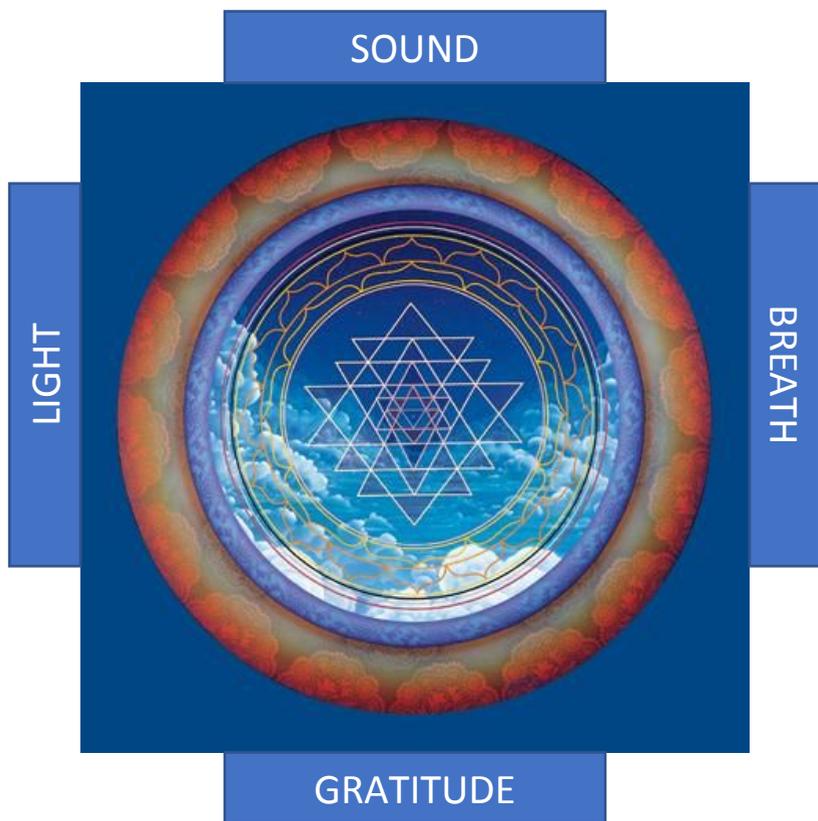


# ENERGY MANDALA MEDITATION

## QUANTA Energy Medicine for Mind



**Transforming Your Mind  
with ancient yogic practices of  
Sound, Gratitude, Light and Breath**

**By Lola Lhamo**

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Lola Lhamo's Mandala Yoga and Sound Energy Medicine is healing complimentary therapy, which frees and harmonizes a person's energies to stimulate innate health-promoting mechanisms and restore the body's natural state of well-being. It does not attempt to diagnose, treat, or cure illness.

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*The happiness you have is reflection of freedom of your heart.  
Embrace the world with your kindness and gratitude.  
Let the light shine within.*

~ Lola Lhamo

## Introduction

This book will take you on a healing journey to rediscover your spiritual purpose, your strengths and weaknesses – those “cracks” in your soul, through which the light enters, opening the doors for transformation.

It will connect you to sacred practices with breath, sound, gratitude and light, which will help you to create powerful Energy Mandala of your soul, purifying mind, healing yourself and achieving wholeness.

We will touch upon not only ancient spiritual practices but also the Science behind healing, looking into how science and spirituality merge. Connecting sacred texts and science has become my joyful hobby – you will be surprised how many incredible insights this connection brings... It's essential for modern world to access the knowledge from all sources, various perspectives – only through open mind approach we can perceive the Truth and enrich our world for everyone. In the end term “science” (Latin *scientia*) means “knowledge”.

This is Book One - Energy Medicine for Mind, it's dedicated to practices reconnecting to the origin of mind – its Absolute Perfection.

Very often we believe in the opposite, considering mind as a true trouble-maker, cause of worries, anxiety, depression or wrong decisions, and, as a result, – of dis-balances and dis-ease. By this we deny its origin, its source - our Source. By ignoring Divine Perfection within us we cut ourselves from natural divine powers residing in us and from immense source of healing and transformation. We will talk about sacred geometry manifested in human beings and the universe, so you could fully understand the miracle you are, and through this acceptance you will reconnect with miraculous powers of your mind, being part of Eternal Mind.

