



CAVE OF WHISPERS

Bija Mantras for Healing and Well-Being

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“Bija Mantras For Healing and Well Being”



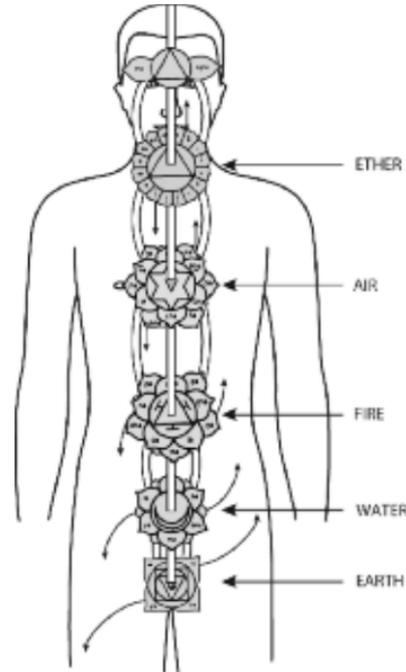
When the mind becomes attuned, it becomes capable of hearing the voice of the unknown. The sounds which are heard in such a state do not belong to any particular language, religion or tradition.

—Swami Rama

Bija mantras are spoken, sung, whispered, and inwardly contemplated sounds used to balance life energy and increase consciousness. Bija is a Sanskrit word meaning seed or seed of sound. Bija mantras were discovered thousands of years ago by recluses sitting in deep meditation in the mountain caves and rain forests of the Far East. Meditating in the solitude of nature, they perceived and listened to “thoughts” of sounds arising from profound inner silence. They called these thought sounds bijas because, in their experience, they were fundamental to all life.

The nature recluses associated the bija sounds with the five transcendental elements – Ether, Air, Fire, Water, and Earth. The bijas are traditionally

represented as seeds on the lotus pedals of the spinal chakras. The word chakra means spinning wheel of sound or center of tone. The following diagram shows the bija sounds written on the lotus pedals of the chakras and the relationship between each chakra and element.



Although the bija sounds were written in Sanskrit letters, they do not belong to any language and cannot be understood in the context of normal communication. Bija sounds are similar to the sounds made by musical instruments. Imagine the chakras as a keyboard and the bija sounds as notes. When we are “in tune” the bijas sound in harmony to create the music of life. When the bija sounds are correctly combined as bija mantras they activate different qualities of elemental energies. When these energies are correctly balanced with our needs they flow through us to create an inner environment of optimal health and well-being.

The principle of how a bija mantra is pronounced is easy to understand. We use sounds like aha, ummm, mmmmmmmmm, aaah, and ssh to communicate everyday inner experiences. Aha, which is a combination of the sounds “a” and “ha”, is always pronounced differently because it expresses a unique inner experience. In a similar way bija mantras have a pronunciation; however, the pronunciation will always change in resonance with the consciousness of the person sounding it. Imagine every time the expression “aha” is pronounced, it is exactly the same. The pronunciation may be correct; however, its connection with experience is absent. The following chart of bija sounds gives an “idea” of bija pronunciations used in *Cave Of Whispers*. It is useful as long as one remembers that the actual pronunciations will change based on the flow of elemental energy.

The bija sounds



EARTH(4) va - sah (sah) - sa (say) - sa (shaw)

Qualities: organization, structure, patience, safety, security, personal boundaries, skeletal system, lower back specific, colon, slow movement pattern



WATER(6) ba - bha - ma - ya - ra - la

Qualities: flow, creativity, bonding / relationship, sensuality / touch, feelings, attachment, sexuality, rhythmic flowing voice



FIRE(10) da - dah - na - ta - tha - da (day) - dha (dhay) - na (nay) - pa - pha

Qualities: action, motivation, enthusiasm, vision, ideas, appetite, digestion, metabolism, sharp clear staccato voice



AIR (12) gam - kham - gham - nam - cam - cham - jam - jham - nam (am) - tam - tham - kam

Qualities: quick thinking, multitasking, problem solving, desire, nervous system, light-fast voice



