

SOUND MEDICINE

How to Use the Ancient Science of
Sound to Heal the Body and Mind

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This book contains advice and information relating to health care. It should be used to supplement rather than replace the advice of your doctor or another trained health professional. If you know or suspect that you have a health problem, it is recommended that you seek your physician's advice before embarking on any medical program or treatment. All efforts have been made to assure the accuracy of the information contained in this book as of the date of publication. The publisher and the author disclaim liability for any medical outcomes that may occur as a result of applying the methods suggested in this book.

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WHAT IS YOUR DOMINANT DOSHA?

To get a sense of your dominant dosha, answer the questions below:

FRAME

- a) I am thin and slender with prominent joints and lean muscles.
- b) I have a medium, symmetrical build with good muscle development.
- c) I have a large or stocky build.

SKIN

- a) My skin is dry and rough.
- b) My skin is warm, reddish in color, and easily irritated.
- c) My skin is moist and oily.

HAIR

- a) My hair is dry, brittle, or frizzy.
- b) My hair is fine, thin, or prematurely gray.
- c) My hair is thick and wavy.

EYES

- a) My eyes are small and active.
- b) I have a penetrating gaze.
- c) I have large pleasant eyes.

JOINTS

- a) My joints are thin, prominent, and have a tendency to crack.
- b) My joints are loose and flexible.
- c) My joints are large, well knit, and firm.

BODY TEMPERATURE

- a) My hands and feet are usually cold and I prefer warm environments.
- b) I am usually warm, regardless of the season, and prefer cooler environments.
- c) I am adaptable to most temperatures but do not like cold, wet days.

UNDER STRESS . . .

- a) I become anxious or worried.
- b) I become irritable, intense, or aggressive.
- c) I become withdrawn or depressed.

SLEEP

- a) I am a light sleeper with a tendency to awaken easily.
- b) I am a moderately sound sleeper, usually needing less than eight hours to feel rested but have vivid dreams.
- c) My sleep is deep and long. I tend to awaken slowly in the morning.

WEATHER

- a) My least favorite is cold weather.
- b) My least favorite is hot weather.
- c) My least favorite is damp weather.

WEIGHT

- a) I tend to lose weight easily.
- b) I maintain my weight easily.
- c) I gain weight easily.

APPETITE

- a) On a daily basis, my appetite varies and I have delicate digestion.
- b) I feel uncomfortable if I skip a meal and I can eat almost anything.
- c) I like to eat, but can skip meals easily. I have a slow digestion.

BOWEL MOVEMENTS

- a) Tend to be hard with occasional constipation.
- b) Tend to be loose with occasional diarrhea.
- c) Tend to be well-formed or sticky with occasional constipation.

PERSONALITY

- a) I am lively and enthusiastic by nature. I like change.
- b) I am purposeful and intense. I like being efficient and in control.
- c) I am easygoing and caring. I like to support others.

ACTIVITY

- a) I like to be active, and it can be hard to sit still.
- b) I enjoy activity that has a purpose, especially competitive.
- c) I like leisurely activities and staying home.

WALK

- a) I walk quickly.
- b) I have a determined walk.
- c) I walk slowly and steadily at a leisurely pace.

MOODS

- a) My moods change quickly, with a tendency toward anxiety.
- b) My moods change slowly, but I can become angry easily.
- c) My moods are mostly steady and most things don't bother me.

MEMORY

- a) I learn quickly and forget quickly.
- b) I have a good memory.
- c) I learn slowly but have a good long-term memory.

ORGANIZATION

- a) I am good at getting things started, but not at getting things done.
- b) I am very organized and can focus on a project from start to finish.
- c) I need help getting things started, but I am good at seeing things to the finish.

MONEY

- a) I spend money almost as quickly as I make it.
- b) It is important for me to have money and I spend it on expensive, luxury items.
- c) I don't like to spend money and prefer saving it for a rainy day.

IN RELATIONSHIPS I USUALLY ASK . . .

- a) What is wrong with me?
- b) What is wrong with you?
- c) Are you sure there is something wrong?

OUT OF BALANCE, I FEEL LIKE . . .

- a) A leaf in the wind.
- b) A raging inferno.
- c) A bump on a log.

MY MOTTO IN LIFE IS . . .

- a) Throw caution to the wind and live for today.
- b) No pain no gain.
- c) Don't worry, be happy.

If you chose mostly A's: You are primarily vata.

If you chose mostly B's: You are primarily pitta.

If you chose mostly C's: You are primarily kapha.

MANTRAS FOR EVERYDAY LIFE

AMMA'S CHAKRA MANTRA

(for balancing all of the chakras):

Hari Om,
Nam Lam,
Mam Vam,
Sim Ram,
Vam Yam,
Yam Ham,
Shiva Om,
Swaha

OM (OR AUM) MANTRA

GANESHA MANTRA

Om Gam Ganapataye Namah (pronounced *Om gung Gahnah-pa-tha-yaa namaha*).

SARASWATI MANTRA

Om Aim Namaha (pronounced *Om ayeem namaha*).

LAKSHMI MANTRA

Om Srim Namaha (pronounced *Om Shreem Namaha*).

DURGA MANTRA

Om Krim Namaha (pronounced *Om Kreem Namaha*).

NARAYANI MANTRA

Om Namo Narayani (pronounced *Om namo NaaraayanE*).

GAYATRI MANTRA

Om bhur bhuvā swaha; Tat savitur varendyam; Bhargo devasya dheemahi; Dheeyoyo nah prachodayaat (pronounced *Om bhoor bhu-wah swa-ha; tat savi-tur vareen-yam; bhar-go deva-sya dheem-a-hi; dhiyo yo nah pra-cho-day-at*).

VISHNU MANTRA

Om Namo Narayanaya (pronounced *Om namo Narayan-aya*).

SHIVA MANTRA

Om Namah Shivaya (pronounced *Om Namah Shiviiya*).

DHANVANTRI MANTRA

Om Shri Dhanvantri Namah (pronounced *Om shree Dhanvantrayaa namaha*).