

*Learning to
Intone the
Divine Name*

Toning the Chakras

*A*s we've been discovering, vowels are extremely powerful sounds, and our chakras are extremely important aspects of the subtle body. Both are interrelated with the physical body. Sound quite naturally interfaces with our chakras—particularly our own sounds. If there is any experience that can unequivocally demonstrate the power of sound, it is the one in this chapter. As I mentioned in the last chapter, I refer to the ability of our vowels to resonate our chakras as “Vowels as Mantra.” I know you will appreciate this exercise to tone the chakras.

The Power of Breath

Before we begin working with our chakras and their associated vowel sounds, there's something I must share with you. It's a very important aspect of sound—the power of breath.

Breath is the essence of life, and it's sacred in many spiritual traditions. In Hinduism, this energy is called *prana*. In the Orient, it's known as *chi* or *ki*. In the Hebrew tradition, one word for breath is *ruach*, which also means “spirit.” Wilhelm Reich, Sigmund Freud's disciple, called this energy *orgone* and spent years studying its power. It goes by many different names in the various cultures, countries, and spiritual paths. Still, it is the same energy of breath.

The science of breath has been the subject of many great teachings. Books have been written on this topic, and it's the basis of many esoteric studies, including that of yoga.

Breath is the source of life. It is also the source of *sound*. You can't make sound—at least not any vocally created sound—without breath. Thus, it's important to be sure that you're able to breathe as fully and powerfully as possible before beginning to work with self-created sounds.

What is most important is to focus your awareness on taking as deep a breath as possible. When you breathe deeply down into your lungs and abdomen, you can feel your chest expand, as well as your stomach rise. This is called “diaphragmatic breathing.” If you find your rib cage and stomach beginning to expand as you

inhale, you're probably breathing in this manner. It allows for the greatest amount of air to enter your body.

Diaphragmatic breathing is very natural. When you watch infants, you'll see that it's what they do. By breathing in this way, you're increasing the supply of oxygen to your bloodstream, and thus giving all the organs of your body more energy. Slow, deep breathing not only oxygenates your body and brain, but it also slows down your heart rate and brain waves, helping induce a state of calm and relaxation. This is excellent for your health.

Here is a simple way to experience diaphragmatic breathing: Lie on the floor, put your hands on your stomach, and take a nice deep breath. . . .

1. Watch as your belly relaxes and rises.
2. Feel your lungs and abdomen expanding as you inhale.
3. Exhale, and feel your stomach relax as the air is pushed out of your lungs.

Do this again and again until it begins to feel natural.

Congratulations! You're now doing diaphragmatic breathing. It's natural and easy, and it can make a tremendous difference in your life, not only affecting the way you create sound, but much more. By bringing in more air as you breathe, you'll be charging yourself with more life energy.

Vowels as Mantra

Next, I'd like to present the "Vowels as Mantra" exercise for toning the chakras, using the power of breath that I introduced in the previous section.

Please be aware that it's important to always be in a place of comfort where you won't be disturbed when working with self-created sounds. And remember to breathe deeply and slowly before, during, and after the sounding. Whenever you're working with your own sound, be sure that what you're creating is gentle and comfortable and not straining your voice in any way. It's not recommended that you make loud sounds during this or any of the other exercises in this book.

Finding Your Pitch

When intoning the vowels for these exercises, you'll want to find a sound—a pitch, note, or key (all three of these terms are basically the same)—that is comfortable for you, in which you don't experience any pain or uneasiness. Creating one is very natural. Simply make a relaxed sound after taking a deep breath. Don't *think* about the pitch. Just make the sound that feels most comfortable—that's usually a good pitch for you.

I have a pretty extensive vocal range after many years of working with sound. However, I often like to make a midrange sound—one that's not too deep and not too high for me. Frequently, I'll find a pitch that's slightly higher than my normal speaking voice. I usually feel it in my throat and chest. Of course, different sounds can resonate different parts of the body, but for the purpose of learning to intone the Divine Name, simply work with whatever pitch feels comfortable for you.

The Instructional CD

Included with this book is an accompanying recording, *The Divine Name Instructional CD*, referred to as the "Instructional CD," which I've created to assist you in learning to sound the Divine Name. This CD is designed to be an interactive companion to the book, and to be used in conjunction with the different exercises that are described. All of the exercises in the following chapters are found on this CD. By listening to these recorded examples, you'll be training your ears, brain, and voice on how these exercises may sound. There will also be material on the CD not found in this book that may be extremely useful in the process of learning to intone the Divine Name.

In addition, there are special sacred sonics on this recording that are encoded at the threshold of our hearing. These sounds include excerpts from *The Divine Name: Sounds of the God Code*, as well as the declarative statement: “Only of Love & Light Through Sound,” which is repeated throughout the recording. It is my belief that the inclusion of these encoded sounds will positively affect our consciousness and the resultant impact of *The Divine Name Instructional CD*.

It’s now time to begin using this CD as an integral part of the exercises in these pages.

Please listen to Track 1 on the Instructional CD.

Track 1 is an important introduction to the CD, the demonstrated sounds on it, and its relationship with this book. I trust you’ll find this track interesting, enjoyable, and helpful to your experience of the exercises.

There are many different ways of toning the chakras—numerous variants that use many different potential notes for each of the vowel sounds. At some later point, you may want to explore these possibilities. In *The 7 Secrets of Sound Healing*, I present a variation on this exercise that utilizes different pitches for the different vowel sounds.

For our purposes, in order to enhance our ability to vocalize the Divine Name, we’re going to be sounding all the different vowels on the same pitch—using only one tone. This is called a *monotone*. This practice will be the most useful for learning to intone the Divine Name.

The harmonics in each of the vowel sounds will allow for different and specific resonances in your body and chakras. It’s especially helpful if you place your intention, and your attention, on the particular chakra you’re resonating.

The Vowel Sequence of the Alphabet

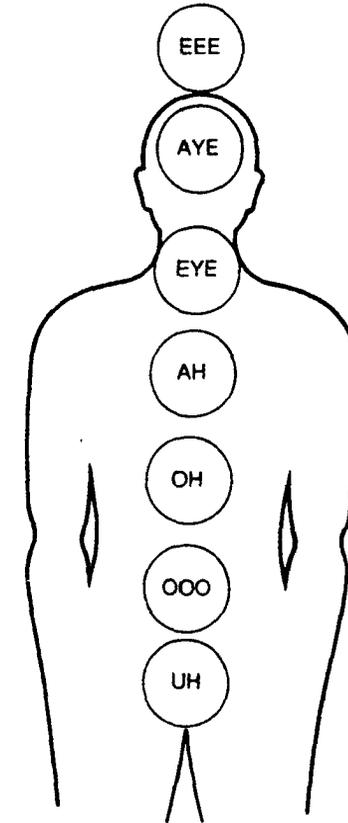
Frequently when the vowels are sounded, most people will automatically use a sequence they learned as children: *a-e-i-o-u*. This sequence has nothing to do with resonance or harmonics, or anything related to sound healing; this is simply the alphabetical order of the vowels—nothing more. It’s not particularly effective if you’re interested in learning about the qualities of resonance that the vowel sounds have and how this affects the physical body and the chakras.