This book is created for those who is searching for clarity in life and practice. Nowadays we have so many events happening each moment that it may confuse or overwhelm us. We have access to limitless number of educational sources and healing practices. It's very beneficial for humanity to be connected, yet this flow of information is good only for those who can organize themselves, bringing discipline into search and practice.

Very often when new student comes to me for healing, meditation or yoga class, they share being completely lost in their quest for spiritual balance. This inspired me to create Energy Mandala, weaving together sacred yogic practices with breath, sound, gratitude and light, which bring synergy for personal transformation and healing, dedicating just 15-30min daily for the whole practice or 3-5min when you need to immediately recharge or reboot your energy level, searching for quick change or shift in perception which as a result brings resolution for the situation you are in.

There are 6 Chapters, five of them are dedicated to practices from each direction of Energy Mandala with us being in the centre of it, and the sixth one merges them together for daily self-healing routine.

~ In Chapter 1 we will look into understanding of Meditation as a practice of rediscovering perfection of our mind.

~ In Chapter 2 we will discover the sacred geometry within ourselves and the universe and energy healing from perspective of healers and scientists. We will learn here All-Is-Energy Mandala practice.

~ In Chapter 3 we will understand why sound (and vibration) is the source and instrument of creation, why geometry of sound inspired so many philosophers, spiritual leaders and scientists. We will learn here Sound Energy Mandala practices with our own voice and with Himalayan Singing Bowls. I've chosen to include singing bowls as over the last 6 years with over 200 of my students we've been implementing sound therapy into hospitals, hospices, in charity organizations supporting children, mothers, elderly and disabled, into centres of post-traumatic support, as well as into yoga and meditation classes, Reiki and massage therapies. We observed miraculous cases of healing with the power of vibration and sound and believe in Sound being Energy Medicine of the Future, working together with sound therapists across the world.

~ Chapter 4 is dedicated to incredibly simple yet powerful Gratitude Energy Mandala practice, looking into it through the eyes of spiritual tradition and science.

~ Chapter 5 is dedicated to supreme yogic practices with Light as shared by masters of Tibet and India, Tao and Zen. You will discover Light Energy Mandala practices to reconnect with the Source and your inner light for deep healing and DNA rejuvenation. We will also talk about the Council of Light, Akasha as Universal Library and your spiritual blueprint.

~ In Chapter 6 we will immerse into Pranayama, yogic science of breath, practicing simple exercises of Breath Energy Mandala. You will also learn here about latest scientific research about impact of breath's control and expansion on our nervous and immune systems.

~ Finally Chapter 7 is the synergy of all Lhamo Mandala Energy practices learned, assisting on their easy integration into your daily healing routine as well as dealing with changes that may arise after your energy level shift.

This book will provide you with practices to purify your Mind to its original perfect state. It will be a journey of transformation and activating healing potential within, given to us by nature. I hope that you will enjoy reading it and will come to better understanding of your nature and your soul mission in this life and can help others on their journey.

I am eternally grateful for people on my path who supported me in growing and creation of this book. My early teachers father and mother, my brother, my spiritual teachers: Sri Aurobindo, Dudjom Lingpa, Dalai Lama, Pema Rangrig Rinpoche, Patrul Rinpoche, Tenzin Wangyal Rinpoche, Yogi Ashokananda, Yogi Gupta, my soul partner and soul family, all my students who constantly inspire me, and the masters of the Council of Light.

Let's begin our joyful adventure...

## Chapter 1. Energy Mandala Meditation

*Yogas chitta vritti nirodhah*

*Tada drastuh svarupe vasthanam.*

*“Yoga is stilling the fluctuations of the mind. Then one abides in their own true nature.”*

**~ Yoga Sutras of Patanjali**

Meditation is not just a sitting practice, in tranquillity, away from everyone, with palms on your knees, it's much more than that. Meditation is enquiry for self-discovery, understanding ourselves better, any activity for self-development, both in quiet reflective time and in action. Meditation is what makes us follow our dreams, staying true to what our heart wishes for, keeping integrity in creating our life. Meditation is living life dedicated to our spiritual purpose, in truthfulness and caring for life path of others, yet it's not about achieving, rather about being, living life in joy and wholeness.

