

*To whose temple the Arch is starlit,
In whose temple the Sun is the image of God,
To whose temple the Moon goes every month
And brings the message out every full Moon,
And whose message the Moon sings as a word of sixteen letters,
His religion I belong to, His temple I visit,
His name I utter, His glory I live in.
To Him I offer the lotus of my day,
To Him I offer the lotus of my night.*

These seed thoughts from the Spiritual Psychology meditations of Dr Ekkirala Krishnamacharya give the note for the Lunar Messenger of the Circle of Good Will. The Moon is the reflective principle and symbol of the mind. When pure and calm, it reflects impressions from higher circles. The time of the full Moon is especially conducive for higher alignment if we are poised enough. The alignment of the Sun, Moon and Earth in the sky helps us to experience the magic of the light of the soul and its manifestation down to the physical.

The Lunar Messenger is published every month in time for the full Moon. It contains thoughts from the teachings of eternal wisdom. Its purpose is to inspire us to put the teachings into practical life.

VISTAS OF WISDOM 160: SEED SOUNDS

The Roots

According to the wisdom teachings, humanity has existed on our planet for over 18 million years. During the second half of the Lemurian epoch, the third wave of earthly life, sacred sounds were developed into a language by the Devas and gradually made accessible to humanity. This language contained seed sounds and seed thoughts. Since that time, humankind has been the only creature on Earth blessed with the ability to speak.

The seed of Lemurian knowledge concerning sound was brought to perfection during the time of Atlantis. The sounds were magical. The manifestations practised through sounds was known throughout the world. People at that time possessed the power of choice and discernment. They could use this knowledge for selfish purposes or for the well-being of the whole. Humanity developed on two paths, one towards the diabolical and the other towards the Divine, and a struggle took place between the two groups. The arrogant people perished with the sinking of Atlantis; the pure ones were gathered by the Seed Manu and led to the East to form the seed of the fifth wave of human life. The Hierarchy, for humanity's well-being, withdrew the knowledge of the power of sounds and the corresponding magic, returning it when to humanity is ready to use the knowledge wisely.

The knowledge has been preserved in the Himalayan region. There, sounds still exist in their original forms, whereas in other regions they have been lost. The sounds were entrusted to responsible aspirants for use only when a teacher of wisdom had satisfied himself of the pupils' trustworthiness and reliability.

Seed sounds are, by their very nature, extremely potent and fiery. *Mantras* have their roots in the seed sounds and are attenuated versions. Hymns are further softened. *Bhajans*

(devotional songs) represent the mildest form. They are all gradations of the power of sound. It is a misguided understanding to regard the seed sounds as Eastern, Indian or Sanskrit. Seed sounds are neither Eastern nor Western. They do not belong to any religion but existed long before religions. They are now spreading once more from East to West. The Aquarian Age is transmitting the sounds worldwide.

Practicing the Key of Sound

Sound generates inner fire, and the fire enables the transformation of our body cells. Sound manifests subtle light and enables us to enter into this light. The divine Word emerges as Sound and manifests as Light, which in turn divides into colours. Sound is a more subtle state. It is the best key to inner transformation and the unfolding of wisdom. The meaning of sound is limited to the mind. However, sound goes beyond that.

Colour, number and symbolism are further keys that we know. Sound, colour, number and symbol are interconnected and can be applied in combination. Speaking of the key of seed sounds is quite different from actually practicing the sounds. To intone mantric sounds effectively, we are to be pure in body and mind and be able to use our speech correctly. We should listen attentively and adopt the appropriate discipline in order to consciously intone the sounds. Without discipline in speech, we cannot handle the sound key properly.

If we wish to work with seed sounds, our throat should be purified by speaking only the truth and working rhythmically and regularly. Uttering seed sounds creates powerful sound vibrations that transform our system. In conjunction with visualisation in the relevant centres, we can bring about important and effective transformations. When working with

seed sounds, it is recommended that we connect our thoughts with our respiration and observe the inhalation and exhalation of air. More detailed information can be found in Sri Kumar's books '*Healers Handbook*' and '*Mantrams*'.

The central seed sounds

The fundamental seed sound is OM, which consists of a single syllable. OM is the source of the other seed sounds and *mantras*. Without OM, a *mantra* has no effect. It is therefore traditional to begin every *mantra* with OM, with the exception of a few *mantras* that are equivalent to OM (e.g. GAM GANAPATAYE NAMA). The entire creation is based on the seed syllable OM. Only OM exists; we do not exist. We embark on the path to realise the Lord. As long as we exist for ourselves, we will not be able to realise the Lord.

