

7 Organ Sounds for Health

Close your eyes inhale and vibrate the sound given below for each organ and feel vibration penetrating each organ. This will rejuvenate the said organs if you go deep into it and vibrate it properly.

For Lungs:

Take deep breath through nose and breath out by mouth sssss..... short and fast 3 to 21 times. (3 times for normal health maintenance and more as a therapy.)

For Heart:

Take deep breath through nose and breath out by mouth hawwww..... short and fast 3 to 21 times. (3 times for normal health maintenance and more as a therapy.)

For Spleen:

Take deep breath through nose and breath out by mouth huuuuu/hooooo..... short and fast 3 to 21 times. (3 times for normal health maintenance and more as a therapy.)

For Liver:

Take deep breath through nose and breath out by mouth shhhhh..... short and fast 3 to 21 times. (3 times for normal health maintenance and more as a therapy.)

For Kidney:

Take deep breath through nose and breath out by mouth chu-way..... short and fast 3 to 21 times. (3 times for normal health maintenance and more as a therapy.)

It is double sound , short is chu and longer is way.

For Triple Warmer:

Take deep breath through nose and breath out by mouth eeeee..... (along with tightening both the fist and bringing closer to the body) short and fast 3 to 21 times. (3 times for normal health maintenance and more as a therapy.)

For Heart and Throat Vibration:

Take deep breath through nose with sound of snoring or wheeze sound and while exhaling hmmmmm/hummmmmm mouth closed ,short and fast 3 to 21 times. (3 times for normal health maintenance and more as a therapy.)

Aum

Primordial sound is aum. It is said that it was divine wish to become many from one.

Aako bahishyam. It wanted to become atma from aum. Thus pashyanti sound was created, having lower vibration to sustain existence .(some recognize it as light and some has recognized it as sound.)

Pashyanti is chitti of bhur, bhuvah, swaha loka it is like prakriti and aum is like purusha, and their combination creates infinite shapes. Basically it is aum only.

Before thought , there is idea, and before that there is ideating movement which contains in seed form all thoughts and words.

Thought to become word need help of madhayama or say has to convert in madhayama.

Madhayama has got 16 vowel sound a, aa ,e ,ee, u, oo,

When you want to say fool, a ,u comes out from throat and strikes on lips to become

pha...and so on.

So basically it is journey of one primordial sound aum to become many.

What ever you utter , it goes in space, and there is theory of like attracts like and it gathers momentum and returns back to you in magnified form.

So when you get any disease , it was in the seed and it has returned to you over a period of time.

Golden nugget :

It is a very powerful exercise to meet your own guru/god in silent area of your skull (bindu).

You need not waste your life to search external guru.

One day when that area is penetrated your own guru will come and say good morning to you, will hold your hand, or say a ray will transform your life.

For that you need to know technique of samudra manthan.

Using meru parvat (mountain) that is your spinal cord, with sheshnag (serpent) that is ida and pingla to churn it so the effect (electricity) reaches silent area to awaken it, that is to get Amrit (Nectar) to become Immortal , means to go beyond life and death.

But there is a problem, who will give support to these meru parvat ? the base chakra, the perineum , area of shivani. How ? you will have to learn to contract area below naval, after inhaling deeply, exhale completely and push lower abdomen in, in, in as much as you can and now hold for 10 seconds to start with and every month increase 10 seconds.

Over a period of 4 to 6 month reach maximum up to 40 seconds.

In this exercise perineum is pushed up, and diaphragm is tightened due to external holding your breath.

It takes 40 seconds to put plug(diaphragms) into socket (perineum) or call it that Lord Vishnu takes Kurma (tortoise) Avatar which takes 40 seconds and brings up the meru parvat.

Now after reaching 40 seconds of external holding of breath , do samudra manthan , that is take shallow and fast breathing touching finger tips of one hand near throat to sense it . Do this maximum for 2 minutes 20 second.

This drills silent area or say makes connection (activates) and transformation takes place, which is to be experienced only, can't be put in any amount of words.

This is worth doing and being the Self.

Swaiso:

Stand up and with rhythm of 36 per minute, start swinging both arms up to the top of head in 1,2,3 tune of music and with 5,6 swing back hands as far back as possible, with palm facing up in bowl shape.

Here the technique to eradicate any problem is while swinging arms up take that problem in finger tips of arm and while swinging back, through it in space.

It may be health problem of any kind say, constipation to cancer, or monetary problem of loss or any thing you think as a problem, may be your relation with family , friend or loved one.

Excerpts From lecture of Shri Rajan Vakil at Kirtan Kendra ,Juhu, Mumbai
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