Children are being born pure, free from limiting beliefs, they just enjoy life, experiment with everything, keeping open mind. Their imagination, fantasy and will to discover interesting things every day drive kids forward, never bored, never lacking energy, always moving... Though often we admire children's abilities, their sincerity and warmth, as adults we often consider them “too noisy”, “not making sense”, with too much imagination and lack of logic in actions, forgetting that we were the same before. So, what has changed?

In book “Lemurian scrolls” Satguru Sivaya Subramuniyaswami writes: “When a soul is in a six-year-old physical body, he is in divine consciousness... This pure, childlike Divinity of the inner body of our soul is full of life, spontaneously joyous. It is always there within these bony bodies covered with flesh. It is only after the physical age of six years old that the awareness of the being comes into a slow understanding that he has a physical body.”

You will be surprised to know the answer from science. Between birth and 2 years old human brain functions primarily on Delta waves – 0.5-4 cycles per seconds, these waves in adults can be observed in a state of deep sleep. Between 2-6 years age children operate in Theta – 4-8 cycles per second, time for high endless imagination and super-learning and when all seems true. Between ages 5 to 8 brain waves change into Alpha frequency, 8-13 cycles per second, when analytical mind begins to form, yet imaginative world is as real as the outer world of reality - kids use both left and right brain hemispheres at the same time – the goal of any adult yoga and meditation practitioner. Brain of a child functions only on Alpha and Theta waves up to 7 years old, being responsible for endless imaginations, with Beta waves fully established at 12 years old, when analytical thinking takes over, and no more Santa Claus or fairies interest child anymore. Interesting that by this time also our pineal gland calcifies, being called the centre of spiritual awareness. If you add to it the results of scientific research with Tibetan monks, showing that during deep meditation the brain goes from hectic Beta to relaxed Alpha, Delta, Theta and even Gamma waves it seems we found an answer – learn to manage your brain waves and you will find the fast-way to infinite source of energy, purity and creativity. There are indeed learning “short-cuts” on this path through Breathing, Sound and Light practices, which directly impact the brain work - we will touch upon those in this book. Shall I add also that with these practices we come back to our inner child, with pure mind, limitless energy and health and connection to everything – you will be amazed, the answer is yes!

So why we do become like we are, full of tiredness, like after carrying the backpack of stones every day, lacking energy and determination, with fears that stop us moving forward, with disease manifesting in our body, with emotional distress, anxiety and sleep problems, with bad temper and anger towards ourselves and others?

The answer is also simple – our parents, school, university, society and ourselves uploaded so many “programmes” into our pure mind, yet we do very little to purify it to its natural state. We wash under the shower to keep body clean, brush our teeth to keep them shining, yet we do nothing for our mind. Simply, we were never taught about such necessity in school, it’s not part of our culture; we are given weekend and 28 holiday days to restore, and what about daily mind hygiene? Thankfully meditation and its westernized form Mindfulness are now accessible for everyone, becoming part of corporate trainings, nurse trainings, kindergartens and schools. These practices help us to “de-programme” our mind, letting go thoughts and energies that we picked up during the day, returning to our natural pure state.

However, there’s much more to think about – daily mind purification is very important, yet our life is about happiness and finding fulfilment as a human being. Many people live their lives without realizing their soul’s purpose, giving their time and effort for realizing someone’s else dreams, very often “selling themselves” to have money to survive and feed their family or for ambition of having more “things” like big house, latest car, design clothes, etc. It’s unfortunate, that in our society money can be determinative in choosing the profession, life and career path, and even husband or wife. Schools and Universities very often form “mind settings” among teenagers and young adults with focus on success and achieving status in society, while very little time is dedicated to how to be happy in life. While in some countries like India, Bhutan, Japan and others, spiritual wholeness is part of family traditions interwoven into culture, in the West prayers around the table are being substituted with eating with mobile phones, and family time sharing – with spending time on computer or TV. Very few people go to Church and mostly to ask God for help in urgent situations, when only miracle can help. Our society is degradating in values... TV used to be the source for education and now, except few cultural channels, has become dangerous source of information that pollutes young minds.

