

Sonic massage

Whilst you were pregnant, you may have enjoyed chanting the sounds that help to balance each of the chakra points. Do carry on with this after you have had your baby as you will still benefit. You can also blow these sounds gently into your baby's body to share this wonderful practice.

For those of you who are new to the concept of the chakras here is a brief explanation: there are seven principal chakras in the body, located from the base of the spine to the crown of the head. You can think of these chakras as energy centres located along the spine and each chakra has its own seed sound which when chanted will help to balance that energy centre.

This is a lovely practice to do just before relaxation, both for you and your baby. If you are feeling very tired then it can really help to energise the body and mind; if you are feeling over stimulated then it can help to restore calm.

For you:

Sit comfortably and close your eyes. Bring your awareness to your breath and allow it to flow naturally. Just allow the chanting to be a natural part of the exhalation, without forcing or feeling that you are becoming breathless. If this does happen, then release the practice and just breath normally.

Bring your awareness down to the **base of the spine** and chant the mantra **LAM** on an exhalation, three times in a row, allowing a natural in-breath between each sound.

Let the sound MMM be long and resonant at the end of each chant, for each of the chakras.

Allow the breath to flow again for at least three rounds between sets of chants.

Allow the awareness to go into the centre of the body at the level of each chakra rather than just remaining at the skin surface, and allow it to go deep into the body.

Return to a quiet breath, then carry on with the practice for each of the chakras.

To summarise, the seed sounds and the focus of awareness for each chakra are as follows:

Base of spine	LAM	awareness to base of spine
Pubic bone	VAM	awareness to pubic bone and back towards sacrum
Navel	RAM	awareness to belly and back towards lumbar vertebrae
Heart	YAM	awareness to middle of sternum and back towards midpoint between shoulderblades
Throat	HAM	awareness to throat and back towards vertebrae in neck
Brow	OM	awareness to point between eyebrows and back towards middle of head

After the practice, allow the out-breath to flow down the spine, from the top of the head to the tailbone. Do this several times then allow the breath to flow normally.

This can be quite a powerful practice and sometimes it can release emotions. So practise it in an environment where you feel supported.

For your baby:

As always choose the right moment to practice this and let your baby's response be your guide. Lie your baby on their back on a soft surface and sit over them so that you can bend right over comfortably – you may need to raise them up on a bed or something to make this more comfortable.

We don't work with all the chakra points with the babies so start with the **tummy** – blow the sound RAM gently into this area as you breathe out. You can keep the sound long or shorten it into smaller continuous sounds: ramramramramramraaaam – maybe lengthening the last sound at the end of your outbreath.

Then repeat this with the **middle of the chest** – the soft sound of yamyamyamyamyam... Then again with the **throat** – the sound of hamhamhamhamhaaam... Baby's don't have much neck so you may need to gently turn your baby's head to one side and blow this sound just under their ear. At this stage many babies start to giggle! Finally take the sound of omomomomomommm... to your baby's **brow or crown**, wherever you both prefer.

So to summarise:

tummy	RAM
chest	YAM
neck	HAM
brow/crown	OM

You can of course add in the other sounds from the full list overleaf if this feels good.

Enjoy together!