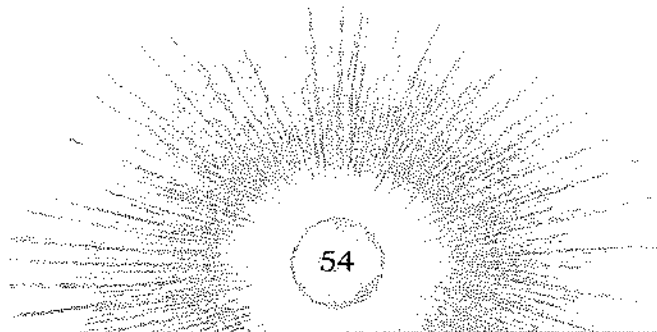

Chapter Four
SACRED, POWERFUL INTONATIONS

*The Intonation Healing Technique:
Using Sacred and Powerful Mantras,
Vowel Sounds and Syllables*



SUMMARY OF KEY POINTS

- A list of specific powerful and healing syllables (mantras and vowel sounds) is provided. How to intone each one and which gland/body area you must mentally focus on while intoning each one.
- A list of the various chakras (psychic centres), the particular mantras which stimulate each one and the resulting positive psychological and mystical healing effects.
- Details (step-by-step) on the meditative intonation technique.
- A scientific study showing that a mother's vocal sounds, eg. humming can influence the baby while still in the womb.
- Review of scientific studies on the importance of intonations and sounds on inorganic (non-living) and organic (living) matter, various brain structures, the nerve cells, the immune and endocrine systems and our energy field (AURA).

In this chapter the historical and present uses of mantra intonations will be discussed. Then scientific evidence will be provided to show how sounds *can and do* influence non-living matter and living tissues (cells).

I have traced actual nerve pathways (see my diagrams in Section B) which for the first time scientifically explain how emotionally intoning these mantras while being deeply absorbed can increase your pineal gland activity, positively alter your mind-body processes and induce higher positive states of consciousness. The Nobel prize winner Sperry, a Neuroscientist, has stated that advances in consciousness studies will have an important positive impact on our existing paradigms (world views), values, and theories and this paradigm shift will subsequently have profound positive implications for the very *survival* of humanity.

Historical uses of mantras for healing

Certain self-emitted tones and emotional vocalizations have been practiced for healing purposes since antiquity by many cultures, but little scientific research has been done to determine whether this practice is effective. While music is universally accessible and used publicly by all cultures, mantras and special intonations seem to be used only by certain cultures, religions, and schools of mysticism in their *private* ceremonies and rituals. Garfield¹¹⁴ indicates that "a mantra is a poetic hymn, prayer or incantation and is the utterance of sacred sounds. . . . They are an integral part of certain religious or spiritual ceremonies and rituals." McClelland²²⁶ observes that since ancient days, the Egyptians, Islamic groups, Sufis, Hindus, Hebrews and other groups have used chanting and vowel sound intonations for healing and spiritualizing their sacred temples. The Babylonians used chanting extensively in the liturgy of the temples. The Egyptians had special incantations and vowel sounds in their "Medical Papyri" and used them extensively for healing. The Greeks in particular used certain intonations at their healing centres for obtaining harmony between the body and soul. In Islamic cultures and Chinese philosophies the extensive use of sacred sounds for "influencing the soul" are in evidence.

Esoteric/Mystical Traditions

Over the last thirty years, the public has become aware of how much quantum physics and mystical doctrines have in common. ***Both the mystic and certain internationally acclaimed physicists describe the cosmos in fundamentally similar ways.*** For example, according to the quantum physicist Hagelin¹⁴⁰, Vedic science proposes that "there exists a unified field called Atman in the cosmos where all laws of nature are found together in a state of wholeness. This unified field is a self-interacting field of intelligent consciousness which is unbounded, all-pervading, unchanging and the self-sufficient source of all existing things." He discusses the essential characteristics of the unified field and the important role of sound from a quantum mechanics perspective, arguing that certain stable vibrational states within this unified field play an especially fundamental role, as they comprise the elementary particles and forces of nature.