ETHER (16) m (om) - o - r (rattle) - u (you) - e - c (ch) - a - i - j (jar) - ai - s (ss) - u (uh) - a (ah) - s (sh) - h (house) - au

Qualities: space, expression, openness, spirituality, silence, letting go, joint mobility, open resonate voice

A bija mantra is created by combining two or more bija sounds. Each bija sound activates a specific element quality. For example, the bija “va” resonates with the Earth chakra and the bija “e” resonates with the Ether chakra. When combined, they create the bija mantra “e va” which resonates Ether and Earth. To better understand how a bija mantra works, imagine the effects different environments have on our minds and bodies. For example, when people are suffering from allergies and asthma, they often times leave their cold damp environment (Earth and Water) and travel to Arizona where the climate is dry and hot (Fire and Air). The same principal holds true for bija mantras. When a bija mantra is in resonance with the elements you need, it creates a field of vibration that has the potential to change mental, emotional, and physical patterns.

Bija Mantra Healing Research

Early research, beginning in the 1970's, focused on the effects of bija mantras used during transcendental meditation. These studies demonstrated that bija mantras can effect positive changes in blood pressure, blood oxygen levels, and immune response, while also slowing down the heart rate. In general, the daily practice of meditating with bija mantras promoted a greater ability to adapt to stress through increased relaxation. Researchers began looking at the ability of bija mantra meditation to stimulate nitric oxide in the year 2000. Nitric oxide (NO) is created within

heart, nerve, and immune cells released as a gas. The American team of scientists who discovered the effects of NO release on cardiovascular tissue won the Nobel Prize in Medicine in 1998. Nitric oxide research on meditation demonstrates that meditating with a bija mantra, as instructed in this CD, will both promote and enhance the rhythmic release of NO. Some of the benefits of NO release include:

- Enhanced cell vitality / anti-aging
- Stabilized body metabolism / weight control
- Enhanced vascular flow / reduction of free radicals
- Increased ability to fight infections / anti bacterial
- Increased ability to fight viruses / anti-viral
- Increased levels of energy and stamina / stress reduction
- Increased cerebral blood flow / enhanced memory
- Detoxification of digestive track / enhanced digestion
- Greater sense of well-being / anti-depressant

For more information on nitric oxide and sound healing, I recommend reading our research paper: *Sound Therapy Induced Relaxation: Down Regulating Stress Processes and Pathologies* and/or read my e-booklet, *The Rhythm of Nitric Oxide How A Tiny Little Molecule Determines Your Overall Health* at www.biosonics.com.

How to Use Your Bija Mantra CD For Healing and Well-being

SECTION I: BIJA MANTRA MUSIC

In this section, the bija mantras are composed into creative healing chants which the listener can enjoy as a musical journey.

Track 1: First Incantation:

A multiple induction of spoken bija mantras for creating a general energy balance and opening a gateway into the source of the bija sounds.

Track 2: Invocation:

Travel through the dreaming self into the realm of a thousand lights using bija mantra chants embedded in music.

Track 3: Second Incantation:

This incantation stills and balances sphenoid bone movements for entry into the higher realms of the sound current through the mystic third eye.

Track 4: Cranial Journey:

Bija mantras are embedded into upper overtone chanting in order to resonate higher brain centers associated with the seven brain stars of Paracelsus. Listen to this composition as a journey into another reality

where wise beings sound bija gateways, called brain stars, into higher states of consciousness in order to understand the sonic nature of the cosmos.

Track 5: Third Incantation:

This Incantation organizes the seven brain stars of light into a unified tonal resonance opening the gateway into the Cave of Whispers.

Track 6: Cave of Whispers:

The Cave of Whispers takes the listener into the third ventricle of the brain, called the Cave of Brahma, in which bijas echo and create a subtle heat which causes cerebrospinal fluid to transform into steam. This gently opens the mystical passageway at the base of the pineal gland, allowing consciousness to spiral upwards into the fertile nothingness of the absolute.

SECTION II: INSIDE THE CAVE OF WHISPERS: BIJA MANTRAS FOR HEALING AND WELL-BEING

The listener can listen to this section as a continuation of the *Cave of Whispers* and allow each bija mantra to gently sound and disappear into silence and/or use the specific *Bija Mantras* within *The Cave Of Whispers* for healing purposes with the following protocol.