It seems like it's the best time now to become independent from unhealthy social environment, to develop spiritual practice, through challenges growing stronger as a soul, and to help others to sustain their strength. We need to change as an individual first to create changes in society. We need also to develop regular Meditation practice to keep our mind pure to see what Truth is continuously, surfing through complex reality.

Meditation is taking the soul to complete freedom through obtaining pure state of mind, being pure consciousness, beyond any attachments and limitations. Mind achieves serenity (Samadhi) and wisdom of seeing nature of things as they are (Prajna), through the process of learning, obtaining insight (Vipassana) about mind qualities or elements. Ultimate goal of meditation is merging with the source – our source, existing beyond, the ocean from which we are the rivers running on their way, nourishing the Earth.

Each river has its purpose. Through meditation we reconnect with the Source and can perceive also our soul mission. Having human life is precious. We choose our life path to complete the mission from previous lives, working on specific spiritual qualities, and to enhance those in present life. Ultimate goal is being free beyond duality of mind, when there are no separate rivers - all of them are one infinite ocean taking different forms in a beautiful flow of energy.

Those who experienced this state of freedom are transformed, radiant from the light of the source flowing into their heart, which glows, impacting and enlightening other souls nearby.

Achieving this liberating state is the process of Meditation, and for each person it's the journey of self-discovery, understanding his/her mind qualities, purifying mind from heavy emotions, formed by elements, to its pure perfect state, as we can fly only when we are light and easy.

.According to Vedanta, everything started with *purusha*, which is pure being, divine essence, state of perfection, or infinite love. When *purusha* creates, that creation becomes known as *prakruti*. Everything we know and understand is *prakruti*. From interaction between *purusa* and *prakurti* comes *buddhi* or intelligence. However, being part of *prakruti*, we then forget that our essence is *purusha*, because *ahamkara*, feeling “I am” arises from *prakruti*. With the rise of the individual comes awareness of the difference between the subject and the object or “dual mind”. The process of “remembering” is found through *chitta*, which is the evolution of consciousness. *Chitta* is achieved through *Dhyana* – meditation.

There are many approaches to Meditation, many schools of thoughts and traditions, yet there’s only one Guru who knows what the best for you is – and it’s You. To assist you in developing your skills, I will be sharing several Lhamo Energy Mandala practices in this Book, based on meditations learned from ancient masters of Yoga and Tao, and you can always access the website for more Guided Meditation practices at [www.lolalhamo.com/mandala](http://www.lolalhamo.com/mandala)

However, at first, we need to learn the foundations of energy healing and expand our perception as an energy healer.

## Chapter 2. All-is-Energy Mandala

*Who, though a conscious being, is a stone?*

*Who paints pictures in the sky?*

*In which atom, the world exists just as a tree in a seed?*

~ योग-वासिष्ठ Yoga-Vasistha (VI BCE – VII CE)

Dalai Lama recently said, “Spirituality without quantum physics is incomplete picture of reality”. He gave incredible insight for everyone and connected two worlds – spirituality and science - instantaneously. You can’t avoid the truth now – All IS ENERGY. Let’s look into this statement in-depth.

Max Planck, Nobel prize physicist, once wrote, “Having studied the atom, I am telling you that there is no matter as such. All matter arises and persists only due to a force that causes the atomic particles to vibrate, holding them together in the tiniest of solar systems, the atom. Yet in the whole of the universe there is no force that is either intelligent or eternal and we must therefore assume that behind this force there is a conscious, intelligent mind or spirit. This is the very origin of all matter”.

