



The Science of Chanting

The science of chanting is not in the meaning of the chanted words; it is in the *resonance* of the *sound* of the words.

When a sound is chanted repetitively, it creates a vibrational frequency that resonates within atoms in the surrounding area. Adjustment in the chanter's tone, tempo and pitch adjusts the effects.

Such tonal frequencies activate specific energy patterns. Depending upon the resonance of a specific sound, it affects another energy that matches its vibration.

Effects of chanting are energetic and cannot be readily measured with third dimensional scientific instruments. However, such effects have been proven. Through close observation over the ages, specific chanted sounds have demonstrated an effect on selected targets. Eventually such chants and associated effects have been categorized. Thus, some chanted sounds affect specific organs; others affect specific chakras (energy centers associated with areas of the body), glands, diseases, emotions, and even DNA.

Prayers and chants in multiple traditions have demonstrated the ability to calm, energize, heal, transform, and shift brain patterns. Some sounds can also disrupt cellular vibration to such a degree that they cause disintegration, and as such can be used as weapons.

For this reason, a mantra or chant, although often associated with words or prayers that carry a meaning, are actually effective because of the *vibrations they emit*. Technically, the chanter is not required to know the associated meaning of chanted words in order for the sounds to influence a desired outcome.

Chants that are repetitively projected onto fine sand eventually cause the sand to shift into a distinctive pattern, and this same pattern always occurs with that specific chant. These predictive patterns can be drawn or painted, and are commonly referred to as "yantras". When meditated upon, a yantra can create an effect similar to the resonance of the chant itself.

A mantra's sounds can be chanted aloud or silently, and each method differs in its influence. Chanted aloud, a sound affects the vibration of physical atoms. Chanted silently (mentally), a "sound" affects a pre-physical aspect, in the dimension that carries the energetic blue-print of the manifested physical. In this subtle aspect, the mental vibration elicits a response from the non-physical, which then adjusts the physical manifestation accordingly.

In a like manner, consistently repeating certain thought patterns, such as judging another person harshly in your thought, can affect that person's energetic blue-print, affecting them negatively. This is why you can "feel" someone's disapproval. *The good news* is this also works on a positive level. Consistent repetition of positive thought about a person or situation elicits positive, empowering energetic influences. Sound has profound effects. Create a fulfilling life by choosing your words carefully.