1. Look over the bija mantras and choose one that is right for your needs.
2. Advance your CD player to the track number of the bija mantra you choose.
3. Set your CD play to repeat the track and sit near your CD player or with your CD remote so that you can stop the Bija Mantra at the appropriate time.
4. Sit in a comfortable place, take a deep breath, relax, and prepare to receive your Bija Mantra. When you are ready press play.
5. Listen to the Bija as it is spoken and then whispered. There will be a space after each pronunciation of the mantra. After the spoken bija mantra, repeat the pronunciation out loud. After the whispered bija mantras, repeat the pronunciation in your mind as a “thought of sound”. When you are comfortable with the pronunciation of the bija mantra, you have a choice to stop the CD or to just continue to listen to the repeated repetition on the CD. If you choose to stop the CD, continue on to number 6.
6. Allow your bija mantra to sound in your mind effortlessly and spontaneously. Do not try to control your thoughts. Just let your thoughts come and go, and do not become involved with them. If you find yourself caught in your thoughts, let go. Go back and focus on your bija mantra.
7. The pronunciation of your bija mantra may spontaneously change as your meditation continues. If there is a specific area of your body or symptom that you want to work with, gently guide your mantra by visualizing it sounding in the area of your body that needs attention.
8. You can take as much time as you want with your bija mantra. For example, if you are in a hospital and confined to your bed, you can be with your mantra for as long as you want. If you are traveling in a bus or airplane, you can relax, close your eyes, and drift away with your mantra. Mantra repetition is great for going to sleep and incubating dreams. Just use your bija mantra as though you were counting sheep as you allow yourself to drift away with the sound. If you are walking down the street, you can walk with the thought of your mantra.
9. When it is time to come back, just let your bija mantra go. Take a minute or two to transition and gradually bring your awareness back to the activities of your daily life.

Creative Uses for Bija Mantras

Bija mantras can be used in many unique and creative ways. For example, Bija mantra meditation is perfect for those confined to a hospital bed or home due to illness. You can just relax, listen to your bija mantra CD. You can choose a mantra from the CD, close your eyes and meditate. Based on nitric oxide research the benefits can be profound. Benefits may include a decreased need for pain medication, more ease in sleeping, and a faster recovery time.

Bija mantras can be repeated while walking down the street or exercising. Bija Mantras can be used before going to sleep or upon waking up to set the tone for a new day. During bodywork sessions therapists can give bija mantras to their clients to meditate with during the week for stress reduction. The possibilities for using the mantras in different ways for healing are infinite, and you can use your own creativity to come up with new ways to promote health and well-being.

If you are traveling and do not have access to your CD and would like a family member or friend to have a bija mantra, than bija mantras can be audio downloaded at www.BioSonics.com.

Bija Mantras

Track 7

Clarity of Thought (a cham sha)

Track 8

Balancing Digestion (j tha ra)

Track 9

Resolving Loss (i e s)

Track 10

Inner Strength (e da e da va sah)

Track 11

Increased Confidence (e sah va)

Track 12

Creative Dreaming (a ta ma s)

Track 13

Balancing Sexuality (j na ba)

Track 14

Physical Motivation (au kam da)

Track 15

Visualization (o tham ya)

Track 16

Increasing Space (h gam jham)

Track 17

Recovery from Shock (ai na va)

Track 18

Mental Motivation/Creativity
(r ta jham)

Track 19

Mental Clarity (ah va la cham)

ORGAN BALANCE

Track 20

Heart Balance (ma om)

Track 21

Lung Balance (r gam cham)

Track 22

Kidney Balance (u jham ba)

Track 23

Liver Balance (e ta ya)

Track 24

Stomach Balance (c na ta)

Track 25

Small Intestine Balance (ah va ra)

Track 26

Large Intestine Balance (u ya sa)

TANTRA

Track 27

Awakening Desire (sah ra dah)

Track 28

Relationship Balance (j ya la tha)

Track 29

Masculine Principle Awakening
(ra pah pha)

Track 30

Feminine Principle Awakening
(la na dah)