If you talk to quantum physicist asking them what we are made of, they will tell – molecules, made of atoms, made of electrons, neurons and protons, made of quarks, made of fields of... space. In other words, if you look on your palm – you believe that it’s physical, material, you can feel it, you can touch and even lift with it, however, it’s not the matter, but condensed form of energy fields or if you wish energy mandala... made of space. The only reason you feel like your hand is solid is because there is electrostatic force which holds electrons near nucleus and atoms together, and interacting atoms repel each other when they get close (imagine magnets force). It gets more interesting as in fact electrons are not individual particles, but rather “electron probability cloud”, when we get down to subatomic realm, pretty much everything is waves and fluxions in a foam of probability. It means that matter is in fact the packets (or quanta) or waves or energy mandalas.

In sacred spiritual texts in Vedantic Hinduism it’s written that the universe is made of Akasha, or space, or aether, basis and essence of all things in the material world, the first element created, ethereal fluid pervading the cosmos. In quantum physics material world is made of quantum foam, all pervading space. Surprising coincidence, isn’t it?

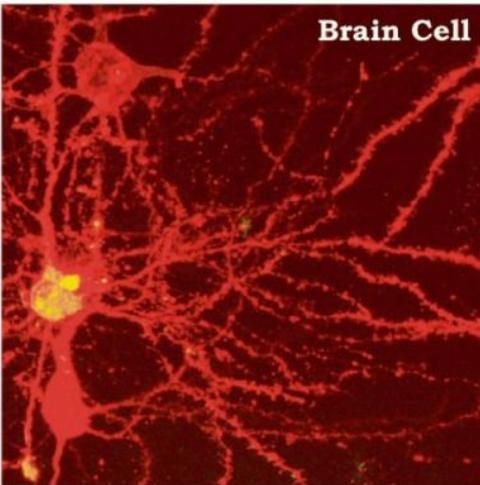
# DALAI LAMA: SPIRITUALITY WITHOUT QUANTUM PHYSICS IS AN INCOMPLETE PICTURE OF REALITY



Your Energy Mandala practice:  
see everything as energy

**Each human is a miniature universe built on the same template as the cosmos. Man's nature is divine, perfect and infinite.**

**Yoga = becoming one with the universe, divine principle, recognizing and reconnecting to our True Nature of Perfection.**



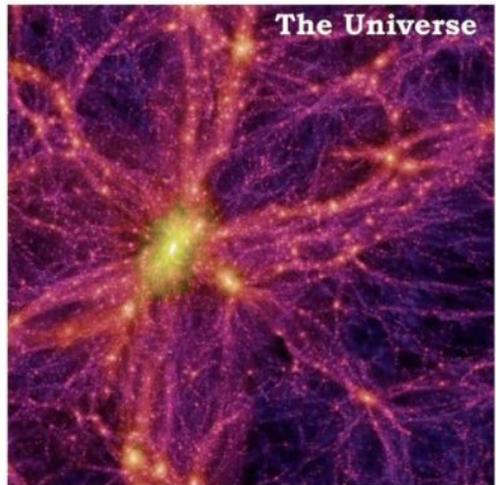
In Tibetan Buddhist there is ancient Ati Yoga practice, which is called the quickest path to Enlightenment. Its key concept is seeing everything around us as energy, only as such.

Vedic mantra

*prthivyapastejovayurakasat* contains description of initial appearance of five basic elements or

Panchamahabhuta: first appeared space, from which air arose, from which appeared fire, then water, and therefrom the earth. Main characteristics of Akasha or space is Shabda or the sound – sound current which vibrates in all creation, our inner sound, divine essence, known as Shruti, Nada, Word, Naam, Sarosha, Bang-i-Ilahi and the like. Shabd-Bani is the eternal sound or music within each living creature, sustaining all that is.

Through sound we reconnect to the source ~



In simple words, we see that the concepts of all-pervading Akasha or space of quantum foam are common both in spiritual and scientific worlds, therefore, if all is space or fields of energy, then we have full right to say that true reality is energy, without being called “new age” or “hippy”, in fact we are being scientific telling to someone “I feel your energy”.