In discussing ***the natural resonant frequencies of the unified field***, he states that ***the elementary particles and forces correspond to specific "sounds" or vibrational patterns of the unified field.*** He claims that the Rig-Veda (a Holy Hindu book), presents a complete record of the structure and dynamics of the unified field ***in the form of sound. Moreover, that the syllables of the Rig-Veda are the actual sounds generated by the self-interacting dynamics of the unified field.*** The essential proposition here is that in Vedic science, mantras when intoned have a definite influence on the unified Cosmic field, external and internal to one's self, ie. within the macrocosm and the microcosm. Therefore, meditative intonations can be therapeutic as they re-establish harmony in a person's (body-mind) quantum field. There is also an energy field interaction between the human being (microcosm) and the Cosmos (macrocosm). This Cosmic connection is illustrated in figures 7 and 8.

Systems Theory: Every new addition or decrease alters the system.

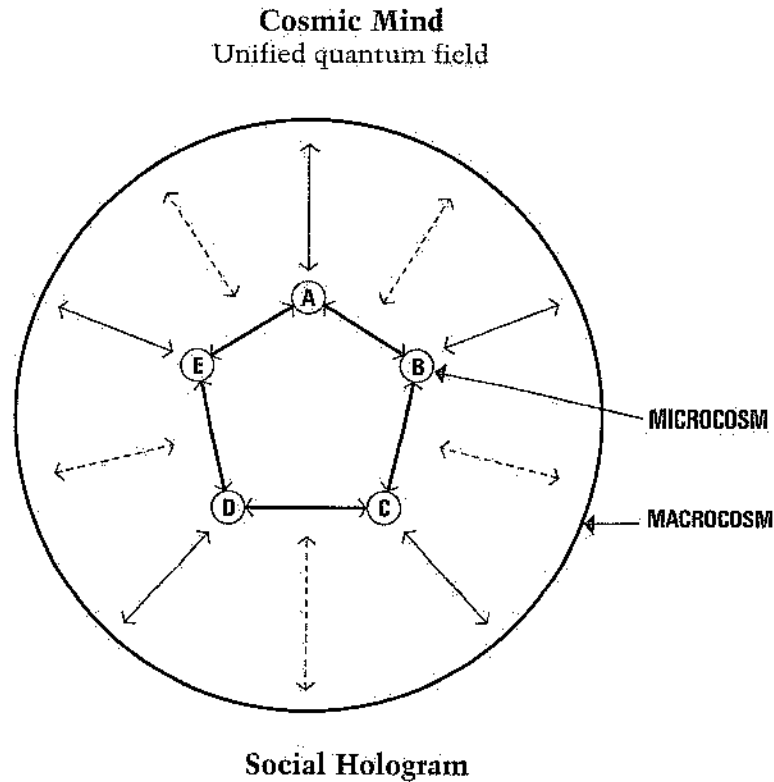


Figure 7: *DYNAMIC INTERACTION AMONG MINDS*
Individual Mind / Other Minds / Cosmic Minds

This model allows for ESP, Psi Phenomena, Telepathy, and Spiritual Attunement.

Each human mind and consciousness (A) is at any given time in flux and in contact with others ('b,c,d,e's). The combined effect of a,b,c,d,e's creates the social hologram or group consciousness. The energy field interacts with, influences, and is in turn influenced by the unified field—the macrocosm. Techniques such as meditative intonations can increase the degree of resonance (harmony) between the social hologram and the unified field and so allow for increased psychological, spiritual and physiological health.