The Vowel Sequence of the Chakras

The sequence of vowels and their resonant relationship to the chakras is this:

<u>Vowel Sound</u>	<u>Chakra</u>
UH (as in "huh")	1st—Root
OOO (as in "you")	2nd—Sacral
OH (as in "go")	3rd—Solar Plexus
AH (as in "ma")	4th—Heart
EYE (as in "my")	5th—Throat
AYE (as in "may")	6th—Third Eye
EEE (as in "me")	7th—Crown

On the facing page is an illustration of the vowel/chakra relationship that may assist you. It has proven very helpful as a visual aid when practicing this exercise. In addition, this vowel/chakra chart will be referred to throughout the various exercises in this book. Please feel free to copy the chart and use it alongside them.



Track 2 on the Instructional CD will give you the pronunciation of the vowel sounds, allowing you the opportunity to hear how they sound when they're intoned as elongated vowel sounds. This will facilitate your sounding of the different exercises so that you may ultimately learn how to intone the Divine Name.

Remember, we all have different vocal ranges—especially men versus women. Women usually have a range that is an octave above that of men. We all have different pitches at which we're most comfortable making tones. For the first part of Track 2, I have sounded the vowel for the first chakra utilizing three different pitches so that you can find one that feels most comfortable for you and tone along with me. The intention isn't that you copy the exact note I create, but rather that you begin to find a pitch that is easiest and most comfortable for you. In other words, don't try to duplicate the pitches of my voice in these exercises. They're simply demonstrations of the sounds to assist you in creating your own. If the sound you're making feels strained, try going a little higher or lower until you feel comfortable and relaxed with the tone. Track 2 isn't the complete exercise that is presented in the following section, but rather, it provides examples of the sounds you'll use when you experience this exercise in its entirety.

Please listen to Track 2 on the Instructional CD.

This exercise will take approximately 20 minutes. Following completion of it, I advise being in a state of silence for ten minutes or more. Please allow for at least 30 minutes to fully experience the benefits of this powerful toning exercise.

Toning the Chakras

Step 1—First Chakra: Focus your attention on the first chakra, the root chakra, located at the base of the spine. The vowel sound for this chakra is "UH" (as in the word *huh*).

Begin to tone an "UH" sound. It should be soft and gentle, as should all the sounds you will be making during this exercise. Continue to focus your attention on the first chakra and project your intention so that you visualize the sound resonating at the base of your spine. Feel it vibrating here, and as it does, become aware that the energy center associated with this area is resonating, becoming balanced and aligned. Make this "UH" sound seven times.

Step 2—Second Chakra: Next, focus your attention on the second chakra, the sacral chakra, located about three inches below

the navel. The vowel sound for this chakra is “OOO” (as in the word *you*).

Begin to tone a soft and gentle “OOO” sound. Continue to focus your attention on the second chakra and project your intention so that you visualize the sound vibrating this area. As you feel it resonate here, experience this energy center balancing and aligning with sacred sound. Make this “OOO” sound seven times.

Step 3—Third Chakra: Focus your attention on the third chakra, the solar-plexus chakra, located at the navel area and several inches above. The sound for this chakra is “OH” (as in the word *go*).

Begin to tone a soft and gentle “OH” sound. Continue to focus your attention on the third chakra and project your intention so that you visualize the sound vibrating this area. As you feel the vowel sound resonate here, experience this energy center being balanced and aligned through sacred sound. Make this “OH” sound seven times.

Step 4—Fourth Chakra: Focus your attention on the fourth chakra, the heart chakra, located in the center of the chest. The vowel sound for this chakra is “AH” (as in the word *ma*).

“AH” is often a sound we make when we’re in love, and indeed, the heart chakra is the center associated with love. Begin to tone a soft and gentle “AH” sound. Continue to focus your attention on the fourth chakra and project your intention so that

you visualize the sound vibrating this area. As you feel the vowel sound resonate here, experience this energy center becoming balanced and aligned through sacred sound. Make this “AH” sound seven times.

Step 5—Fifth Chakra: Focus your attention on the fifth chakra, the throat chakra. The vowel sound for this chakra is “EYE” (as in the word *my*).

Begin to tone a soft and gentle “EYE” sound. Continue to focus your attention on the fifth chakra and project your intention so that you visualize the sound vibrating this area. As you feel the vowel sound resonate here, experience this energy center becoming balanced and aligned through sacred sound. Make this “EYE” sound seven times.

Step 6—Sixth Chakra: Focus your attention on the sixth chakra, the third-eye chakra, located in the forehead between the eyes and slightly above them. The vowel sound for this chakra is “AYE” (as in the word *may*).

Begin to tone a soft and gentle “AYE” sound. Continue to focus your attention on the sixth chakra and project your intention so that you visualize the sound vibrating this area. As you feel the vowel sound resonate here, experience this energy center becoming balanced and aligned through sacred sound. Make this “AYE” sound seven times.

Step 7—Seventh Chakra: Focus your attention on the seventh chakra, the crown chakra, located at the top of the head. The vowel sound for this chakra is “EEE” (as in the word *me*).

Begin to tone a soft and gentle “EEE” sound. Continue to focus your attention on the seventh chakra and project your intention so that you visualize the sound vibrating this area. As you feel the vowel sound resonate here, experience this energy center becoming balanced and aligned through sacred sound. Make this “EEE” sound seven times.

Step 8—Silent Meditation: At the completion of this exercise, you may feel very light-headed. You’ve been sounding, resonating, and balancing your chakras as the energy moves up your spine into your head and above. Allow yourself a good 10 to 15 minutes for meditation, bringing your awareness fully back to everyday consciousness. At the close, be sure to ground yourself (which I’ll explain how to do in the next section).

During workshops, I tell participants to take this opportunity to sit in silence and have the experience that will be of highest benefit at this point in their spiritual development. I suggest that this is a very nice place to be, so they should sit in a state of meditation and enjoy the experience.

To Ground Yourself

After you’ve completed the meditation, it’s sometimes helpful to draw the energy slowly back down into your lower chakras and your body in order to ground yourself. To do this, begin to tone a midrange “AH” sound three times, bringing the energy first to the heart chakra. Then, after three slow breaths, tone three of the deepest “UH” sounds, bringing the energy back into the first chakra to completely ground yourself.

