

## Combining Sound Healing with Yoga Philosophy & Application By Rosie Lazroe

As a yoga-professional for over 10 years, I have witnessed the miraculous healing that can occur in the body and mind when yoga postures are practiced regularly over time. Even the most basic yoga postures can powerfully dissolve energetic blockages when performed mindfully and with pure intention.

The combination of yoga postures, breath work and meditation, coupled with eating nutritious foods, getting quality sleep and maintaining healthy relationships, can keep all functions of the body performing optimally through the concept of prana retention. Prana is life force energy and is also known as chi. It is the extract of the air that we breathe and is the same power that makes all of nature function optimally without force or strain. Prana is the intelligence of source energy, and as humans this same intelligence resides within all layers of our being.

When we feel healthy, balanced and content, we know that our physical, mental, emotional, spiritual and energy bodies are rich with prana. At times, life force energy can reduce to low levels, which we will notice when experiencing copious amounts of stress, for example. A part of yoga philosophy believes that when we maintain unhealthy thought patterns, surround ourselves with people who are unhealthy for us, and reside in unhealthy situations, holes in our auric field can develop. This can potentially lead to mental, emotional and physical strain and sickness.

I have personally been practicing yoga for 20 years and have directly experienced how regular practice of all 8 limbs of yoga not

only supports my health and wellbeing, but also alerts me of when I need to replenish the life force energy within and around me.

8 limbs:

-Yama & Niyama – The first two limbs encourage the practitioner to look within to observe habits and thought patterns non-judgmentally to improve the self without being attached to an outcome. I believe that these are first so we can practice the postures with pure intention to generate vibratory levels that help to retain optimal life force energy.

-Asana – Yoga postures.

-Pranayama – Breath work.

-Pratyahara – Here we practice withdrawing the senses. For example we smell a fresh baked cookie during meditation, and try really hard not to become distracted by the urge to get up and eat the cookie.

-Dharana – Once we can sit without letting the smell of the cookie distract us, we then practice one-pointed concentration without allowing the fluctuations of our thoughts distract us. This is the prerequisite to actual meditation.

-Dhyana – This is meditation, when the mind can remain still and focused at will. We won't even notice the smell of the cookie.

-Samadhi – Profound peace and oneness with source, self and humanity.

Essentially, the study and practice of yoga aligns us with its vibration, which in itself is life supporting and life affirming. Some lineages of yoga incorporate the use of the human voice to make the practice more effective. Chanting mantra and reciting affirmations are incredibly helpful in aligning one with a stronger vibration of health and well-being.

Over the course of this sound healing training, I have learned that each of our organs functions at an optimal frequency and vibrates at

a corresponding musical note. I propose that if we can vocally match the musical note of each organ during the practice of yoga, we can more effectively retain prana in that specific organ and maintain higher amounts of life force energy in these areas, for longer periods of time.

The breath work that is involved with yoga invites prana into all layers of the practitioners being. The stretching helps to distribute prana throughout these layers. Vocalizing the note of an organ with mindful intention gives the organ an opportunity to speak with a healthy voice. Through this practice, I believe we may have the power to ‘wake up’ a corresponding organ to potentially recalibrate its vibration to a healthy, optimal level through the law of attraction.

Tone generators or musical instruments can be used to generate the note for us if we are unable to produce it with our own voice. Whether we make sound with our voice, or we listen to it, we must also recite the sound internally, with a positive mind, as if the corresponding organ itself was generating it in a state of optimal health and vitality.

The theme of this short practice is General Tune Up. You will need a tone generator, your N-Track Tuner, and a chair or yoga mat to sit on. Please be mindful to maintain comfort and stability in the body, and heed doctor restrictions by skipping movements that you know may not be healthy for you. We will tone notes for the organs, according to Barbara Hero. There are other sources in the reader. Keep in mind, lower pitches are good for muscles and bones, so try to tone in a lower pitch in possible. You can also intuit notes that you are unable to hit.

## THE SEQUENCE

Get centered:

30 sec – 1 min listen to 528hz solfeggio frequency for DNA repair, while 4:8 interval breathing. Once centered, tone/hum in 4:8 ratio while listening to the frequency for 30 sec – 1 min more. This may calm the nervous system. Use a low vocal pitch for the full length of the exhale to send vibration deep into the physical body. The vowel U could also be quite calming for the nervous system.

Create sacred space, shield & ground your body and energy field.

Yoga Postures:

First, we liberate the lungs. Reach arms up, clasp elbows or hands, and lean to one side to gently stretch the side of the body. Inhale to expand the ribs, hum in the note of A. 1-3 rounds, both sides.

Next, we activate the adrenals, with a gentle backbend. Inhale prana to lengthen the spine upward and expand the chest. Hum in note of B. 1-3 rounds.

Now, we twist to cleanse the colon. Inhale to create space in the torso, hum in the note of F as you twist. Be gentle. 1-3 rounds, both sides.

To finish, fold forward, and rest your belly and chest towards your thighs to open space for the kidneys. Inhale into the upper, middle & lower back, hum in the note of Eb/D# as you rest. 1-3 rounds.

Conclude:

Always conclude this practice with silent savasana, reclined flat on your back, or seated with eyes closed, to bring the body back to homeostasis. 30 sec -20 min.