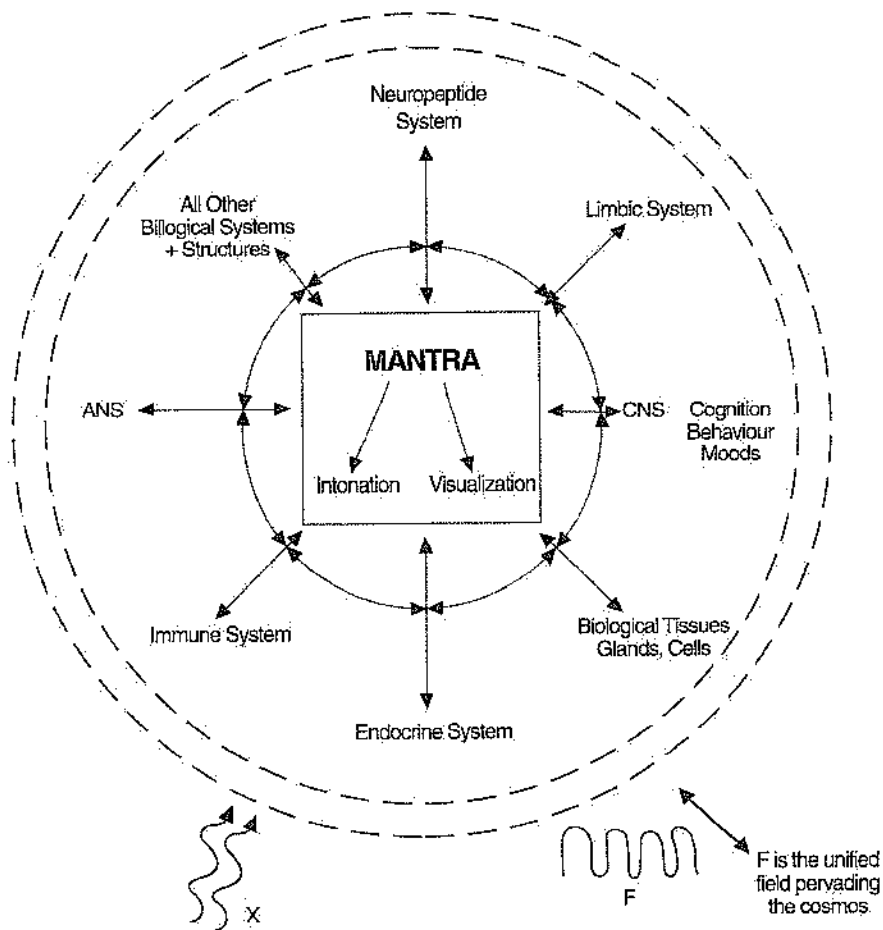


Figure 8: *The interaction of a person's bioelectric field with the quantum cosmic field. This could increase psycho-spiritual and physical health. (X) is the net quantum bioenergy wave form (AURA) which is produced and emitted by the resonating biological tissues, quantum fields and new wave forms within the human body. It is possible that X can then stimulate, resonate and interact to some degree with the unified field F. Thus, this model illustrates how meditative intonations can, not only be efficacious within the human body, but also influence the primordial unified field (F) which in turn can regulate (X).*

Mantras and Vedic Science

In Vedic doctrine, mantras are used as words of power, healing, protection, and attunement with the Divine. Mantras are also particularly important in that branch of yoga known as Tantra Yoga, in which specific mantras are believed to stimulate certain endocrine glands, nerve plexuses, and "psychic centres" to arouse the kundalini (life force) and to strengthen one's aura or etheric field. "Svara" is the sanskrit for mystic sound or tone, and it is believed that such toning can heal the person by altering vibrations in every molecule and cell of the body. The chanting of mantras is thought to stimulate and release the spiritual energies within a person and to evoke deities, thereby assisting a person in communicating with the Divine. For example, Radha²⁷⁵ states that "the mantra OM NAMAH SIVAYA" is a call upon God to eliminate our negative qualities, to dissolve our difficulties and to destroy the obstacles to higher spiritual life." She concludes, "Mantras can have a healing effect by releasing the emotions and bringing about a state of calmness and deep relaxation both in the chanter and in anyone listening. . . . When we chant a mantra we attract spiritual power."