The Importance of Silence and Meditation

This entire exercise can take up to a half hour—sometimes an hour if you’re having a particularly good meditation. It’s extremely transformational, both during the toning, when you’re resonating your chakras, and especially afterward while you’re in silence. Many people have related that they’ve experienced their most profound inner journeys and meditations from this exercise. In workshops, participants are often in states of bliss during the meditation and frequently following it as well. This exercise truly allows you to experience an introduction to the transformational power of sound.

The Power and Safety of Sound

Sound can act like a psychoactive substance, altering and enhancing consciousness. The extraordinary thing about it is that not only is it entirely natural, but it's totally controllable and totally safe. The experiences that people have are benevolent, blissful, and beautiful. This is the wonder of self-created sacred sound—you're responsible for the creation of it, and wherever you go or whatever you do, it's completely natural and well within your control. If you need to stop the experience, all you have to do is open your eyes and take a few breaths and you're back. I can honestly report that out of the tens of thousands of people I've worked with using sacred sound, there have never been any adverse effects. During workshops, the only complaint I've received from people is that they've been brought back and been grounded too soon after the experience—they were having too much fun! I assure them that they can always return to wherever they were simply by continuing to practice this exercise.

Here are a few reminders when you do this exercise (especially the first time):

- Allow yourself enough time to really enjoy the benefits that accompany this toning practice.

- Only do this in a safe environment where you won't be disturbed, sitting in a comfortable chair or perhaps on the floor. (*Never* do this exercise in a car or standing up.)
- Allow yourself time after the meditation to relax and fully integrate the experience once you've grounded yourself. Don't come back from the meditation at the end, open your eyes, and immediately rush to pick up the kids at school or go into that business meeting. Honor this exercise, the power of sound, and the experience you've just had.

Practice and Integration

Once again, be sure to give yourself plenty of time. If you've had any difficulty feeling the resonance of the vowel sounds in your body and your chakras, know that the more you practice this exercise, the more you'll understand how powerful it is, and how to incorporate it into your life. The more you work with sound in this manner, the easier it will be to experience the power of your own self-created sounds. Like any other sort of exercise, it may take some time to become comfortable with it and to fully

integrate it into your physical and subtle bodies. The more you do it, the more effective it will ultimately become.

In the next chapter, we'll continue with our step-by-step process of learning to vocalize the Divine Name—the Tetragrammaton—which will incorporate the use of the vowel sounds such as we have just worked with, as well as variants on this sequence. Each of the exercises is a progression in sonic wisdom, giving you knowledge and experience of the power of sacred sound.



Vowels as Mantra Sound Bites

Learning to sound the Divine Name is a step-by-step process of vibratory activation and initiation. The previous chapter, "Toning the Chakras," was essential in actualizing this important process. Even if someone were to be shown the different vowel sounds that are used in order to intone the Tetragrammaton, it's very doubtful that the person would be able to feel the power of the sound without first experiencing the exercises. What would come out would at best be a sequence of vowel sounds that was not only meaningless (as would be expected) but that would have little or no effect, since there

wouldn't have been any prior relationship and experience with fully sounding the vowels.

The reason for this is that the sounds themselves, without the intention to properly resonate and feel them, are like eating a plastic meal, which may look like authentic food but in reality is tasteless and nonnutritious. In order to sound the Divine Name, you must actually experience the power of sound through the various exercises leading up to and including "Intoning the Divine Name." And of course, it's imperative to have a deep awareness of the Tetragrammaton, as the first part of this book has provided.

There are a number of additional exercises that are necessary to practice in order to fully experience and vocalize the sounding of the Divine Name. These exercises are based on "Toning the Chakras." I call them . . .

. . . Vowels as Mantra Sound Bites

In the last chapter, I focused upon toning the chakras as an extended exercise that is quite powerful. If you can feel and embody these sounds and utilize them on a daily basis, the effects can be dramatic and bring profound, positive changes into your life. When they're used as a daily practice, the results are phenomenal. Your entire being will change—from your nervous

system to your chakra system. You'll become grounded yet more flexible. You'll be more creative and relaxed—more healthy and vibrant. And through the meditation that follows the exercise, your consciousness will be enhanced.

The next step to working with sound in order to learn to vocalize and intone the Divine Name is to introduce you to a shortened version of the sound exercise from the last chapter. As I've emphasized, doing this new one effectively requires that you have first had practice and experience with the extended exercise of "Toning the Chakras" from the previous chapter.

The different exercises that make up "Vowels as Mantra Sound Bites" are an abbreviated variation on the complete "Toning the Chakras." There is a progression involved in them and the particular sequence in which they're presented. It's necessary to learn them all in order to ultimately vocalize the Divine Name. To properly do so, you'll need to be able to sound all seven chakras with their corresponding vowel sounds on a single breath, starting at the crown center, going down to the root chakra, and then returning back up to the crown center. This can be quite challenging for most, and it's important to build up with easier exercises in order to gain this ability.

Through practicing these exercises and feeling the rapid resonance of the vowel sounds with your chakras, you'll be enhancing your ability to experience the sonic power of the Divine Name. "Vowels as Mantra Sound Bites" is presented as four separate

exercises so that you'll have the experience of sounding the vowels in both ascending and descending order in a shorter amount of time.

Note: You may find it useful to consult the chakra/vowel-relationship chart on page 119 to assist you with these exercises. It's often helpful to close your eyes and place your hand in front of each chakra as you sound forth the vowel. And remember that the more you practice these exercises, the easier they will become, and the more you'll be able to actually experience their resonance and power.

Part I: One Breath for Each Vowel—Ascending Order

Please listen to Track 3 on the Instructional CD.

With this first exercise, you'll tone each chakra once with its designated vowel sound, using one breath. I invite you to take your time experiencing this, truly feeling the resonance of the sound in each specific chakra and its associated part of the body. You will be sounding each chakra with its vowel in ascending

order, starting with the root and going up to your crown center.

These are the vowel sounds and their associated chakras that we will use for this first exercise:

<u>Vowel Sound</u>	<u>Chakra</u>
UH (as in "huh")	1st—Root
OOO (as in "you")	2nd—Sacral
OH (as in "go")	3rd—Solar Plexus
AH (as in "ma")	4th—Heart
EYE (as in "my")	5th—Throat
AYE (as in "may")	6th—Third Eye
EEE (as in "me")	7th—Crown

As with all the exercises in this book, find a place where you won't be disturbed. And of course, be sure that the pitch you use when you make your sound is easy, gentle, and comfortable for you—no straining or loud sounds allowed!

