

## 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 ā̄ |

ā̄ ā̄ ā̄ ā̇ ā̄ |

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 rī̇m rū̇m | repeat each line 3 times

rām rī̇m rū̇m rī̇m rām |

rām rī̇m rū̇m rī̇m rām |

rām rī̇m rū̇m rū̇m rī̇m rām |

rām rī̇m rū̇m || repeat 3 times softening

rām rī̇m rū̇m | repeat each line 3 times

rām rī̇m rū̇m rā̇im raum |

rām rī̇m rū̇m rā̇im raum |

rām rī̇m rū̇m rā̇im rā̇um rām |

rām rī̇m rū̇m || repeat 3 times softening

rām rī̇m rū̇m rā̇im raum | repeat each line 3 times

rām rī̇m rū̇m rā̇im raum rā̇ḥ |

rām rī̇m rū̇m rā̇im raum rā̇ḥ |

rām rī̇m rū̇m rā̇im raum rā̇ḥ |

rām rī̇m rū̇m rā̇im raum rā̇ḥ |

rām rī̇m rū̇m || repeat 3 times softening