In accordance with ancient tradition, Rama²⁷⁶ claims that there is a concentration of bioenergy (called kundalini) at the base of the spine, and at other such sites in very close proximity to the endocrine glands and solar plexus. These sites and entities correspond to the chakra system of energy centres which are associated not only with certain colours and endocrine glands, but with certain mantras and tones as well. It is believed that there are certain mantras, musical instruments and types of music which can specifically stimulate certain nerve plexuses, ganglia, chakras, and the kundalini. These sound vibrations cause the kundalini to rise along the spinal column toward the brain while also stimulating the other chakras. The *properly controlled* rise of this kundalini and the awakening of each chakra causes certain positive psychological, spiritual and physiological therapeutic changes in a person. See Tables C and D.

ROOT (anal)	for survival instincts, jungle mentality, preoccupation with physical and bodily survival, fear/paranoia
GENITAL	for sensuality and sexuality, lustful feelings, sensual pleasures, high libido (food, drink, drugs)
SOLAR PLEXUS (level of navel)	for domination and submission, power, assertive and authoritarian behavior, mastery, conquest, success/failure, ego realm, prestige, goal-oriented
HEART (above diaphragm)	for positive emotions and empathy, service to humanity
THROAT Thyroid	nurturance and creativity, clasped hands—heart and throat circuit, move away from ego towards God and its manifestations, power of speech
THIRD EYE Pituitary & Pineal	Psychic Consciousness, Intuition
CROWN Pineal	Highest state of consciousness. Associated with Cosmic Consciousness or experience of the divine and its laws

Table C: CHAKRAS AND THEIR ALLEGED IMPORTANCE

According to Rama²⁷⁶, this is the essential viewpoint of Yoga/Vedic psychology on the specific importance of various chakras (bioenergy centres) and the prevailing personality, behavior, or tendencies one could expect to observe when a particular chakra is dominant. The purpose of spiritual practices is to gradually enable a human being to move up and function from the root chakra to the crown chakra. Mantra intonations and meditative practices in this book can assist in this sequential and evolutionary movement.

GLAND	VOWELS & SYLLABLES	MYSTICAL IMPORTANCE
PINEAL	OOM/AUM SOHAM	To stimulate the blood stream ANS/CNS. For intuition and Cosmic Consciousness, Cosmic law, Revelation.
PITUITARY	RA-MA/TH/THA HREEM	For experiencing devotion, nobility, spiritual ideals, vocation.
THYROID	THO/AH HRIH	For intelligence, fellowship, and rapidity of exchange of objective and subjective impressions. Associated with learning, reasoning, foresight, cognitive (thought) processes.
THYMUS	OM AH HUM, EHM	The temple of the soul and the silver cord. Immune system healing and rejuvenation, youthfulness.
ADRENAL	EYE/KHEI	For experiencing emotions, Cosmic urges. Calmness.
ALL PSYCHIC CENTRES	AUM-RA-MA-OOM NAMAH, AMEN, OM PADME HUM	For the appreciation of Soul Consciousness and the Divine. To also harmonize all psychic/neuro/immuno-endocrine systems.
SOLAR PLEXUS	MEH LAM THANG	Stimulates the blood stream and solar plexus.
ENTIRE BODY	YAH WAY, ALH	Tunes the psychic centres and leads to Cosmic Illumination.
SINUSES	NNN UUU RRR NG	Tunes your entire body.

Table D: GLANDS / VOWELS / SUBJECTIVE IMPRESSIONS AND THEIR MYSTICAL IMPORTANCE.

This is a synopsis of some particular vowel sounds and syllables which mystics consider to be spiritually powerful and therapeutic. Specific vowel sounds allegedly stimulate specific glands and chakras (psychic centres), create certain mental impressions, elicit health and healing responses and positively stimulate your inherent spiritual nature.

Dr. Motoyama (a research scientist in Acupuncture and Energy medicine) claims that mantras and chakras are intimately connected to and involved with numerous acupuncture energy channels, called meridians and nadis. Certain mantra intonations, physical exercises, and breathing

exercises increase the energy flow along these channels and thus exert healing effects at all levels. The correct flow of this bioenergy, causes healing effects in the cells, glands, tissues, and organs of the body.

