

Harmonizing the Manomaya and Pranamaya Koshas Through the Sound Current

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Abstract: The application of vibration and sound is an integral part of Yoga and Ayurveda yet is sometimes overlooked as a viable method of healing the mind and enlivening the pranic body. Demonstration of the methods of sound healing and participation by the audience will allow the powerful harmonizing and health giving properties of the Shabd to be experienced.

Audience: This class is designed for all with an interest in Sound Healing. Physicians, Practitioners, Yoga Therapists, Massage Therapists, Health Care Providers, Students of Yoga and Ayurveda, Body workers as well as general attendees will benefit from the information shared.

Many pains and illnesses have their root causes in the emotional distress that arises from the disunity of the body, mind and spirit. Healing the emotional body is the first step to insure long-term health on all levels and to better experience the transformational practice of all types of yoga. The sound of the gong and the vibration of marmani work effectively on clearing, strengthening and balancing the energetic emotional body, or the Manamaya Kosha. When this energetic emotional body is balanced and strengthened, healing may occur on all levels. In order to achieve a high state of ojas and health the Pranamaya Kosha must also be balanced. This may also be achieved through Sound Healing.

Learning Objectives:

Upon completion of this presentation one should be able to:

- Use the Gong in a basic way to alleviate emotional stress.
- Identify the 2 Marmani; Hridaya and Agra Patra.
- Use of the OHM tuning fork to activate Hridaya and Agra Patra.
- Understand the basic signs of stress in the Manomaya and Pranamaya Koshas.
- Recognize when harmony of the Koshas have been achieved.

Outline of 1 hour presentation:

A.

Pranamaya and Manomaya Koshas explored.
Signs of mental and pranic distress.
Signs of mental and pranic balance and harmony.
The Shabd or Sound Current.
Healing through Sound.
The Gong as Healer.
Accessing the Soul through Sound and Vibration.

B.

The 136.1 Hz Tuning Fork
Resonation of Asti and Mamsa
Calculation of the Vibration of the Tuning Fork.
Marmani-energy points.
Hridaya and Agra Patra location.
Healing effects of Hridaya and Agra Patra.
Recognizing deep relaxation in a client using the Tuning Fork.

C.

Teach 3 Mantras for tuning into the energies of the Gong.
Audience experiences a Healing Gong Session.