Follow these simple steps:

1. To begin, focus your attention on your root chakra and sound the "UH" while feeling this chakra being balanced and aligned.

2. Now, on your next breath, focus your attention on your sacral chakra and sound the "OOO" on this same note while feeling this chakra being balanced and aligned.
3. On your next breath, focus on the navel chakra, and on the same note, sound the "OH," feeling this chakra being balanced and aligned.
4. Now, focus on the heart with an "AH" on the same note, feeling this chakra being balanced and aligned.
5. Next, focus on your throat center with an "EYE" on the same note, feeling this chakra being balanced and aligned.
6. On the next breath, focus on your third eye with an "AYE" on the same note, feeling this chakra being balanced and aligned.
7. Finally, focus on your crown and sound forth an "EEE" on the same note, feeling this chakra being balanced and aligned with all of the others.

You've allocated one breath per vowel sound to resonate each chakra. This entire exercise can take approximately one minute. It's important and necessary for you to be able to actually feel the resonance of each chakra with the specific vowel when practicing it. If you're having difficulty with this, repeat these steps until

you're comfortable using one breath for each chakra as you sound the associated vowel and until you're able to feel the resonance within your body, mind, and spirit.

Please take your time. And of course, be sure to allow enough time after the exercise to integrate and assimilate your experience.

Incidentally, you can practice this exercise several times, bringing the energy up your chakras as you focus on each one with a breath/vowel sound. The more you do so, the more you'll be astounded by the power of your own projected sound to resonate your chakras, regardless of the time you've spent making it.

Part II: One Breath for Each Vowel—Descending Order

Please listen to Track 4 on the Instructional CD.

Our next step in this process involves reversing the order of the vowel sequence, sounding each chakra going from the crown down to the root, using one breath per vowel sound. The combination of vowels in this sequence is:

<u>Vowel Sound</u>	<u>Chakra</u>
EEE (as in "me")	7th—Crown
AYE (as in "may")	6th—Third Eye
EYE (as in "my")	5th—Throat
AH (as in "ma")	4th—Heart
OH (as in "go")	3rd—Solar Plexus
OOO (as in "you")	2nd—Sacral
UH (as in "huh")	1st—Root

Start by focusing your intention on the crown chakra. Now sound the "EEE" of this chakra using one breath. On your next breath, do the same with the "AYE" vowel sound of the third-eye chakra. Continue in this manner all the way down to the root chakra, where you'll make the "UH" sound.

As always, be sure to allow enough time after the exercise to integrate and assimilate your experience.

Part III: One Breath for All Chakras—Ascending Order

Please listen to Track 5 on the Instructional CD.

Our next step in this process involves sounding the entire vowel sequence starting at the root chakra and going up to the crown chakra in one breath. This ability to sound all the chakras in one breath may prove quite challenging at first. Remember to take as deep a breath as you can and to be as relaxed as possible. This entire exercise may only take 15 or 20 seconds. With each of these "Vowels as Mantra Sound Bites" exercises, you'll be spending less and less time actually sounding each chakra. Nevertheless, it's extremely powerful. Focusing your intention on each chakra is helpful in order to experience and feel this.

As you sound all your chakras with one breath, you'll probably begin to hear the harmonics of the different vowel sounds. Some people find that if they slightly nasalize the sounds, the harmonics seem to become even more audible.

In addition, listening to the recorded example found on the Instructional CD will be very useful for you—it will provide a demonstration of the sounds, and a model of what these

exercises can sound like. Remember, though, that we all have different voices—different vocal tones and different pitches that are unique to, and perfect for, each of us.

Also, please remember that with all these exercises, you're working with sacred sound. Don't forget to practice them in an appropriate place where you can be relaxed, feel attuned to the Divine, and won't be disturbed. And of course, never practice them in any situation where your attention to anything else is needed.

Take a deep breath and then sound the vowels in this order in one breath:

<u>Vowel Sound</u>	<u>Chakra</u>
UH (as in "huh")	1st—Root
OOO (as in "you")	2nd—Sacral
OH (as in "go")	3rd—Solar Plexus
AH (as in "ma")	4th—Heart
EYE (as in "my")	5th—Throat
AYE (as in "may")	6th—Third Eye
EEE (as in "me")	7th—Crown

Gaining the ability to sound all your chakras in one breath is crucial to learning to intone the Divine Name. Please continue to

practice this exercise until you're comfortable resonating all your chakras in a single breath. Once you do gain this ability, you will truly be well on your way to becoming adept at working with sound.

Part IV: One Breath for All Chakras—Descending Order

Please listen to Track 6 on the Instructional CD.

After you've successfully completed sounding the chakras going from the root to the crown in one breath, the next step is to reverse this order. In one breath, you'll sound all the chakras from the seventh to the first, starting with the "EEE" sound at the crown center and working your way down, until you end on the root chakra with the "UH" sound.

The combination of vowels in this sequence is:

<u>Vowel Sound</u>	<u>Chakra</u>
EEE (as in "me")	7th—Crown
AYE (as in "may")	6th—Third Eye
EYE (as in "my")	5th—Throat

AH (as in "ma")	4th—Heart
OH (as in "go")	3rd—Solar Plexus
OOO (as in "you")	2nd—Sacral
UH (as in "huh")	1st—Root

The same principles from the last exercise apply to this one. This single-breath exercise takes approximately 20 seconds—sometimes an even shorter amount of time. Yet it's extremely important and powerful. It's also one of the basics for learning to intone the Divine Name. As with the last exercise, sounding the seven chakras in one breath can at first prove challenging. But as I mentioned before, the more you practice this, the more you'll be amazed by the power of your own projected sound to resonate your chakras.

Some Suggestions and Reminders

Before we continue with the next chapter, in preparation for intoning the Divine Name, I feel it is important to stress again how vitally sacred and significant this sound is. The reason this bears repeating is that this sound may simply be the *most* sacred and powerful on the planet. Thus, it's mandatory to remember two things:

1. Don't overdo it out of enthusiasm.
2. Honor the sacredness of this name.

It's quite possible that because of the power of this sound, you might become so enamored of the way it feels to intone it that you lose track of yourself. When you begin toning the complete set of vowel sounds, I ask that you have some sort of timer near you, and you not exceed sounding it for more than five minutes initially. After a few days, you can increase your time by another five minutes, and then again by another five minutes after a few more days. I'd like to suggest that you limit your total time sounding the Divine Name to a maximum of 15 minutes.

As you progress with these exercises, it's important to be aware of yourself, and if you feel any discomfort, please discontinue—even if you've found a pitch you really like that feels quite right for you. It's almost as though you're exercising a new muscle that needs care. Go slowly and gently with your toning. This isn't a contest of speed—to see how fast you can learn to make these sounds. Remember, sound is a great teacher. More important is the quality of that which you're experiencing—how it resonates as you feel it.