Goldman¹²⁵ (a healing sound therapist) asserts that mantras can actually therapeutically stimulate the cells, tissues, nerve plexuses, and organs by the principle of resonance. *In fact, Vedic Science and certain Western schools of mysticism have identified specific mantras which can stimulate specific endocrine glands and chakras, thereby causing lowered physiological arousal, (a relaxed state), positive mood and higher states of consciousness.* See again Tables C and D.

Additional important points on chakras

Rama²⁷⁶ states that each of the seven musical notes is associated with a chakra. There are seven primary modes of consciousness. As consciousness evolves, it is localised in progressively **higher** chakra centres. Modern society encourages one to become identified with the first three modes of consciousness: 1st chakra - news and movies, 2nd chakra - sex, eating, intoxicants, 3rd chakra - acquisitiveness, control, competition, conniving behavior, gambling, self-aggrandizement.

These three modes of being lead one to experience considerable discomfort, anxiety and distress, along with the more positive experiences of security, sensory pleasures and apparent mastery:

A "Global Heart" manifests when individual consciousness evolves to, attains and is expressed in the heart centre. A society composed of individuals functioning at this centre will be interested in the welfare and self-actualization of **all** its members.

Family life teaches one the giving and caring mode of being. It requires the sacrifice of one's own desires, service to others, and the development of empathy, generosity and self-sacrifice. Therefore our life style, values, society's and family influences, all influence the degree of activation and dominance of a particular chakra.

Present importance of mantras in the 20th century

Achterberg notes that various incantations and sounds are used in the Shamans' healing work, serving as auditory aids to altered states of consciousness.

Moreover, the Rosicrucian Order A.M.O.R.C., a school of Western mysticism, also teaches that certain vowel sounds are therapeutic. Scientists from their International Research Council^{200/227} have conducted Fourier analysis studies on the nature of vowel sounds and noticed that certain vowel sounds induced relaxation (as measured by reduced skin conductance levels). In their laboratory, subjects were seated and monitored with biomedical equipment which measured changes in skin conductance response (SCR). In addition, the vowel sounds were intoned into a microphone connected to a digital oscilloscope and the voice pattern was fed into a computer. The computer in turn, performed Fourier transform analysis on the data to achieve a clearer image of the harmonic content and wave form of the intonations.

A high SCR reading indicates high anxiety and high physiological (sympathetic) arousal, while a low reading indicates a relaxed (parasympathetic) state. It was observed that when the intonations RA and MA were made, there was a rapid *decrease* in SCR levels over a 5-minute period. This indicated a shift from sympathetic to parasympathetic nervous system dominance, that is, from a state of body activation to a very relaxed state. See figures 29, 30, 31, 32 in Part B.

Today, in A.M.O.R.C.'s sacred temples, vowel sound intonations are always used as essential parts of rituals and of meditation techniques for attaining mind-body-soul harmony, relaxation, and to attain higher states of consciousness for peace and illumination. This study confirms the soundness and validity of their use of intonations for mind-body-soul harmony.

Why have so few scientific studies on meditative intonations been done to date?

In view of the apparent importance, past and current extensive use of mantras, *it is very surprising that my research*

is the only known scientific work that has ever been conducted to test the claim that meditative intonations can increase melatonin levels and positively influence a person's mind-body-pineal systems. There are several reasons why few scientists have ventured in this area. Some of these are:

1. Cultural alienation: Mantras are generally perceived to be of the Eastern and mystical world and are associated with religions, rituals, and spirituality. Science, especially our current "mainstream" reductionistic paradigm (materialistic world view), generally rejects claims and doctrines from these sources. As a result, religious or mystical-spiritual teachings, theories, and practices are generally rejected by traditional scientists, primarily due to the present lack of scientific support for these spiritual teachings. Naturally, such potentially useful scientific-spiritual research proposals will not even obtain peer-review approvals and research grants, let alone make it to publication in scientific journals.
2. Educational training: Traditionally, science, religion, and mysticism have unfortunately been at loggerheads. Most scientists simply reject these theories of mysticism, while most mystics and religious groups see no need to inquire scientifically, to question, or to test and validate their doctrines. Both groups seem trapped in their conceptual ruts (old ways of thinking) and do not seem to be prepared to address each other's concerns. It would seem that an integrated view which incorporates both positions is needed to resolve this impasse, but very few individuals are educated with both solid scientific and mystical/spiritual backgrounds. Hence this impasse persisted and any serious scientific studies on mantras were on hold.