In Tibetan Buddhism there is supreme yogic practice called Ati Yoga, which is sometimes being humbly called the “shortcut to enlightenment”. Core principle of it is in fact learning to see everything as energy and only as such. Sometimes we can get a taste of seeing “true reality”: during deep meditation we feel that our physical body disappears, or we feel going beyond the body, travelling through time and space, becoming one with everything. Sounds familiar? We’ve just experienced our primal substance – akasha. Sometimes we open our eyes after meditation and see things blurry, made of little points, pixels, immaterial, like part of a movie, then start observing energy taking its various shapes and colours until it gets back to “usual materialistic” view. It’s easier to observe this phenomenon for those with bad eyesight – take a look at Monet paintings, pure play of energies and colours of true reality.

It’s important to see the world as energy, because you aim to heal yourself and others, and you need to start from the root of the dis-ease – energetic disbalance, rather than try to treat the consequences manifested in physical form. It’s essential to have good understanding of the world as energy and trust yourself as a healer, because with time you will start experiencing “super-human” capacities - sensing aura, feeling energy blockages, scanning and seeing mind and organs’ disbalance, having flash back into events which caused current state of health or seeing the future, travelling through time and space, receiving messages from Akashic records. These capacities come naturally with practice, all you need is to reconnect with pure vision or, if you wish, to remember what has been forgotten and substituted with “materialistic view”. In a way you are just awakening to what you truly are, to your innate but not realized perfection. When dark clouds are in the skies – we can’t see the sun, our vision is obscured, however when the clouds dissolve, the sun shines for us and everything is well lit and clear.

## Your All-is-Energy Mandala Practice:

We can develop capacity of seeing things only as energy at any moment, yet it's easier to begin after meditation, relaxation or deep sleep. Don't open your eyes straightaway, rather look down towards your feet, eyes unfocused, keeping focus internally, in your heart, then raise your eyes gently, observe the colours and the forms around you as creations of infinite energy mandalas embodying things around.

You can look at your palms for some time, see them as energy. Bring both palms together without touching and feel the warmth and energy between the palms. You can slowly move them sideways and then back to almost connecting. Feel what is happening energetically. Create the ball from energy you generated between the palms, the way you would create the snow ball. Feel what kind of energies are within it, which colours are within, are there little electric lightnings or maybe it's more of a cloud lightness.

Then slowly turn the palms towards your eyes, fingers facing each other and look into the space between your fingers, gently widening and closing your arms without touching. At this point you may see the energy between your fingers... When you are ready to finish the exercise, just move the palms with generated energy towards yourself and wash your face and body with your palms without touching, feel how this energy shower feels.

At first you can sustain a vision of all-being-energy for a couple of seconds, then for a minute or two, for few hours, for several weeks, months... then you will come back to experiencing everything as a material world, which brings you "down" to resolve "material problems", and you will need to start from "zero" again, until the vision is stable. It all is a possibility for you to play with energy, get stronger interacting with it, develop your skills in energy perception and energy work. However, to strongly root in seeing world as energy you will need a regular meditation practice to purify your mind from emotions and thoughts which obstruct your clear vision and create confusion— "the elements play".

## What is Akasha and Intuition?

Scientist and visionary genius Nikola Tesla once told: “My brain is only a receiver. In the Universe there is a core, from which we obtain knowledge, strength and inspiration. I have not penetrated into the secrets of this core, but I know that it exists”. Tesla was one of those who believed that the ideas he brings into the world are part of meta-space, which can be accessed for insight and inspiration. Many of his ideas were designed in time of meditation, to be realized later in the world through his inventions, and truly he was ahead of time other people lived in... In Vedas and yoga “meta-level” is called Akasha.

Nikola Tesla’s work at some point of his life was greatly influenced by Swami Vivekananda and Vedic philosophy Swamiji was teaching. Around 1891 Tesla described the universe as a kinetic system filled with energy which could be harnessed at any moment. Later Tesla started to use Sanskrit words Prana and Akasha to describe how the matter is being formed and to explain his view of electromagnetism and the nature of the universe. This is an excerpt from an unpublished article called Man’s Greatest Achievement (1907):

“...all perceptible matter comes from a primary substance, or tenuity beyond conception, filling all space, the Akasha or luminiferous ether, which is acted upon by the life giving Prana or creative force, calling into existence, in never endless cycles all things and phenomena.”