Know that while you've progressed to this level of sonic adeptness, you still have further to go. You haven't quite completed the training necessary to experience complete activation of the Divine Name.

Respect all of the sounds leading up to the intonation of the Tetragrammaton as being Divine—as if through them you’re creating an etheric blessed object, placed on the altar of the temple that is your body. All of these sounds are holy. It’s important to honor them.

As we move on to the next chapter, please remember that the same edict is echoed by one of the Ten Commandments: the Divine Name is sacred and must be treated as such.



The Technology of Intoning the Name

As mentioned throughout this book, my initial vocalization of the Divine Name was as a sequence of vowel sounds that utilized the harmonic series. It was an experience of energetic vibrational repatterning—a sound that brought the energy from above into my body and then back out again. As I made the sound, I felt the energy come into my crown center at the top of my head, travel down my chakras to my root chakra at the base of my spine, and then progress back out through the crown. This vocalization of the Divine Name initially was—and continues to be for me—an embodiment of light and love through sound.

I believe that as you proceed in your encounters with this sacred sound, the same will be true for you.

The key to this sonic practice is to first become comfortable intoning all seven of the sacred vowels in order to experience and feel their resonance in your chakras and corresponding parts of the body. As has been pointed out, this is usually not an ability that manifests immediately. It takes some practice, but like any sacred gift you receive, it's well worth it.

In the last chapter, we focused on gradually working up to experiencing the rapid resonance of the vowel sounds in the chakras with the various "Vowels as Mantra Sound Bites" exercises. We began at the root chakra, going through the intervening chakras on our way to the crown chakra. We then proceeded back from the crown down to the root chakra. We expanded our capacity to do so by going from taking one breath to resonate each chakra to taking one breath to resonate *all* the chakras.

Now, in our process of learning to sound the Divine Name, let's combine these methods, first going from crown to root, and then from the root back up to the crown.

Intoning the Divine Name

Note: As in the last chapter, you may find it useful to consult the chakra/vowel-relationship chart on page 119 to assist you with these exercises. Remember that it's often helpful to close your eyes and place your hand in front of each chakra as you sound forth the vowel. And keep in mind that the more you practice, the easier it will become, and the more you'll discover the power of your own self-created sound.

Part I: Two Breaths for All Chakras— Descending and Ascending Order

Please listen to Track 7 on the Instructional CD.

For this next exercise, you'll be resonating all seven vowels in one breath, descending from the crown chakra to the root chakra. You'll take a brief pause, and then in the next breath, you'll continue by going from the root chakra, ascending back to the crown.

These are the vowel sounds and their associated chakras used for the first exercise:

<u>Vowel Sound</u>	<u>Chakra</u>
EEE (as in "me")	7th—Crown
AYE (as in "may")	6th—Third Eye
EYE (as in "my")	5th—Throat
AH (as in "ma")	4th—Heart
OH (as in "go")	3rd—Solar Plexus
OOO (as in "you")	2nd—Sacral
UH (as in "huh")	1st—Root
[Pause as you take another breath.]	
UH (as in "huh")	1st—Root
OOO (as in "you")	2nd—Sacral
OH (as in "go")	3rd—Solar Plexus
AH (as in "ma")	4th—Heart
EYE (as in "my")	5th—Throat
AYE (as in "may")	6th—Third Eye
EEE (as in "me")	7th—Crown

This is an important step leading up to the actual intonation of the Divine Name. Essentially, you're just combining two of the exercises from the last chapter. Since you've already practiced and experienced those, doing this one shouldn't present major difficulties for you.

When you practice this exercise, feel the resonance of each chakra with its associated vowel sound, going down your chakras in one breath, and then going back up in another. Feel your different chakras being activated by each of the vowel sounds. This is necessary in order to truly experience the Divine Name.

As with the other exercises, you can do this one several times, bringing the energy down your chakras and then back up. Putting your hand in front of the chakra you're sounding helps focus your intention so that you can feel the energy from that chakra as it's being resonated. I trust that as you're experiencing this resonance, you're also hearing the descending and then ascending harmonics inherent in the vowel sounds. I like to think of this as climbing down and then up the sonic ladder.

After you've successfully practiced doing the preceding exercise in two breaths, one for going down the chakras and one for going up, you're ready for the next part.

Part II: One Breath for All Chakras— Descending and Ascending Order

Please listen to Track 8 on the Instructional CD.

Our final goal before actually intoning the Divine Name is for you to be able to complete this entire sequence in one breath. Now that you've been able to use two breaths to feel the resonance of each of the vowel sounds in your chakras, the next step is to intone all the vowels in *one* breath. This can prove challenging at first. The key is simply this: take a nice deep breath, be as relaxed as possible, and know that the duration of time you'll be able to sound each chakra will be very short. With the different exercises in this book, you've been slowly building your toning abilities, progressing toward this most important exercise. It may take some time to actually experience it, but you'll be able to successfully do it.

This is the order of the vowel sounds and their associated chakras that you'll use:

<u>Vowel Sound</u>	<u>Chakra</u>
EEE (as in "me")	7th—Crown
AYE (as in "may")	6th—Third Eye
EYE (as in "my")	5th—Throat
AH (as in "ma")	4th—Heart
OH (as in "go")	3rd—Solar Plexus
OOO (as in "you")	2nd—Sacral
UH (as in "huh")	1st—Root
OOO (as in "you")	2nd—Sacral
OH (as in "go")	3rd—Solar Plexus
AH (as in "ma")	4th—Heart
EYE (as in "my")	5th—Throat
AYE (as in "may")	6th—Third Eye
EEE (as in "me")	7th—Crown

When you sound all the chakras in descending and ascending order in one breath, there will be a shorter resonance of each

vowel sound—probably about half the amount of time as in the previous exercises. It’s important to be conscious of this. Be aware that in this exercise, it’s only necessary to sound the root chakra (“UH”) one time.

Remember that you’ve been building up to this. With each of the prior exercises, you’ve been experiencing the resonance of the vowel sounds with their associated chakras. You’ve done this going up and down, with one breath per chakra. You’ve also experienced this going up and down all your chakras, each time in one breath. You’ve continued practicing in the previous two exercises. Finally, now you’ve sounded all your chakras in both descending and ascending order in one breath.

As I’ve mentioned before, this ability to sound all your chakras on a single breath is necessary in order to intone the Divine Name. This was how I initially received the order of the vowels that provided my introduction to experiencing the Divine Name. It was how I learned to sound the Tetragrammaton. I pass this exercise on to you.