Positive recent trends

There have been several recent, serious books and journal article publications on mysticism, spirituality, intonations, etc. Moreover, excellent scientific research by Fried^{105/107} has been done on the importance of specialized breathing techniques to psychophysiological health. One expects that in the near future the same will be observed for meditative intonation techniques, especially in view of these medical breakthrough findings.

Theoretical Studies

Alper¹¹ and several scientists have studied the alleged therapeutic uses, power, and meanings of mantras from a linguistic and historical perspective. In spite of a rigorous and scholarly investigation by eight authorities in this field, the general conclusion was that a psycholinguistic, historical, and cultural approach to the study of mantras was not particularly fruitful. One of the scientists, Padoux²⁵², suggested that, "it would therefore be interesting to some day study mantras scientifically, together with the way in which they are uttered, repeated, or chanted to find out if they have any real effects on the user, and, if so, which ones and how." *My research did exactly this.*

Massion's study²²⁵ and the recent work by Rider²⁸⁶ are also very important. Rider examined the effects of music while listening, singing of familiar songs, and intoning. The physiological responses of heart rate, forehead muscle tension and salivary immunoglobulin (S IgA) were measured. They found significant pre-post test differences in several variables measured. Intonations did positively influence a person's psychophysiology.

These and other recent scientific studies show a clear relationship between certain self-emitted vocalizations and their ability to influence human psychophysiology. Cheng found that a dove's coos affected her hormonal state culminating in ovulation. Moltz (at Princeton University) found that the mental intonation of different words had differential effects, relaxing or arousing, depending on the syllable or word.

The physician (ear, nose and throat specialist) Tomatis, who has developed the Tomatis method, uses certain high frequency and harmonic sounds to *charge* the brain to cause a healing response. He claims that the Gregorian chants aid in this charging process and that certain chants have substantial effects on the cranial nerves, auditory cortex, vagus nerves, limbic system, and viscera (internal organs). He also found that when the monks stopped chanting, they got ill.

Clinical research over the past five years has made available rigorously validated methodologies and well established bioassays (biochemical analytical methods) for measuring small changes in biochemicals and hormones from various glands

such as the pineal, thymus, and thyroid^{1280/382}. *We can now scientifically, precisely (to one millionth of a gram) examine pre-post test differences in urine melatonin levels—an indicator of pineal gland activity, before and after the use of the meditative intonation technique. If there are statistically significant differences, a scientist can properly infer that the particular technique used has the ability to influence (directly or indirectly) the activity of this gland. **This is precisely what my research measured and found.***

In addition, during the past decade there has been a significant increase in different intentional (willful) mind-body techniques for the regulation of the brain-mind-immune-hormonal systems. Such techniques include the use of music, toning, imagery, relaxation, rituals, hypnosis, meditation, biofeedback, and even specialized breathing for strengthening the immune system, for decreasing the body's flight or fright mechanisms (sympathetic system arousal) and for assisting a person in achieving a more healthy mind-body state.

