SOUND AWARENESS

A DAILY SINGING PRACTICE

The Unchanging Sound

A U Mmmmmmmmmmmmmmmmmmmmmmmmmmmmmm

The Seven Chakra Mantra

Lam	**Vam**	**Ram**	**Yam**	**Ham**	**Aum**	**So - Ham**
root	pelvis	centre	heart	throat	3rd eye	crown

Heart Sutra

Gate Gate	**Paragate**	**Parasamgate**	**Bodhi Svaha**
Go go	Far beyond	Go Far beyond	The Wisdom Is

The Seven Sounds of Love

SA	**RE**	**GA**	**MA**	**PA**	**DHA**	**NI**	**SA**
(root)	(pelvis)	(solar plexus)	(heart)	(throat)	(3rd eye)	(backofhead)	(crown)

Sound Awareness offers a simple and profound singing practice for everyone. It is a vocal meditation, a way to embody spirit in sound. It will strengthen your inner-outer voice, relax your mind and awaken the witness consciousness; your capacity to listen to yourself without judgement. Take a journey from the source of sound with the sacred AUM; through the Seven Chakra Mantra which strengthens the spine and vertical axis of awareness; to the Heart Sutra, which awakens gratitude and compassion for the personal and collective Self; and finally, the six musical modes sung with the Indian sounds, SA, RE, GA, MA, PA, DHA, NI, SA.

Ultimately the subtle musical intervals of these modes, enable us to access and to transform our unconscious emotions into musical food for the soul, and to bring the treasures of true human feeling into consciousness through sound.

*To sound these practices along with Chloe download **Sound Awareness**:*
http://thenakedvoice.com/sound-awareness/