A Reminder

Once again, I’d like to remind you that listening to the Instructional CD will help you. In the recorded examples, I’ve utilized a normal breath—the type most people who aren’t trained

singers would take. I’m not using an “operatic” breath or creating an extended length of sound when I vocalize these exercises. My breath and the sounds I’m making are fairly standard, and normal for most people. As stated throughout this book, anyone can create this sound. I’ve taught this technique to total neophytes in the arena of making self-created sound, and they were able to do it. With a little practice, you’ll be able to as well. Once you become “attuned” to this exercise, you’re ready for the final step of creating the Divine Name.

When you sounded the vowels for all the chakras in descending and ascending order on one breath, it’s quite likely that you heard something else besides just the vowels—something that sounded very much like an extended intonation of “Yahweh.” Indeed, this *is* what you were hearing—the Divine Name.

The Four Vowels of the Divine Name

Remember, in Hebrew the Divine Name is written as יהוה. In English, this has been translated into the letters *YHVH* (Yod, Hey, Vav, Hey) and is often pronounced “Yahweh.” In Chapter 3, we discussed in detail how the authentic sounding of the Hebrew letters of the Tetragrammaton—the Divine Name—is actually a sequence of vowel sounds: EEE—AH—OOO—AYE.

For the last exercise in this chapter, I'd like you to sound these four vowel sounds in a fluid, continuous manner. As you're doing so, feel the energy go from the top of your head, through your body to your root chakra, and then ultimately back up to the crown. As previously noted, one of the great tools to facilitate this is *visualization*—focusing your intention on what you're doing while making the sound.

Gliding Vowels

As you go through these vowel sounds, EEE—AH—OOO—AYE, it will take approximately three to four seconds to sound each one. Instead of the combined sequence of all the descending and ascending vowels used in the last exercise, you will only sound four. Yet you'll be able to feel *all* the vowels resonating your chakras. This is because of gliding vowel sounds, called *diphthongs*, which occur when two vowels are blended and connected in a continuous progression.

These gliding vowel sounds actually constitute one of the principal techniques for learning to create vocal harmonics. As you go in this specific order, EEE—AH—OOO—AYE, you'll be aware that there are other sounds occurring. You'll hear additional vowels or harmonics and feel their resonance.

By going from the "EEE" to the "AH" in a continuous, slow flow without stopping, you'll notice that you're actually passing through several vowel sounds (and their associated harmonics). You'll not only experience the "EEE" of the crown chakra and the "AH" of the heart chakra, but you'll also briefly hear and feel the resonance of both the third-eye and throat chakras.

This phenomenon is experienced even more in the next two vowels. In that same continuous breath, when you change from the "AH" to the "OOO" sound, you'll find other chakras being resonated that weren't deliberately sounded. Finally, on the last vowel, going from the "OOO" to the "AYE," you'll notice a whole series of vowels as you feel the resonance of the energy going up from your trunk to your head.

In truth, you'll be able to cover the entire gamut of vowel sounds from the previous exercises using only these four. This was an occurrence I first noticed while intoning what are considered to be the vowel letters of ancient Hebrew, יהוה, "EEE—AH—OOO—AYE," which make up the Divine Name. When I tried intoning this combination of vowels in a slow and continuous manner, I realized that I was creating virtually the same sound as when I'd vocalized the entire vowel spectrum.

When you listen to Track 9 and compare it to Track 8, you'll hear this. The major difference for me in using the four vowel sounds of the Tetragrammaton was that it was both easier and

even more powerful. As you listen, be aware of the flexibility and fluidity of my enunciation of the vowel sounds while I demonstrate this.

In the other exercises, we specifically intoned each vowel separately. With this one, a key is to blend the vowel sounds together.

Part III: Sounding the Divine Name

Please listen to Track 9 on the Instructional CD.

(Please note that with this recorded example, as with the very first one in Track 2, I'm intoning the Divine Name in three different pitches: low, midrange, and high. For this particular sound, I often like to intone the Divine Name in a slightly higher pitch than normal—it allows me to hear the harmonics of this extraordinary sound more prominently and feel the resonance of the vowels more powerfully.)

As you sound the Divine Name using these four vowels, EEE—AH—OOO—AYE, let yourself be flexible and fluid in your enunciation. Blending them allows these gliding multiple-vowel

sounds to emerge. Listening to Track 9 on the CD will make this sonic revelation self-evident. As I mentioned in the last section, if you compare it to the previous track, it's almost identical, yet I'm only sounding these four vowels.

In addition, as with the exercises in the preceding sections and chapters, you may find it useful to consult the chakra/vowel-relationship chart on page 119 to assist you.

1. To begin, make the sound "EEE," feeling the energy resonating your crown center.
2. Slowly change this "EEE" to the "AH" sound, and feel the energy move down through your third-eye and throat chakras into your heart chakra. As you go from "EEE" to "AH," you'll hear the sound "Yah" being created.
3. Slowly change this "AH" sound to that of "OOO." Feel the energy move down through your solar-plexus and sacral chakras. When you create this "OOO" sound, be fluid and flexible. Gently glide this "OOO" and gradually allow it to turn into an "UH" sound—that is, "OOO-UH." It will be subtle, but you'll feel this gliding vowel resonate your root chakra.

4. Slowly transition from this last sound to an "AYE" sound. Gently glide this "AYE" (as in "may") and slowly allow it to turn into an "EEE" (as in "me")—"AY-EEE." As it does so, you'll find you can feel this resonate in your crown center.

At the completion of this exercise, you'll have resonated all your chakras. In addition, you should have heard the sound "Yahweh." Creating other vowels through vocalizing the four specific vowels of EEE—AH—OOO—AYE is one of the most important keys to sounding the Divine Name. Once again, with this particular exercise, listening to the recorded example on Track 9 will be invaluable.

Practicing the Exercise

When properly intoned, יהוה (EEE—AH—OOO—AYE), the Divine Name as vowels, will take the same amount of time as in the previous exercise when you sounded all of the vowel sounds in descending and then ascending order on one breath—about 15 seconds. By this point in your sonic development, you'll have achieved the ability to feel all the different vowel sounds resonating your chakras. It takes a bit of practice, but it truly is worth it. For many, sounding these four vowels is actually less

difficult than doing so for the entire sequence of vowel sounds in our previous exercises.

Is it easy? No—it does take practice. Is it possible to do? Yes—many have learned to sound the Divine Name with just a little effort and persistence. Is it worth it? Experience it for yourself! I trust you'll find that it more than meets your expectations.

