



Colour of Sound Institute

ON-LINE LEARNING PROGRAM

Certificate in Sound Therapy (C.ST)



MODULE 6

WORKBOOK

WORKBOOK

This Workbook contains all the exercises for Module 6 of this course.

- **Some of the exercises are specific to this Module, others will be repeated in other Modules of the course.**
- **These exercises should be completed as specified.**
- **You will need to read through the whole Workbook in order to fully understand as and when you should do the exercises.**
- **For this Module you don't need to buy anything as you will be using your voice free of charge! If you can speak, you will be able to do the exercises in this workbook.**

The minimum suggested weekly practice for exercises is 4 hours per week. The times you complete these exercises is entirely up to you and has been left flexible.

There is no set time period for completion of this Module, but the suggested minimum timescale is 1 week and we would recommend that it takes no longer than 4 weeks.

EXERCISE 1

LISTENING EXPERIENCE:

- Listen to the track “Vocal toning the chakras 1” on the Colour of Sound Institute’s website. You can access this here:



[Vocal toning the chakras 1](#)

You can choose to either listen to the track directly on-line, or to download it to your computer and then listen to it at your leisure off-line from your computer, or copy it onto a mp3 player or burn it to CD.

We recommend that you use headphones to experience a greater richness of sound.

- This exercise should be completed at least twice for Module 6. The recording is of a chakra voice toning practice. It is suggested that you listen to this recording at least twice before moving onto Exercise 2. The track demonstrates how to use your voice to tone the chakras using beeja mantras while ascending from the root to the crown chakra and vowel sounds while descending from the crown to the root chakra. On this track a single note (C) is used throughout. Using a single note helps to make the technique simpler and easier to use. A crystal singing bowl in the note of C is used as a drone to keep the vocal pitch and to enhance the healing effect. This track therefore also demonstrates how to chant a mantra or vowel simultaneously with the sound of a singing bowl.
- As an optional extra you can also listen to the track “Vocal toning the chakras 2” on our website.



[Vocal toning the chakras 2](#)

You can choose to either listen to the track directly on-line, or to download it to your computer and then listen to it at your leisure off-line from your computer, or copy it onto a mp3 player or burn it to CD.

This track demonstrates how to use your voice to tone your chakras from the root to crown using the vowel sounds and the corresponding notes (C, D, E, F, G, A, B). This is a more sophisticated approach to vocal toning, and shows how it is possible to use the voice quite precisely to balance and tone all the chakras together or individually, if one or two are needing special attention in a healing session. (If you have a crystal singing bowl chakra set, it is possible chant the corresponding beeja mantra or vowel sounds in the appropriate note for each chakra, pitching your voice with each singing bowl as you play the note).

- Wear comfortable clothing (ideally man made and used only for meditation if possible).

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- Find a safe, comfortable and quiet space and light some candles and or incense if appropriate and then sit or lie down and relax.
- Take some deep breaths in through the nose and then out through the mouth, letting go of any stress and tension you have in your body.
- Imagine for a few moments your body surrounded by a sphere of white/blue light of protection.
- If you have an intention you wish to bring to this exercise then bring that to your mind and keep the intention clear throughout the experience.

WRITE DOWN YOUR FINDINGS AND EXPERIENCES INCLUDING:

On each separate occasion after listening to the sounds on this track, please write a few lines about your experiences by answering the following questions:

QUESTION 6.1.1:

What did you notice about the different sounds and vibrations?

How did the different sounds affect your body / mind?

What did you feel?

QUESTION 6.1.2:

Describe where in the body you felt the sounds.

For you, where are the chakras located?

EXERCISE 2

MANTRA AND VOCAL TONING PRACTICE EXPERIENCE:

- This exercise should be completed at least four times in the sequence described below.
- Wear comfortable clothing.
- Find a safe, comfortable space where you are not likely to be disturbed for at least 10 – 15 minutes. Light some candles and / or incense if appropriate.
- Sit in an upright position, keeping your spine and head straight.
- Take some deep breaths in through the nose and then out through the mouth, letting go of any stress and tension you have in your body.
- Imagine for a few moments your body surrounded by a sphere of white/blue light of protection.
- Bring to mind an intention for healing and transformation that you wish to manifest in your life and keep the intention clear throughout the experience.
- For each chakra, begin by quietly in your mind say the beeja mantra or vowel sound, then take a deep breath and out loud, sing or say the mantra or vowel sound on any note three times for 5 – 10 seconds each, holding the note steady and feeling the vibration in the area of the chakra.

