholeness remains

Aum peace peace peace



OM purnamadah purnam-idam purnat
purnam udachyate
purnasya purnamadaya purnam
evavashishyate
Om Shanti

A bīja (seed syllable) mantra is used both as a password that evokes the positive quality and the armour that sustains the quality.



Om



Ham



Yam



Ram



Vam



Lam

SOUND ENERGY Medicine & NADA Yoga with Tibetan Singing Bowls

Sound Energy 7 Chakras Balance



SOUND ENERGY
MEDICINE
WITH LOLA LHAMO



B (si)

G (sol)

E (mi)

C (do)

A (la)

F (fa)

D (re)

Technique

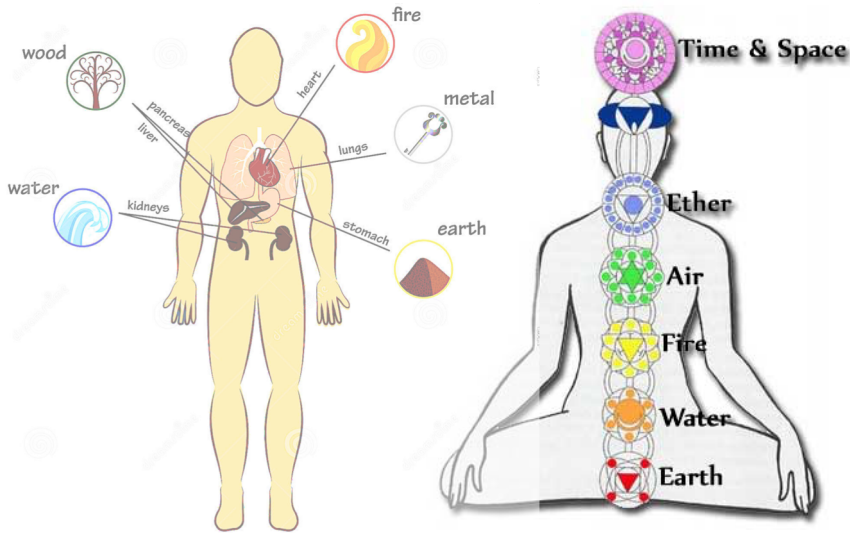
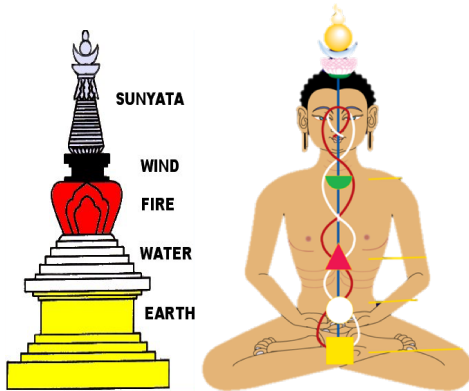
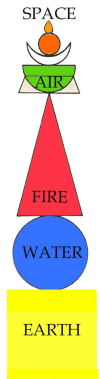
1. 100% - spiral from C to B
- 2-6. Repeat 90%-50%
7. 50% spiral B to C
8. 50% quarter of the moon:
C-D-F, F-D-C
9. 50% half-moon:
C-D-F-A-B, B-A-F-D-C
10. 50% full moon:
C-D-F-A-B-G-E-C, C-E-G-B-A-F-D-C
11. Free style
-
12. 50% full moon clock-wise:
C-E-G-B-A-F-D-C

SOUND ENERGY Medicine & NADA Yoga with Tibetan Singing Bowls

Sound Energy 5 Elements Balance



SOUND ENERGY
MEDICINE
WITH LOLA LHAMO

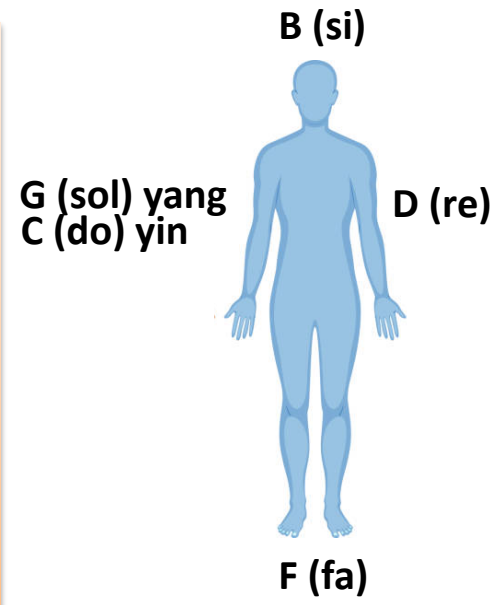


Technique
(~50% intensity)

Cycle 1. F – B
C/G – D
F – C/G – B – D

Cycle 2. B – F
C/G – D
F – C/G – B – D

Free Style
Cycle 3. F – B
C/G – D
F – C/G – B – D



SOUND ENERGY Medicine & NADA Yoga with Tibetan Singing Bowls.

Sound Energy Chakras & 5 Elements Balance Massage
Course by Lola Lhamo



yoga@lolalhamo.com
+44 7757093532
www.lolalhamo.com

www.soundenergymedicine.com
www.vibroacoustictherapy.org