

Jonathan Goldman's Healing Sounds

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The 'AH' Sound To Generate Peace and Compassion

by Jonathan Goldman

I would like to suggest that you have people use the "AH" sound, in whatever key or tone feels comfortable for them. This is an extremely powerful sound--particularly useful for generating peace and compassion. I know you will agree that peace and compassion are truly keys to transformation of consciousness on this planet.

As you may know, the "AH" sound is a sacred seed syllable. It is found in most of the God and Goddess names on the planet (Tara, Buddha, Krishna, Yah, Astara), as well as many of the sacred words (Amen, Alleluia, Aum). Most mystical traditions worldwide also find it to be the sound of the heart chakra. Yet, as a vowel sound, it defies denomination or description as a mantra and is acceptable by everyone.

To do this, simply sound the "AH", feeling the energy of peace and compassion as the sound resonates in your heart center. While making this "AH", visualize a beam of pink and gold energy going initially from you and spreading throughout this planet. As you make this sound, and do this visualization, feel the energy of peace and compassion within and without yourself. This feeling of peace while you make the sound is essential to the effectiveness of projecting the "AH".

Here is another exercise using the "AH" sound that is extremely beneficial for developing compassion within self and then generating it to others. Start first with yourself and begin to tone the "AH" sound while feeling the energy of compassion and peace within. Once you have been able to achieve this feeling, visualize a person with whom you have neutral energy and send this energy to them while making this sound. Finally, make the "AH" sound while sending the energy of peace and compassion to someone with whom you've had some difficulty. It is this last part of the exercise that provides the greatest opportunity for spiritual growth. It is easy to send love and peace to someone you already love. Or, with the second part of the exercise, someone you don't have any real feelings about. It can be a real challenge to send compassion to someone you don't love and whom you may consider to be an enemy. Yet, herein lies the most extraordinary evolutionary activation that can occur on both a personal and planetary level. If we can learn to do this, we will great assist the ascension of the Earth.



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