

## SOUNDS AND TONES

Simple sounds are useful as warm ups and for building confidence in using your voice for using mantra sounds and tones. Mantra recitation generally works in three tones, though sometimes a tone is used where the note slides between the middle tone and the higher tone as in mā̇, they are:

- a middle tone with no notation as in so or mā
- a higher tone notated by the vertical overmark in mā̇
- a lower tone notated by the horizontal underline in bhū̄

ā̇ ā̇ | repeat each line 3 times

ā̇ ā̇ ā̇ ā̇ |

ā̄ ā̄ ā̄ ā̄ |

ā̄ ā̄ ā̄ ā̇ ā̇ |

ā̄ ā̄ ā̄ ā̇ ā̇ |

ā̇ ā̇ ā̇ || repeat 3 times softening

so mā̇ so | repeat each line 3 times

so mā̇ so mā̇ so ||

mā bhū̄ mā bhū̄ mā |

mā bhū̄ mā so mā̇ so |

mā bhū̄ so mā̇ so ||

so mā̇ so || repeat 3 times softening

rām rīm rūm | repeat each line 3 times

rām rīm rūm rīm rām |

rām rīm rūm rīm rām |

rām rīm rūm rūm rīm rām |

rām rīm rūm || repeat 3 times softening

rām rīm rūm | repeat each line 3 times

rām rīm rūm raim raum |

rām rīm rūm raim raum |

rām rīm rūm raim raum rām |

rām rīm rūm || repeat 3 times softening

rām rīm rūm raim raum | repeat each line 3 times

rām rīm rūm raim raum rah |

rām rīm rūm raim raum rah |

rām rīm rūm raim raum rah |

rām rīm rūm raim raum rah |

rām rīm rūm || repeat 3 times softening