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Power of Sound in Old Slavic Tradition: Agmas, Charovanie, “BUZZING” (“Прогуживание” or “Гудение»)

In Old Slavic spiritual traditions, sound was understood not only as an auditory phenomenon but as a powerful, cosmic force integral to connecting humans to both the divine and the natural world. The ancient Slavs believed that sound and vibration could influence the energetic forces surrounding them, thereby shaping reality and affecting both material and spiritual realms. Key to this belief were practices such as the use of agmas (words of power), charovanie (magical enchantment), and sacred sounds like прогуживание (progressive sound invocation), which incorporated syllables such as Ov, Ma, and Ra. These sacred sounds were regarded as vehicles for unlocking hidden cosmic forces, enabling practitioners to influence their environment, heal, and manifest desired outcomes (Gilev, 2021).

The Role of Sound in Old Slavic Tradition

Within Old Slavic cosmology, sound was considered a direct conduit to the spiritual realm. The universe itself, according to ancient beliefs, was thought to be created and sustained by sound and vibration, each tone and frequency carrying a unique energetic signature (Nikitina, 2018). Every sound produced was believed to resonate with specific areas of the human body, mind, and spirit, influencing physical and emotional states. The ancient Slavs utilized particular sounds, words, and phrases in rituals to invoke specific energies and manifest their intentions, thereby aligning themselves with cosmic forces (Trubetskoy, 2017).

A foundational component of Slavic sound practices was the use of agmas—words of power that, when spoken or chanted, could activate specific energetic effects. Much like mantras in other spiritual traditions, agmas were not simply words with literal meanings but were believed to exert influence by altering the practitioner’s subconscious mind and energetic body (Rudin, 2019). These words were considered to function as keys to unlock the hidden forces of the universe, capable of manifesting change within the practitioner’s life. Often repeated 240 times at the time.

The Power of “Прогуживание” “Buzzing” (Progressive Sound Invocation)

A particularly captivating aspect of Old Slavic sound practices is the concept of “прогуживание”, or progressive “BUZZING”, which was used to gradually elevate the vibrational frequency of the practitioner. Or was used before any spiritual practices to reinforce life fire and to clear energetic pathways. This form of sound invocation was believed to facilitate the connection with higher spiritual realms and invoke divine energies (Baryshnikov, 2020). By invoking specific sounds like Ov, Ma, and Ra, прогуживание allowed practitioners to raise their frequency, heal themselves, and manifest changes in their lives.

Examples of Sounds:

“Ov”: This sound is associated with primordial creation energy. It relates to all systems and organs and symbolizes an “Egg” of creation. The sound of Ov invokes protection, stability, and strength. “Everything affects the composition of human consciousness, which means the entire universe. It teaches us to accept things as they are, without judgment of good or bad. There is diversity in all of us, but we are all equally meaningful to the One.”

“Ma” (from the Goddess Mokosh): Helps with heart diseases, teaches how to love, and manage one’s fate. If one succeeds in lowering the sound from the heart into the stomach, it is believed to aid in fertility.

“Ra” (from the three-faced Sun): Helps bring light into any situation, moves a person to create, and charges them with fire, will, and power. It is connected to the liver and gallbladder.

“Sva” (from the god Svarog): Represents determination, the ability to take responsibility for one’s actions, and seeing plans through. It is connected to the lungs.

“Yar” (from Yarilo, the Young Spring Sun): Symbolizes fertility and potency.

“La” (from Lada): Represents love and the harmonization of family relationships.

Through the chanting of these specific sounds, practitioners aimed to align themselves with natural forces and invoke the energies required to achieve their goals. The vibration created by these sounds was believed to resonate with the universe on a deeper, spiritual level, unlocking the forces of creation and transformation (Baryshnikov, 2020).