The heart centre is the gateway to inner existence. There is an opening there that leads us into the vertebral system. Running through this column is the central subtle energy channel, called *Sushumna*. When OM leads us into the inner spaces, we shall hear the higher sounds that arise on the basis of *Sushumna*. From the head to the base of the spine lie the subtle energy vortices of the centres (*chakras*) or lotuses. Each of the seven lotuses has its own seed sound. The *Sahasrara* is in harmony with the Deity, whilst the centres from *Ajna* to *Muladhara* correspond to lotuses with varying numbers of petals.

The centres were created by the seed sound belonging to that particular subtle centre. The seed sound of each centre is derived from the seed letters. The divine Word works through the seed letters to unfold the petals for each centre. Thus, the Word becomes a sound vibration and a colour velocity and takes form. The colour corresponding to the lotus of each centre originates from the seed sound of the lotus.

Seven seed sounds are active in the seven centres, and each seed sound is accompanied by groups of sounds. In total, there are 49 (7 x 7) seed letters distributed across the six centres. When we combine all the letters that form the basis of the lotus petals from *Ajna* to *Muladhara*, we obtain all the letters of the Sanskrit alphabet. Sanskrit is called the language of the *Devas* because it functions in this way. The *Devas* have intoned the Word and created the seven planes of existence. In total, there are 35 (5 x 7) seed sounds that can transform the world of the five elements when intoned appropriately. Each plane pulsates with the sound of a specific letter.

To begin with, we are advised to visualise the etheric lotuses from *Ajna* to *Muladhara* with their varying numbers of petals. We can also contemplate the different colours of the lotuses and try to perceive the petals with the corresponding seed sounds. For genuine students, it is important to persevere, learn, listen, practice and recognise the value of the seed sounds.

Let us first familiarise ourselves with the fundamental seed sounds according to esoteric understanding, connect them with the centres in the body and contemplate them. Then the knowledge unfolds. Important: We do not use the sounds to stimulate the centres.

The central seed sounds depicted in many illustrations relating to the seven *chakras* are the exoteric sounds. Guidance on the corresponding esoteric sounds is provided in the *Tantra* of the 'Thousand Names of the World Mother Lalitha' (*Lalitha Sahasranama Tantra*). According to this, the central seed sounds are as follows: Head/*Sahasrara*: YAM; *Ajna*: HAM; Throat/*Visuddhi*: SAM; Heart/*Anahata*: KAM; Solar Plexus/*Manipuraka*: LAM; Sacral Centre/*Svadhista*: RAM; Root Centre/*Muladhara*: DHAM.

The sounds also have the following correspondences to internal glands and planets: YAM: pineal gland, Jupiter; HAM: pituitary gland, Sun; SAM: thyroid gland, Mercury; KAM: thymus gland, Venus; LAM: pancreas, Moon; RAM: gonads, Mars; DHAM: adrenal glands, Saturn.

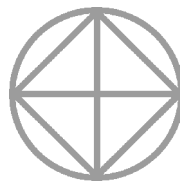
We should understand that there are sounds in Sanskrit which are not correctly rendered in the pronunciation of English syllables. There is also the sound 'SHAM', which differs from 'SAM'. SAM is associated with the throat centre. SHAM is the sound of Saturn and relates to the *Muladhara*. It is assigned to a higher layer of the *Muladhara* petals.

The seed sound HAM is attributed to the *Ajna* centre. The sound YAM belongs to the *Sahasrara*. The sounds HAM and YAM – HAM-YAM, HAYA – connect us with the *Ajna* and the *Sahasrara*. Through this, the path to infinity is revealed, and we can perceive the mysteries of creation. In Puranic symbolism, Hayagriva is the horse-headed Lord of Wisdom.

The seed syllable RA, RAM, is the seed syllable of the Cosmic Fire. It is repeated to burn away impurities on the physical, emotional and mental planes and to make the personality translucent. We can intone RAM from the *Ajna* down to the *Muladhara* and feel the entire energy in the six centres. In India, the sound RAM is identified with the incarnation of the Lord as Rama. The sound existed long before the incarnation of Rama. The seed syllable MA represents Nature. The seed syllable SRI, SRIM represents the divine Nature as splendour and glory, and its colour is golden yellow. The sound refers to the Mother, who represents Will, Love and Light. Many write SRI RAM in their spare time, whilst chanting it in the heart centre and thus transforming themselves.

DRAM is the fundamental seed syllable for Dattatreya. It showers people with blessings for earthly and heavenly fulfilment, immortality and self-realisation. If we work consistently with this *mantra*, it unlocks all the keys to wisdom.

Sources used: K.P. Kumar: *Sound - The Key and its Application*. Dhanishta, India. Var. seminar notes (www.aquariusbookhouse.com)



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