

## The Sound Body of Man

*Karma, healing and the reversal of conditions through the sound body – the instrument of your soul's expression.*

We talk often of Man's many bodies; etheric, causal, mental, astral to name just some of these. The most significant of these is generally not as well recognized or understood. It is the Sound Body. According to the theosophical treatises, sound is the carrying agent of man's consciousness. In the same way that the Absolute issued the initial creative word to call into active manifestation out of the endless potential the countless forms and shapes of etheric, subtle, astral and gross matter, so too does the spirit use sound to call the individual soul into manifestation in the many bodies. The sound body is the principle instrument of the soul's expression. It is the vehicle by which the soul uses sound to modify the universal mind substance and cosmic energies (Shakti) so that each of the other bodies can be built and maintained. We will explore the fundamentals of the Sound Body and some of the basic implications in healing. In simple terms we can think of the Sound body as composed of the following basic parts: the Bindu, Chakra, Chakra Bija, Tattvic Rays, Chakra Petals and Nadis.

The Bindu is a point of consciousness of the soul. From this source comes the sound that sets in motion the flow of cosmic energies. This is the all-knowledge space that connects the soul with the spirit and from which point the Shakti power emerges from the un-manifested state into manifestation. The Shakti power is the creative force in manifestation. The Soul expresses itself through the Bindu as the Chakra Bija, or 'Seed sound'.

The Chakra Bijas are the main seed mantra sound of each Chakra. This is the sound made from the manifestation of the Chakra itself; it is the embodied consciousness of the Chakra. It is this single syllable sound signature (a Sankrit syllable) that gives life to the Chakra 'petals'.

Each of the Chakra petals corresponds to a letter in the Sanskrit alphabet, of which there are 50 total. It is interesting to note that the full Sanskrit alphabet is expressed by the petals surrounding the major Chakras in the body, with which most people are familiar (i.e. Base-4 petals, Sex-6, Solar Plexus-12 etc). Each of these letters carries a specific sound, power and meaning. These give rise to the action or movement that is the Nadis.

The Nadis are lines of force extending outwards from the Chakra Petals that carry cosmic energies much like your nervous systems transmits electrical impulses through the body, even though it is more than this. This is the largest component of the sound body through which the sacred sonic vibrations emerging from the chakra move in order to build the various bodies. It is at the intersection of the Nadic lines of force (or knots) that the Chakras are found; a minute Chakra will have 7 overlapping lines, a minor chakra will have 14 and a Major Chakra will have 21. There are 108 Chakras in the body.

Psychic Center/ Chakra	Nada Force/Seed Syllable expressed through the Chakra	Petals	Lettered Chakra Sounds in the Sanskrit Language of consciousness
Base of Spine	Lam	4	Va, sa, sa, sa
Sex Center	Vam	6	Ba, bha, ma, ya, ra, la
Solar Plexus Center	Ram	10	Da, dha, na, ta, tha, da, dha, na , pa, pha

Heart Center	Yam	12	Ka, kha, ga, gha, na, ca, ccha, ja, jha, jna, ta, tha
Throat Center	Ham	16	Vowels: a, a, i, i, u, u, r, I, I, e, ai, o, au, am, ah
Christ Center	OM	2	Ha and ksa
		50 letters total	

(adapted from Table 3 – *The Inner Nada and Shakti within the Chakra System*, p66, ‘*The Ancient Language of the Soul*’ by Nehemiah Davis)

The Chakras, therefore, are really vortex centers of concentrated sound frequencies that extend out via the Nadis to create the sound body matrix, which draws into the body and translates the cosmic energies into gross manifestation according to the design of the Nadi system; together creating the Soul’s vehicle of expression in incarnation after incarnation.

The ‘tattvic sea’ of Prana constitutes the massive magnetic aura (or field) around the sun within which all of the planets and life of this solar system exists. There are 360 tattvic rays, which make up the 5 major pranas that support creation and emerge from the Sun, the central agent of creative will in our solar system. Each of the 360 rays links itself with the etheric body of Man through the Chakra system. These 360 rays are the sonic vibrations issued by the solar logos. These are the subtle resources of cosmic energy available to the soul for it to contain and manage the embodied consciousness. They are split into three groups, and then again into unequal parts embedded in each of the six major Chakras starting at the base of the spine. Each of the rays is governed by a Devic presence, which assist in the manipulation of the energy, strictly according to Karmic law. Each of these chakras corresponds to functions of the various bodies, and the inhibition of certain energies to the Chakras results in disharmony and disease, for example.

	Devic Groups	Chakra	Number of Tattvic Rays
1	Khanda Devas	Base of Spine	56
2		Sex Center	62
3	Surya Devas	Solar Plexus Center	52
4		Heart Center	54
5	Candra Devas	Throat Center	72
6		Christ Center	64
			360 total

(adapted from Table 12 – *Devic Groups and Chakras*, p114 – “*The Ancient Language of the Soul*” by Nehemiah Davis)

The universal mind substance which modifies the cosmic energies manipulated by the sound body (particularly the Nadic system) to build and maintain the myriad other bodies is made up of the thought and actions of mankind from countless reincarnations – in most people it is the accumulation of the manifold impurities of their character. These impurities inhibit the flow of cosmic energy to the chakras and create the disharmony between Man and the great rhythmic flow of the Creative word’s power. Specifically, it is this karmic pattern which dictates the way in which the cosmic energies (tattvas) – or sonic sound vibrations from the solar logos - can be manipulated by the Devas to direct, shape and form the Nadi system to aid the soul in its journey through evolution and provide for its expression in incarnation after incarnation.

It is only logical then that all healing is sound healing – soundless or otherwise – inasmuch as the

goal is to bring the sound body into harmony with the great creative energies from the solar logos, in order to realize the reversal of certain psychosomatic conditions. When the functioning of the sound body becomes inhibited by the accumulation of negative thought patterns in the mind substance (or Aura), it seems Man creates for himself a karmic pattern – a sound pattern even – which places upon him certain limitations – e.g. disease. A reversal of conditions seems to be brought about when a change in the karmic pattern (sound pattern or of the Soul) permits a change in the manipulation of the tattvic energy configuration. Dissonance in the body inhibits the flow of energy and maintains the karmic pressures on the Nadi system.

In review, the sound body is: the vehicle by which the Soul uses sound to modify the universal mind substance and cosmic energies (Shakti) so that each of the other bodies can be built and maintained. The perfect expression of the Soul is inhibited or preserved by the deterioration or purity respectively of the accumulated thought pattern of man, which limits the manipulation of the tattvic energies (the raw subtle resources of cosmic energy drawn into the body through the Chakra system). As healers we can help to purify the accumulated thought substance that surrounds each person, in order to allow for the release of certain karmic pressure on the soul's expression as embodied consciousness. Mantra, in the sacred Sanskrit language of consciousness, can be used by the healer to purify themselves as a river course of vital cosmic energies directed by visualization (and other techniques). It can also be used by the patient themselves to vibrate the sacred syllables through their structure and vaporize the impurities inhibiting the Soul's expression. The latter is the technique of Japa Yoga.

#### Further Reading

The Garland of Letters: Studies in the Mantra Shastra – Arthur Avalon

The Serpent Power – Arthur Avalon

Nature's Finer Forces – Rama Prasad

Japa Yoga – Swami Sivananada

Ancient Language of the Soul – Nehemiah Davis