

Chanting the Vowel Sounds:

Here is a description of the specific sounds to chant and the central metaphor behind the sound:

a pronounced "ah" as in ma = purification or to cleanse

e pronounced as "eh" as in pet = placement and relationship

i pronounced "ee" as in tree = awareness

o pronounced "o" as in grow = innocence or teachability

u pronounced as "u" as in true = carrying or being carried