Through sounding EEE—AH—OOO—AYE in this manner, you'll be able to feel the resonance of the vowels and their harmonics as they change from one to another, vibrating your chakras . . . coming from the top of your head to the base of your trunk, and then back again. This is the sound of spirit coming into matter and then going back into spirit. It is the feeling of Divine Light and Sound entering the body and then ultimately leaving once more.

Through this process, we achieve a connection with Source, feeling truly attuned, in an almost psychotropic state in which we're in communion with the Divine. It is amazing and phenomenal and so sacred.

As you honor the sacredness of the Divine Name, please remember to allow plenty of time to return to a normal state of consciousness after you've experimented with this exercise. (And of course, as always, do this exercise in a place where you won't be disturbed.) You'll find it's extremely powerful, and you'll want to give adequate time to experiencing and appreciating this extraordinary sound.

Now that you've successfully learned to sound the Divine Name, in the next chapter, we'll add the final ingredient—prayer. Without incorporating this practice into the sounding of the Divine Name, it's not complete. Although there's still great power in this sound (you'll certainly be able to feel its resonance and energy), it's not nearly as great and all-encompassing as it is when coupled with the consciousness of prayer. Remember the formula *Frequency + Intent = Healing*. It takes both components—the sound as well as the energy that is encoded upon it—to create the overall extraordinary manifesting power of the Divine Name.

Please listen to Track 10 on the Instructional CD.



The Divine Name as Prayer

You've now reached the place in this book where all the information and exercises come together. Indeed, my goal in writing *The Divine Name* has been to empower you with the ability to use this extraordinary sound for prayer. As has been pointed out, this book is a step-by-step process of vibratory activation using sacred sound. You're now at the stage where you can begin to achieve a new level of being by using the Divine Name as prayer.

If, as we suppose, the Divine Name truly is the universal sound of God—a lost sound that we have rediscovered—it seems that the most appropriate and natural use of this name would indeed be as the ultimate form of prayer.

Prayer: An “Attitude of Gratitude”

Prayer means many things to many people. *Merriam-Webster’s Collegiate Dictionary* defines it as “an address (as a petition) to God or a god in word or thought.” Usually, this involves some sort of “asking” for something—most frequently prayers involve requests for healing or the granting of wishes. As previously noted, however, the most effective form of prayer is as an act of thankfulness energetically offered from the heart, as though that which is being asked for has already happened.

The true power of prayer occurs when our thoughts and emotions combine to create a heart-centered feeling. This power focuses on gratitude, as if the outcome we desire has already manifested. As I touched upon in Chapter 4, for the most effective prayer and manifestation to occur, you must “give thanks” for what you’re praying for. This “attitude of gratitude,” the heart-centered feeling of appreciation, is perhaps the single most important aspect of prayer.

Particularly with regard to using the Divine Name, we should be clear about our prayers and ensure that they are for the highest good of all—ourselves, others, and the planet. I’d like to suggest that we try to embody the words of St. Francis: “Lord, make me an instrument of Your peace.” This seems a perfect petition to God. If we can be focused on compassion and kindness, rather than competition, then it feels like our prayers are in alignment with the true purpose of using the Divine Name.

Sarah Benson, one of my greatest teachers in the field of sound healing, always stressed the importance of being a conduit of the sacred sound—of moving out of its way so that the Divine and Sacred could take over and come through it. I pass her wisdom on to you.

The Power of the Heart

Prayer, as we’ve approached it, is a “heart-based” phenomenon. A key to utilizing it in this manner—especially with the Divine Name—is to truly understand the power of our hearts. How *does* the heart fit into this?

Different spiritual teachers and groups have known about the extraordinary power of the heart for millennia. Now, its power is being validated by modern science—not just as an organ that

pumps blood through the body, but as far more. Most modern-day readers are aware that the brain—what is perceived to be our organ of thought—produces electrical and magnetic impulses, waves that have been studied in medicine for many years.

What has only recently been discovered and is less well known is that the heart generates the body's most powerful and extensive electromagnetic field. Compared to the brain, the electrical component of the heart's field may be up to 60 times greater in amplitude. This energy permeates every cell in the body. The heart's magnetic component has the potential of being approximately 5,000 times stronger than the brain's, and can be detected several feet away from the body with sensitive magnetometers.

From one perspective, it seems as if the heart, our organ of feeling, is more powerful than the brain, our organ of thinking. It is almost as though the brain is a trigger mechanism for focusing the greater electromagnetic energy of the heart.

Coherent Waves

The experience of positive emotions, such as love or appreciation, creates a coherent pattern in the heart's rhythmic activity that is smooth and ordered. When this happens, these emotions change the heart's beating patterns, corresponding with changes in the structure of the electromagnetic field that is

radiated. In contrast, negative emotions, such as anger or frustration, are associated with an incoherent wave pattern that is erratic and disordered.

Much of this research into the power of the heart comes from the Institute of HeartMath. Investigators have shown that the capacity of the heart to create enormous electromagnetic fields arises when it is in a state of *coherence*. This occurs when the waves being generated by the heart are in resonance with other bodily systems, such as respiration and brain waves. The heart and all these other systems operate at the same frequency, vibrating together in rhythmic harmony, which allows the tremendous electromagnetic field to manifest.

When we're in a happy and loving state, generating positive emotions such as love or appreciation, the heart is in a state of coherence. When this occurs, we're creating an extremely strong electromagnetic field, with extraordinary potential for manifesting the power of prayer.

However, when we experience negative feelings such as anger, anxiety, fear, or frustration, the rhythms between our heart, brain, and other bodily systems are out of harmony. During such times, the electromagnetic waves that manifest are scattered and disorganized. These are *incoherent waves*. The electromagnetic field generated is extremely diminished. Such chaotic frequencies aren't positive for either our health or our prayers.

The Fail-Safe Mechanism of Prayer

Since the power of prayer is a heart-based phenomenon, we create a weakened field from our heart when we produce incoherent waves. Our prayers at such times aren't effective. This is one of the "fail-safe" mechanisms of prayer, and especially the use of Divine Name—it can't be effective when we're not in a positive place. At best, the improper prayer is totally ineffectual. At worst, it could cause an imbalance in anyone misusing it.

According to many spiritual sources, attempting to project negative energy through prayer simply backfires. It not only doesn't work, but whatever is negatively sent out seems to come back to adversely affect the person who transmitted it. This perhaps is a demonstration of the effect described at the end of the Third Commandment, which warns that those who attempt to misuse the Divine Name receive retribution. Thus, using prayer while generating an incoherent wave just doesn't work.

Creating Coherent Waves

It's possible to learn to generate a coherent field of the heart through different meditation practices that utilize specific visualization techniques. The coherent wave of the heart has the

ability to directly interact with our emotions, and when this wave manifests, we frequently find ourselves in a happy and loving state. In fact, when we effectively practice this technique, we're able to change any disharmonious and negative feelings into harmonious and positive ones.

