

Yoga Sounding – the sound of silence...

By Radhika Randall

Different schools of thought about sound vibration lead to similar conclusions

- The Yoga Sages say that the universe is created from vibration – a type of special sound. Vibration is everywhere – light, heat, physical sound, you could even say the pulse of the heart is much like a very slow vibration.
- Quantum physics describes that matter itself is interchangeable with energy or vibration.
- At a grosser level sound is very powerful – all of life’s celebrations are often associated with a type of sound – music and rhythm.
- The great Yoga Masters say that we have a form of vibrating energy as a template for our physical body. This is controversial as science has as yet been unable to measure this very well, but sometimes when you are relaxed or doing yoga you can almost feel or at least imagine a pulse of energy within.
- Creating Sound Vibration can be fun, uplifting and focusing. You do not need to be “musical” to do this. For those interested, sound can also be used to deepen one’s spiritual practice.

Don’t Forget Resonance

When making sound this is the key to success – feeling the sound resonate within your body. Resonance is that powerful effect which occurs when all the sound vibrations align – like the marching which can upset a bridge. Sometimes when listening to music you can feel the music within you – it is resonating with you. Even people’s voices can resonate with you; how they are saying it is more important than what they are saying.

Experiment when you make sound to create resonance – alter the pitch until you feel it resonate within you. Sounding within a group is fantastic, when you all begin to harmonise together.

Try these simple practices to begin your sounding.

Remember this type of sounding is meant to have no religious connections. It can be used to clear the mind, bring yourself more centred, reduce stress, make you feel calmer and help lead toward something deeper within.

Try these 3 easy practices

- The Humming Bee (Brahmari)
The Humming Bee breath has been found in research to be very helpful at relieving sinus pressure, awakens your awareness of sound, and has a calming effect.

Raise your awareness to the mouth and nasal passages, and ‘hum’ the breath as you breathe out through the upper nose. Repeat 5 times to begin with.

- Sounding

Ahhhh.... from your belly

Uuuu....like saying “who” from your throat

Mmmmm....like the m sound in “yum” from the nasal area.

Chant loudly each sound for 3 rounds, feeling the complete body resonance.

- The Universal Sound

Ommm.... (AUM).

Chant loudly 3 to 9 rounds, feeling the resonant waves throughout the body.

Chant a little softer each time, until you end in a whisper.

Then mentally sound the Om in the mind for 3 to 9 rounds, ending in Silence, feeling the resonant waves arising and spreading through the body, and diffusing into silence...

NB - Vibrating the OM sound 3 times before you begin yoga or any important practice helps you to centre, and dedicate the practice for universal good.

Even if you don’t practise Yoga, sounding can be quite helpful. Give it a go in the car, shower, and out in the bush, if you are worried by what others may think. All the practices have a de-stressing effect, and some report feelings of wellbeing and upliftment. So sing, hum, chant – loudly, softly, silently. Have a good sounding....