For example late in 1995, researchers²²⁵ at the University of Massachusetts Medical Centre found that the regular practice of Buddhist mindfulness meditation increased melatonin levels. They claimed that this technique could have very important healing benefits for breast and prostate cancer patients. Moreover, Rider used a combination of imagery and music to stimulate the immune system and certain blood cells (neutrophils). He was successful. Achterberg has also used imagery to influence psychophysiology. Porter, a cancer patient and Norris, his psychophysicologist (at Menninger Hospital), have successfully used biofeedback and imagery to regulate his psychoneuro-immune system. **They reported that by using this technique Porter was able to achieve complete cancer remission.** This is now documented in a book with CAT scan pictures, etc. Even more exciting are recent studies by psychologists⁹⁴ on humanistic spirituality and by scholars Hood^{156,157,158} and Tisdale. One group⁹⁴ has identified a spiritual dimension in human beings and the other found a positive association between strong mystical tendencies, strong self-actualizing behavior, high ego-strength, and psychological well-being. This finding was quite contrary to the prevailing

incorrect belief held by many materially-oriented persons that the study and practice of mysticism is regressive if not pathological. All these factors are now converging to make the study of spirituality, consciousness studies and genuine mystical practices exciting, scientific, cutting edge, and mainstream.

Also, reversing the materialistic trend is the general shifting away from the contemporary reductionistic (materialistic) thinking to a more ecophilosophical (global) and integrated (harmonious) way involving consciousness studies. Capra (a quantum physicist) suggests that we are witnessing a merging of science with spirituality.

The evidence that sounds influence living and non-living matter.

There is an enormous amount of recent scientific evidence confirming that sound waves can and do influence both inorganic matter (not-living) and organic (living) cells. Details are in section B and further extensive details are in the Doctoral dissertation. I will only highlight certain key findings here.

- 1) Sound waves are vibrations which can be transmitted, conducted and converted into energy to influence matter, eg. an opera singer shattering a glass.
- 2) Research⁸³ has shown that the unborn baby is sensitive to maternal sounds (humming and singing).
- 3) Several studies (Section B) have confirmed that sound waves are conducted in bone and brain tissue, glands, the sinuses and chambers of the head and throat. These sounds can especially stimulate the pituitary, pineal and thymus glands.
- 4) Sounds can cause vibrations and resonance in the nerves.
- 5) Sound vibrations can influence the bio-electric field of cells and even the chromosome (genetic) material.
- 6) Section B shows detailed nerve, hormone, brain pathways and connections to explain exactly how mantra intonations stimulate brain structures, the immune and hormonal systems in your body, especially the pineal gland, brain chemicals and limbic (emotional) part of the brain.

7) The inner ear has certain nerves which connect *directly* to the pineal gland. Therefore the sounds and music we hear and listen to can influence (for better or worse), the "biological clock" - that master gland - the **PINEAL** gland.

Therefore, overall, it is correct to state that meditative intonations stimulate the entire brain (neuro), immune and endocrine systems.

The following section presents the technique, process and syllables involved in meditative intonations. These syllables are obtained from the various great religions, cultures and mystical schools already referred to.

The longer (20-30 mins.) Meditative intonation procedure using special healing sounds

(Audio tape available. See pg 249.) (Please re-read the short form technique detailed in chapter 3, before you begin this one.)

Lights must be off or if necessary use a low red light for illumination. Do a practice session with one syllable first, then proceed with your full twenty-minute session with several more syllables. You must be seated in a relaxed manner, feet separated, hands on your lap but not touching. (If you prefer you may lie down.) Your eyes must be closed during the intonation period. It is critically important to be fully and deeply immersed and absorbed in this procedure (mentally close off and become unaware of the external environment).

Breathing

You must breathe in and out slowly and deeply. (This is a combination of timed and diaphragmatic breathing.) You must take a full breath before you intone and as you intone please exhale slowly at the same time contracting the diaphragm area. Each full breath must fill the thoracic (chest), mid, and lower (diaphragm) area, and as you exhale, air must be forced out of these three regions. Imagine as you inhale and exhale that this air is moving up from the base of your spine all the way up the spinal cord, along the cerebro spinal fluid to the brain then within the brain cavities which contain this fluid. Do the reverse when exhaling.

Focused attention, visualization and emotions

For each syllable you must focus your attention intently on the part or parts of your body as per table C and D. Imagine those vibrations tingling the tissues of that region with a soft, beautiful blue/silvery sparkling light permeating that region. Feel the intonations actually causing the oral cavity tissues, sinuses and teeth to vibrate. Feel your chest area vibrating as well.