Agmas

Agma is a word of power, whose pronunciation triggers an energetic mechanism, leading to specific energetic manifestations. Most agmas consist of one, rarely two or three, words. They cannot be fully grasped through logical reasoning, as their meanings transcend the understanding of the mind. An agma is a key word containing an image that acts on a subconscious level, activating forces that produce the desired result.

Agmas trace their roots back to ancient languages and are present in the languages of various ancient peoples, including the Slavs, Dorians, Persians, Hebrews, Mongols, Chinese, Japanese, Gauls, and others. In rare cases, an agma can be audibly understood, but most often, its meaning is revealed only in the magical realm of symbolic images.

These words were used by Slavic healers, shamans, and wise individuals to summon spiritual forces, initiate healing, and influence fate. For example, particular agmas were employed to restore health, ward off negative energies, or attract prosperity (Chudov, 2020). In addition to agmas, the practice of charovanie—magical enchantment—was another key element in Slavic sound rituals. Charovanie(Chara-Chakra-To Enchant) involved the use of specific words, sounds, and rituals to affect change in the world. It was based on the belief that all phenomena in the universe were interconnected through vibrations, and by aligning oneself with these frequencies, one could influence the course of events (Sidorov, 2016).

Example of Agma: “Ra Doro Daro Slavo”

In Old Slavic tradition, agmas like “Ra Doro Dari Slavo” The agma “Rada” grants connection to the Earthly Kin, supports the preservation of family bonds and traditions, strengthens the balance between the physical and spiritual, restores broken connections, and weaves the fabric of a happy destiny.

- «Rado «– gives the energy of justice and punishes the unjust. Restores broken connections, weaves the fabric of fate.
- «Daro «– strengthens the balance between the spiritual and physical, contributes to the resolution of conflicts. It is a powerful weapon against evil and provides energy that brings good fortune.
- «Slavo» – cuts through illusions, senses them, and points out their dark deeds. Provides intuitive ability to adapt to life’s changes. Brings energy of harmony in managing affairs.

Chanting:

- Ra Doro Daro Slavo
- Ra Doro Daro Slavo
- Ra •Ra Do Ro
- A Da Ro Slavo

How It Works in Practice:

When practitioners chant or mentally repeat agmas like “Ra Doro Daro Slavo,” they focus their intentions on the energetic frequencies these words invoke. Usually agma repeats 70 times or 3,4 blocks of 70 repetitions. The combination of sacred syllables produces a vibration that aligns the practitioner with cosmic forces, bringing about positive transformations. These agmas function as spiritual keys, unlocking the forces of creation and manifestation (Sidorov, 2016).

Sound and Subconscious Influence

The core power of Agmas, “Чарование», and прогуживание in Old Slavic tradition lies in their ability to bypass the conscious mind and directly influence the subconscious. The subconscious is viewed as a gateway to the spiritual realm, and by affecting it with specific sounds, practitioners could alter their physical reality. The use of sound in this context was seen not only as a tool for mental and emotional healing but also as a transformative force capable of shifting the fabric of reality itself (Nikitina, 2018).

Similar to Vedic traditions, where sound is regarded as a foundational tool for spiritual awakening, the Old Slavic tradition believed that sound could unlock hidden potential and provide access to higher spiritual knowledge. The vibrations produced by agmas, «чарование», and «прогуживание» were believed to influence the energetic fields of both individuals and the universe at large, establishing a profound connection with the divine (Gilev, 2021).

Conclusion

In the Old Slavic tradition, sound was seen as much more than a means of communication—it was a force capable of creation, transformation, and spiritual alignment. Through the practices of agmas, charovanie, and пэprogressive “buzzing”, the Slavs harnessed the power of sound to influence their reality, heal their bodies, and manifest their desires. By invoking sacred syllables such as Ov, Ma, and Ra, practitioners could align themselves with the energies of the cosmos, bringing about profound change in their lives. These ancient sound practices provide valuable insight into the interconnectedness of sound, consciousness, and reality and continue to inspire contemporary practices in sound healing and spiritual growth (Rudin, 2019).

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