- Firstly, bring your attention to the **root chakra** and sing or say the beeja mantra **LAM**.
- Let your attention jump to the **sacral chakra** and sing or say the beeja mantra **VAM**.
- Let your attention jump to the **solar plexus chakra** and sing or the beeja mantra **RAM**.
- Let your attention jump to the **heart chakra** and sing or say the beeja mantra **YAM**.
- Let your attention jump to the **throat chakra** and sing or say the beeja mantra **HAM**.
- Let your attention jump to the **brow (third eye) chakra** and sing or say the beeja mantra **OM**.
- Let your attention jump to the **crowns chakra** and silently sing or say the beeja mantra **OM** (again).

Then descend through the chakras repeating the above process, though this time focus on sounding the vowel sounds:

- Keeping your attention at the **crowns chakra** sing or say the vowel sound **EEE** (as in 'me').
- Let your attention jump down to the **brow (third eye) chakra** and sing or say the vowel sound **AYE** (as in 'may').
- Let your attention jump down to the **throat chakra** and sing or say the vowel sound **EYE** (as in 'my').

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- Let your attention jump down to the **heart chakra** and sing or say the vowel sound **AH** (as in 'ma').
- Let your attention jump down to the **solar plexus chakra** and sing or say the vowel sound **OH** (as in 'go').
- Let your attention jump down to the **sacral chakra** and sing or say the vowel sound **OOH** (as in 'you').
- Let your attention jump down to the **root chakra** and sing or say the vowel sound **UH** (as in 'huh').

WRITE DOWN YOUR FINDINGS AND EXPERIENCES INCLUDING:

On each separate occasion after doing this personal voice toning practice, please write a few lines about your experiences by answering the following questions:

QUESTION 6.2.1:

How did toning the chakras make you feel? What differences, if any, did you notice between sounding the beeja mantras and vowel sounds in the way they made you feel?

QUESTION 6.2.2:

What differences, if any, did you notice between sounding the beeja mantras and vowel sounds in the way you sung or said them? Did you find that you had a greater affinity for one or the other? Did you find one set easier to sing or say than the other?

QUESTION 6.2.3:

Over the period of this Module, what changes in you, if any, have occurred physically, mentally, emotionally and spiritually?

QUESTION 6.2.4:

If you set an intention for this exercise how did that compare to occasions when you did not and how effective was the intention in your life?

EXERCISE 3

SOUND THERAPY JOURNAL:

- Take the time at the beginning or end of each day to complete your personal sound journal
- Mark down in-depth all thoughts and feeling throughout the period while you are working on Module 6
- Use your journal as a personal record of this journey with sound and really put your heart and soul into the words
- This journal is Sound specific so it relates to the exercises you have done, any private Sound work, whether that be with Sound instruments, the voice or music etc and which you feel is appropriate to this course
- The journal is designed in order for you to see and identify over a period of time the changes if any that Sound Therapy has brought to your life

EXERCISE 4

THERAPEUTIC SOUND QUESTIONS & ANSWERS:

- Read through the Module 6 eBook as fully as possible in order to familiarise yourself with the information provided and gain a greater understanding of theory of Sound Therapy
- To complete this Module please answer in writing the questions as detailed below.
- It is a good idea to contemplate these questions as you read the eBook for this Module, and make notes for your answers as you go along.
- Try to read at least one book detailed on the recommended reading/bibliography list in the Welcome Handbook or for this Module to help you answer these questions. These books will also add to your own knowledge and understanding of Sound Therapy:

QUESTION 6.4.1:

What is your understanding of the differences between beeja mantras and seed sounds?

QUESTION 6.4.2:

What is the correspondence between beeja mantras, chakras, vowel sounds and notes?

QUESTION 6.4.3:

If you wanted to do an extensive mantra practice, what is the suggested number of mantras to chant, how many times a day and over what time period?

QUESTION 6.4.4:

How does the voice work as a healing, meditative and transformational tool?

QUESTION 6.4.5:

What books if any have you read on Sound Healing / Therapy? How do they compare to one another and what are your positive and negative thoughts about them? (Please state book and author's name).

QUESTION 6.4.6:

What are your honest feelings and feedback about this Module and course so far? How have you found the information, exercises, music track, and support provided? What if anything would you change about the course?

If you have written an answer to this question, we would be very grateful if you could post it in the 'Leave a reply' box at the bottom of the page for Module 6, by clicking on the link below:

[Certificate in Sound Therapy Module 6](#)

Or, email your feedback to me: tony@colourofsound.org

Your feedback is valuable to us, as it will help us to improve the quality of our service to you and future students.

Many thanks

Tony