Vividly imagine the sound and blue light massaging the entire body part or region and causing those cells to become energized.

Imagine the source of the sound vibrations and blue/silvery light as coming from the electromagnetic field in the atmosphere around, and way above you. As you inhale and subsequently intone, this unlimited electromagnetic energy permeates your body and is focused on that/those parts.

It is important to do your best to positively emotionalize each intonation. **To do this you must feel that you are making an emotional and humble petition or plea for the cosmic energies and intonation vibrations to infuse and heal your body or the region you are focused on.** Feel yourself (your body's electromagnetic field) becoming immersed and resonating with the electromagnetic field of the cosmos. Attempt to achieve a sacred, reverential attitude. You may wish to keep or place close to you, a picture of that religious /spiritual symbol which represents for **you** the universal mind. Allow yourself to become completely oblivious (unaware) of your immediate surroundings. You may even experience tears of joy during attunement. Become more and more deeply *absorbed* with your inner self, your imagery and the intonations.

Now begin by just resting relaxed. Begin your breathing in and out and notice the feeling of comfort after three (3) inhalations and exhalations, as this feeling flows all along your body—like a gentle river of relaxation. Continue to imagine all the little nerves, muscle fibres, cells, blood vessels as relaxed. Sink deeper and deeper.

Now you are ready for the intonation session. Remember: the special breathing, the focused absorbed attention and blue/silver light, and the electromagnetic energy resonance. Also remember to emotionalize your intonations and to vividly visualize the sparkling healing vibrations massaging the tissues and "happy face" cells you are focusing on.

If you have the intonation audio cassette please listen to the note emitted by the instrument. Practice by intoning the word OOM. You must intone each syllable three times as instructed. Take your time—slowly for each intonation (about 15-20 secs per intonation).

To intone, take a slow full deep diaphragmatic inhalation as explained in the breathing chapter. Retain for a six count **and as you exhale, you must intone** and visualize simultaneously (do so slowly for a 6 count). Stay out of air for a 3-4 count then repeat. The vocalizations must be powerful, long and extended. You will obviously need a private sacred place and quiet time, (you cannot be rushed or disturbed). Mentally intoning is also useful but not nearly as powerful as the actual vocalizations.

* These are particularly powerful syllables and should be intoned **first** before the others. You need not do all these syllables for each meditation session. But certainly do those marked **. A double asterisk denotes particularly important syllables.

**OOM (as in room)	Visualize the vibrations emitted as though they were stimulating a part of your brain in the middle of the head and between the eye brows where they meet.
**AUM (as in AHOOOMMM)	Visualize the vibrations emitted as though they were stimulating a part of your brain in the middle of the head and between the eye brows where they meet.
MAH	Entire body.
AH	Throat area.
NAMAH	Entire body.
TH (a hissing sound)	Visualize vibration - roof of the mouth, base of the brain.
SOHAM	Entire body.
*THO	Throat area.

HREEM (high nasal pitch)	Entire body.
**AUM RA MA	As per (OOM) and (TH) - entire body.
ALH	Entire body.
*RA - MA	Visualize vibration - roof of the mouth, base of the brain.
*KHEI (as in Kayeee)	Kidney area - lower back - at sides.
**AMEN	Entire body.
HRIH	Entire body and sinuses.
*MEH (as in May)	Blood stream / body fluids.
OM AH HUM	Brain and sinuses.
EYE	Kidney area - lower back - at sides.
NNNN UUUU RRRR	Entire body, roof of mouth and sinuses
**OM MANI PADME HUM	Emphasize M - entire body.
**EHM (as in AIM)	Thymus region - breast bone - in line with upper chest.
Ng (High Pitch)	Entire body.
ER	(Pancreas region) - mid region.
LAM	Entire body.
THANG	Entire body.
*THA (with a long AH)	Visualize vibration - roof of the mouth, base of the brain.

ANKH

brain

REH (as in ray)

Pineal/Pituitary

MER (as in mirr)

Thyroid/Thymus

MM

sinuses

SSUUUFFF

entire body