There is a particular method I'd like to share with you that amplifies the ability to manifest a heartfelt condition for prayer. It generates an extraordinary source of positive energy, which can be focused, and it produces even greater amounts of positive energy through use of the Divine Name. Much of this process is based upon material that comes from the Institute of HeartMath, as well as the work of Gregg Braden, among others. I've modified this process in order to create the following technique. From my experience, the method I'm about to share is easy to implement and extremely effective:

To begin, simply take a few nice deep breaths. Breathe deeply and slowly, feeling the air fill your lungs. The slower and deeper the breath, the better. When you inhale, feel your breath coming in—not only through your nose or mouth, but also through your very heart. This is a crucial element in this breathing technique. As you exhale, visualize your breath expanding out—not only through your nose or mouth, but also from your heart region.

While you are in this state of breathing slowly, visualize your breath coming in and going out through your heart center. You're now beginning to create a coherent field between your heart and brain.

Next, as you continue breathing in this manner, simply begin feeling appreciation for something—it could be a partner or spouse, a child, a pet, a beautiful sunset, the sound of waves lapping against a beach, or perhaps a mountain spring—it doesn't matter what. All that matters is that you feel a sense of appreciation.

Feeling appreciation is extremely effective, especially for generating the power of prayer. This may be *the* most important aspect of empowering prayer.

Throughout this entire book, I've shared that sound, particularly sacred sound, is composed not only of the sound itself, but also of the intent and prayer encoded upon it. Thus, for the full utilization of the Divine Name, we must use it for its ultimate purpose—as prayer.

The Divine Name as Sonic Offering

One final suggestion I'd like to make before we begin intoning the Divine Name as prayer is to conceive of it as a sonic offering to the Creator. In many different traditions, offerings such as the lighting of incense or candles are made before the actual prayer. With this in mind, we can intone the Divine Name as a sonic version of this, projecting this offering onto our prayers. Not only are we praying in a manner of appreciation, giving thanks for all that is—we are concurrently generating offerings to the Divine. This is another form of manifesting gratitude for all that is. Think of your sound as a way of giving thanks to the Creator for the blessings you're co-creating.

In the previous chapter and all the others in Part III leading up to it, we worked with the vowel sounds to resonate our chakras. We ultimately learned to sound the Tetragrammaton, toning יהוה as four different vowel sounds: EEE—AH—OOO—AYE.

It's now time to learn the technique for utilizing the Divine Name as prayer. The following steps allow us to pray on a personal level and then expand our prayers until they ultimately incorporate a universal level of consciousness.

Utilizing the Divine Name as Prayer

Part I

— Find yourself a comfortable space where you won't be disturbed. It's best if this is a contemplative or sacred place where you can meditate/pray and make sound.

— Sit comfortably, with your spine straight and your eyes closed.

— Next, add the visualization of breathing in and breathing out through your heart area.

— Now, begin to feel gratitude and appreciation for someone or something. This will place you in a state of receptivity that will allow you to communicate with Source. Be in a state of appreciation—maintaining an “attitude of gratitude” for all that is.

Part II

**It may be helpful to again listen to Track 9
on the Instructional CD.**

— Vocalize the vowel sounds you've learned that compose the Divine Name, toning “EEE—AH—OOO—AYE” one time. Feel the energy of these sounds as they resonate from the top of your head down into your body, and then back again out your head, creating a connection between you and the Divine. Send this energy out from yourself to the Higher Power as you make this sound. Become aware of the positive feelings being generated and the feeling of love that radiates through and from you.

Part III

— Next, begin to audibly give thanks for that which you have, or offer your appreciation for what you would *like* to have in your life as though it is already a fact. Some examples of this might be:

- *Thank you for my partner (my children, my . . .).*
- *Thank you for my health.*
- *Thank you for my prosperity.*

— Each time you give thanks for something, vocalize the Divine Name, “EEE—AH—OOO—AYE,” one time, feeling the energy resonate through you and sending the sound out to the Divine.

Part IV

— Continue to speak aloud, giving thanks for that which you would like to co-create on a more expansive level as though it has already occurred.

Some examples of this might be:

- *Thank you for the support of my business.*
- *Thank you for the harmony in my marriage.*
- *Thank you for the peace in my life.*

— Each time you give thanks for something, vocalize the Divine Name, “EEE—AH—OOO—AYE,” one time, feeling the energy resonate through you and sending this sound out to the Divine.

Part V

— Conclude by stating aloud that which you would like to co-create on a universal level as though it has already occurred. Some examples of this might be:

- *Thank you for peace on the planet.*
- *Thank you for the harmony of the environment.*
- *Thank you for the love and kindness that all humans share.*

— Each time you give thanks for something, vocalize the Divine Name, “EEE—AH—OOO—AYE,” one time, feeling the energy resonate through you and sending this sound out to the Divine.

Part VI

— After completing your prayers, sit in a state of silence, receptivity, and gratitude for the experience you’ve just had. Be open to receiving information, thoughts, ideas, and feelings from

the Divine. Allow yourself sufficient time to fully experience this exercise. You may find yourself in quite a transcendent state as a result of using the Divine Name in this manner.

This, of course, is just one manner in which to pray. As you might have noticed, with these particular steps, we go from utilizing prayer on an individual level to a universal one. However, please do as you are inwardly guided. You might want to focus first on giving thanks for global situations such as peace, and then focus on personal prayers. The manner of prayer presented here is simply one model that might be helpful. There are numerous ways of giving prayerful thanks, but they *all* involve a modality utilizing breath, feeling, and sound. From my perspective, the use of the Divine Name as a sacred technology to enhance these prayers is a joyous technique I am honored to share.

The Divine Name as Healing

My wife, Andi, who is my co-author of *Tantra of Sound: Frequencies of Healing*, has suggested:

The Divine Name, when utilized in this manner of prayer, offers us a direct connection to the Divine and awakens the Divine in ourselves. When we are in a state of resonance with

the Divine, we are in a state of perfection. As this occurs, we achieve frequency shifts that put us into balance and harmony. Therein lies the healing.

I concur.

While our focus in this chapter has been on the use of the Divine Name for prayer, I'd like to mention that there have been many reports of deep healings spontaneously being experienced under these circumstances. These seemingly miraculous occurrences may be a gift from the Creator as a result of having properly used the Divine Name.

In conclusion, after you've done the preceding exercise and you're in a state of deep meditation, if you feel that you need further clarification on what's appropriate to personally pray for, just check in with yourself and let your inner guidance give you direction.

Now let's move on to how we might use the Divine Name to really make some big changes!

