



The Alchemy of Sound Construction in Meditation

Human Alchemy™ uses approaches from NLP, DHE™ and hypnosis in conjunction with different constructed sounds or mantras to produce specific altered states of awareness.

A mantra is a collection of syllables or sounds that have no inherent meaning in terms of language, but, when repeated, can produce a change in a person's state of awareness.

A person with specialist knowledge of sound or mantra meditation is aware that in the energy field around the physical body there is an energy network called the aura, which works like a step up step down transformer with specific energy centres or chakras. Some with clairvoyant vision can see these chakras or "wheels of energy" as having different combinations of colour and shapes.

An exercise to try out

One of many simple mantras that I present in Human Alchemy seminars for delegates to discover a sense of enhanced well being is LOMM SEE. This "is sounded" like the classically known mantra "Om", but with an "L" in front to give the sound LOMM. The sound "SEE" "is sounded" like the word "see", as in "I see". This particular mantra can produce a range of potential effects including a greater sense of peace, enhanced energy and greater clarity of thinking. When repeating this, it's important to keep the syllables separate in order to access the full effect. I recommend initially trying this out for 10 minutes, which certainly should be enough to notice a definite difference in state. I included this mantra in one of the sections of the "Letters to Your Unconscious" CD and often wonder how many people picked up on it...

Other more powerful mantras can produce profoundly altered states and can facilitate healing or the development of particular abilities. The syllables that make up the mantra are usually repeatedly silently and as mentioned previously it's important to ensure that each syllable is kept separate from the one that follows it, maintaining a regular rhythm whilst repeating the mantra. More complex and powerful mantras may have many different syllables, sometimes a particular mantra can be used to accelerate a specific altered state, and then another mantra can be used to "earth" that state. Many people who have attended Human Alchemy seminars have been quite surprised at the effects of these different constructed sounds, especially when combined with deep relaxation by using NLP and hypnosis. The more complex and powerful mantras can have up to nine individual syllables and an experienced meditator could sit for a number of hours quite easily!

Some of the more advanced mantra systems will also use combinations of crystals and different metals in conjunction with locating different chakras in the body to produce specific altered states. Different kinds of materials and crystals will resonate differently with particular mantras and in advanced meditation seminars, delegates have noticed how these kinds of exercises can produce sensations of time distortion as well as a sense of expansion. Many have noticed that the expansions are different to hypnotic trance states and such expansions are often referred to as "bliss states"



Specific mantras can be used to fully raise the kundalini energy, which can be completed in a short period of time with correct supervision. Classically a meditator would practice using a mantra for a few hours a day and often would begin to notice changes in temperature as well as a variety of other sensations across the sensory cortex. Kundalini meditation is not the highest form of meditation, but can be a useful tool in developing different psychic abilities.

As with a diet of food, a “diet of sound” should be applied with care and precision! Ultimately of course the only way to discover the effects of mantra meditation is to repeat the mantra itself, all insights come from placing one’s attention to that sound alone...and discovering the benefits which this can bring! As a person begins to master the medium of meditation, they begin to realise that “their sense of identity” can change, typically resulting in greater intuitive insights and deeper realisations at a more universal level.

Beyond mantras, NLP and hypnosis...

Many people who become interested in mantra meditation for enhanced well-being then naturally progress to the more powerful (and some say easier) direct energy meditation. The difference with this medium of meditation is that the meditator has direct access to energy systems that can manifest as an internal stream of sound and illumination. These different energy streams can produce profoundly altered states of awareness, far beyond any experience found with NLP and hypnotic explorations! It would not be unusual for a student of this type of meditation to sit for a number of days with relative ease, which of course would not be as possible with less advanced systems.

Check out the Human Alchemy Master Class on the seminar schedule for more about Human Alchemy and the “Adventures of Well Being Now” and “Letters to your Unconscious” CDs!