

The use of sound vibration is found in many sacred healing rituals from Hindu, to Mongolian Shamans and even Tibetan Tantric Monks. In the beginning there was the sound Aum and from this sound the vibration of the universe was formed. In the Hindu religion Aum is considered a very sacred sound embodying the essence of the entire universe. Aum is described as the manifestation of God in the holy texts of the Hindu religion. The symbol's threefold nature is central to its meaning. It represents several important triads: The three major Hindu gods - Brahma, Vishnu, and Shiva; the three sacred Vedic scriptures - Rg, Yajur, and Sama; and the three worlds - earth, atmosphere, and heaven. In Sanskrit the vowels a and u combine and Aum becomes Om. "Om is considered the most elemental sound of creation. This sacred syllable represents the primordial sound of the universe, the underlying vibratory power behind all existence." Deepak Chopra

The entire universe is formed from the vibration of sound, every living organism is in a constant state of vibration and every organ has a unique vibration. Science has proven that the vibration of sound has the power to create a physical change within an organism and it's aura or electromagnetic field. While the change may be temporary very powerful and magical things can transpire. It is during this time that the moment of sound healing takes place. "Sound therapy is based on this principle of "sympathetic resonance", and sympathetic resonance is when one vibrating object causes another to vibrate in harmony with it, or match its rate of vibration and resonance is the vibratory rate of an object.

The most powerful sound healing tools known to man is the ancient technique of overtone chant. It is linked with ancient religious practices and beliefs, with powerful forces within the universe. This form of chanting may be used for meditation or for magical healing and originated in Central Asia. It has been practiced for centuries by Shamans of Mongolia and Tuva (Siberia) where it is called khoomii which translates to throat singing. "The roots of Khöömii are steeped in Mongolian Culture with origins in Shamanism (Mongolia's national religion). The modulated overtones generated while singing the base melody convey an ethereal inter-connectedness with the human spirit, nature and nomadic tradition. Overtone chanting is also found in Tibet and is used by tantric monks as part of a ceremonial practice. "Overtone chanting makes audible the natural harmonic spectrum of the voice in its pure rainbow colour, so that unearthly, angelic, and bell-like tones are heard floating above the deep voices of the chanters."

Overtone chant(s):

<http://www.youtube.com/watch?v=9O2wDCNC9ac>

<http://www.youtube.com/watch?v=HwANedEkqaY>

http://www.youtube.com/watch?v=2lnxs_DMUDk&list=PLNb83dwExrdTDkHuI_fK0w0PrCs-fEvzD&index=2

The "deep voice" chanting of the Tibetan monks and Mongolians creates a second fundamental drone either in the pharynx or false vocal chords, which allows a second overtone to be amplified, a total of three or even four simultaneous sounds. A very powerful, multidimensional waveform is created which operates on several levels. The fundamental, or base tones of the voice work mainly on the physical body, while the overtones, which are the pure, rainbow colours of the voice, work mainly on the subtle bodies. Like laser beams, these overtones dissolve and disperse crystallisations of potentially harmful energy in the aura, thus preventing them from reaching the physical body.

In some Tantric teachings, each chakra has a specific vibration or primordial sound that we can repeat to release any energy that may be congested in that region. We can open up blocked energy by focusing our attention and intention on the location of a chakra, and repeating its associated sound or mantra aloud. The following is a list of the energy centers and their corresponding vibrational sounds:

- Base of Spine: LAM
- Reproductive Area: VAM
- Solar Plexus: RAM
- Heart: YAM
- Throat: HAM
- Forehead: SHAM
- Crown: AUM

Through the use of overtones or chanting vibration sounds the voice can be turned into a powerful healing instrument that balances the Chakra and auric field. Instruments such as crystal bowls, didgeridoo, Tibetan singing bowls, or gongs will work in much the same way as the voice. However, the voice is far more powerful as it transmits intention far more directly than through an instrument. "Electronic instruments and machines do not have the full spectrum of harmonics, and are therefore limited in their therapeutic potential."