

## INTRODUCTORY CHANT EXERCISES

*Here we are using sample phrases from the mantra texts. These extracts are invaluable as both a complete learning practice and as a self teaching aid to re-inforce and emphasise specific aspects of chant rules and patterns of learning wordplay used in specific chants.*

*Through repeated use of these exercises work can be done to improve pronouncing, pitch, vowel length, vocal strength, voice control and breathing as well as developing confidence in learning by heart and understanding patterns of wordplay used in some mantra.*

namāḥ | 1 |

namo namāḥ |

namo namo namāḥ |

namo namo namo namāḥ |

namo namo namo namo namāḥ |

namo namo namo namo namo namāḥ ||

namāḥ | 2 |

namo medhām |

namo medhām medhām |

namo medhām medhām namo |

namo medhām medhām namo namo |

namo medhām medhām namo namo medhām ||

medhām | 3 |

medhām sūryāḥ |

medhām sūryassūryāḥ |

medhām sūryassūryō medhām |

medhām sūryassūryō medhām medhām |

medhām sūryassūryō medhām medhām sūryāḥ ||

sūryāḥ | 4 |

sūryo bhrājāḥ |

sūryo bhrājō bhrājāḥ |

sūryo bhrājō bhrājassūryāḥ |

sūryo bhrājō bhrājassūryassūryāḥ |

sūryo bhrājō bhrājassūryassūryo bhrājāḥ ||

bhrājāḥ | 5 |

bhrājō dadhātu |

bhrājō dadhātu dadhātu |

bhrājō dadhātu dadhātu bhrājāḥ |

bhrājō dadhātu dadhātu bhrājō bhrājāḥ |

bhrājō dadhātu dadhātu bhrājō bhrājō dadhātu ||