Track 31

Awakening Higher Sexual Energy
(u gham ah jam)

ALCHEMICAL

Track 32

Primal Material:
Organizing Earth (ah va sh)

Track 33

Burning Earth (j ra nam)

Track 34

Polarization/Seperato Reconciling
Opposites (o sa nay)

Track 35

Merging/Conjunctio (E da ya)

Track 36

Rainbow Bridge (h u)

Track 37

Philosophers Stone (i e)

Track 38

Dew From Heaven (ai tham i ss)

Track 39

Crystallization/New Pattern
(m da sah ja)

Track 40

Cave of Whispers / 3RD Ventricle
Balance (i e ss)

From John Beaulieu



Sound Healing Instructional DVDs

Sacred Sound	Toning
Bija Mantras	Voice Energetics
Sound Healing With Tuning Forks	Five Element Evaluation
PlanetTuners	Sound and Consciousness

CDs

Calendula “A Suite For Pythagorean Tuning Forks”

Spirit Whistles, “A Suite For Overtone Whistles”

Streetch and Ziedler “Piano Adventures”

ALL DVDS AND CDS, BIOSONIC ENTERPRISES, STONE RIDGE, NEWYORK,
1998-2008.

Books

Human Tuning “Using Tuning Forks To Tune The Human Nervous System”,
BioSonic Enterprises, High Falls, NY 2009.

Music And Sound In The Healing Arts, Station Hill Press, Barrytown NY 1989.

Polarity Therapy Workbook, BioSonic Enterprises, New York, New York, 1995.

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About The Composer

John Beaulieu, N.D., Ph.D. is a composer, sound healer, licensed psychotherapist, and board certified naturopathic doctor. He is the founder of BioSonic Enterprises, Ltd., a company dedicated to tuning the world. After completing advanced degrees at Purdue and Indiana University, where he studied music, psychology and creative arts therapy, he went on to study Eastern and Western natural healing systems. Formerly Supervisor of Music Therapy at Bellevue Psychiatric Hospital and a Professor of Counseling at City University of New York, Dr. Beaulieu currently researches the molecular effects of sound and lectures around the world on sound and healing.

For more information on bija mantras, upcoming classes, and other BioSonic products including CDs, books, instructional DVDs, and tuning forks please, visit our web site at: www.BioSonics.com where we have created a guided meditation, Rainforest Mantras, that takes the listener into an intuitive understanding of the origin of bija mantras, a DVD learning course, *Bija Mantras Of The Spinal Chakras and Five Element Evaluation*, for those who want more knowledge about healing with bija mantras. In addition, you can download a special e-booklet describing the history, research, and effects of Nitric Oxide is offered.



Dedication

*I dedicate Cave of Whispers to
Sathya Sai Baba.*

I went to India in 1978 to visit Sathya Sai Baba. While staying at his ashram I came down with a high fever. My only relief was to sit under the palm trees during evening darshan listening to thousands of birds chirping to the sound of devotees singing bhajans. My fever went down listening to sacred sounds and birds chirping.

One evening the birds did not come. I was very skeptical about Sai Baba and the claims that he was an avatar or high spiritual being. I thought to myself, “Sai Baba if you are a avatar as they say, you will come out here right now and call the birds.” To my surprise he walked out of the temple at that moment, looked around, and moved his right hand in small circles and whispered mantras. Simultaneously, birds appeared from everywhere and perched in the palm trees around the temple. They chirped so loud I could not hear the people singing inside the temple.

Sai Baba looked me in the eye and made a gesture with his hand telling me to look up. I was caught between my skeptical mind and the unfolding events of the moment. I started thinking, “This may be my time to surrender and let go.” I closed my eyes, and I tilted my head back against the palm tree. Exactly at that moment, a bird pooped on my third eye in the middle of my forehead. Sai Baba smiled as the warm bird poop flowed across my forehead. I will never forget his big smile as he turned around and walked into the temple. My fever went up, and the birds continued to sing. This is the closest I have ever been to enlightenment. The memory of bird poop on my third eye always reminds me to be humble and that “enlightenment” is earned through meeting life challenges with humility as part of the process of living.