As an energy healer you will be working primarily with Akasha - element pervading all cosmos, infinite space within you and that which holds creation together, source of all, universal substance from which all is manifested. I know it sounds thrilling to have SUPER-HUMAN CAPACITIES to “manage” Akasha, yet it’s not YOU who will ACCESS IT, rather you will need to GO BEYOND YOURSELF as an individual, your somewhat limiting, finite state of mind, towards BECOMING INFINITE or ONE WITH EVERYTHING. It does sound grand for some yet rather simple practice for experienced meditators. This state of INFINITE SELF is in fact what is called YOGA or UNION, reaching samadhi or bliss.

Very often we have a glimpse of Akasha within us while suddenly having an insight, like a lightning strike, which provides us with solution for complicated situation or simply inspiring us, or when hearing clear voice of our intuition. *Being in Akashic mindset* is being connected to our inner truth, to our intuition or, as it's often referred to, simply trusting our heart or "gut feeling".

So, what is Intuition? HeartMath Institute lead few scientific studies, confirming that heart predicts the events before they occur. At their Research with positive and negative photo-images heart was reacting positively or negatively few seconds before the corresponding image has been shown, «knowing» what is coming in advance. Please, take a look at their Research page.

How can we explain this scientifically? If we look at the universe as an information field or combination of organized "morphic fields", as suggested by Alexander G. Gurwitsch, followed by research of Rupert Sheldrake (see his book "New Science of Life"), where we constantly access and exchange information, interacting with info-reality, it's easy to accept the possibility of "surfing" through universal knowledge space and collective memory, same way as we surf through Internet, easily finding solutions, ideas and information for the next move. However, in order to swim in this library of infinite knowledge you need to first step into the ocean.

Hearing the voice of intuition is not enough, trusting it is much more important. How can you trust the ocean standing on the shore with your tiny surf-board? Going beyond perceiving the world limited by your physical body experience is the first step. As we discussed earlier, we are made of atoms, made of energy fields, made of space, we have no body as such, and the ocean is made of water molecules made of energy fields, made of space. Ultimately you and the ocean are made of the same space. If you expand your perception feeling the ocean to be part of you, one with you, your body, you are embracing the world in its oneness.

### **CONNECTING TO HEART WISDOM practice.**

It's known in Yoga that the soul resides in your heart. As the lightning awakens the heart, which starts to beat in an embryo, as if by magic, the path of awakening your spirit starts with opening the sacred door to your heart's wisdom.

Close your eyes and focus on breathing entering your nostrils. Feel the beat of your heart, joyful dance of life. Place your palms on your heart. Feel the warmth of your palms. Smile in your heart. Feel this smile is growing, radiating to all body, every organ is smiling, all the body is smiling. Feel this glow, this radiance is expanding beyond your body, all around you. Feel how light is filling the space around, beyond the room, the city, the country, embracing the planet with light. Now send this Light to someone who needs it - it can be humanity as a whole or member of your family or friend who needs healing. Feel how your Light is multiplying when you share it.

### **ACCESSING AKASHA practice.**

I recommend to access Akasha after Connecting to Heart Wisdom practice, as it brings your body and mind work into universal coherence and harmony, you are able to go beyond yourself fully trusting the experience. We can access Akashas or universal knowledge space at any moment for inspiration, for answers and solutions, for helping us on our journey, trusting that the universe has much more knowledge than our individual limited experience. When you are struggling in finding the solution, just need insight or new energy, come back to meditation of feeling one with the ocean of the universe, let go and wait for new waves of universal energy to embrace you. Kindly ask for suggestions and wait for an answer. The universe is designed in a beautiful way, and it will respond to you with direct knowledge or through its information field in words of other people, signs on your path and other "miraculous" expressions. You just need to trust the ocean.

For videos and more in-depth practices, please, visit [www.lolalhamo.com/mandala](http://www.lolalhamo.com/mandala)

# Chapter 3. Sound as Energy Medicine

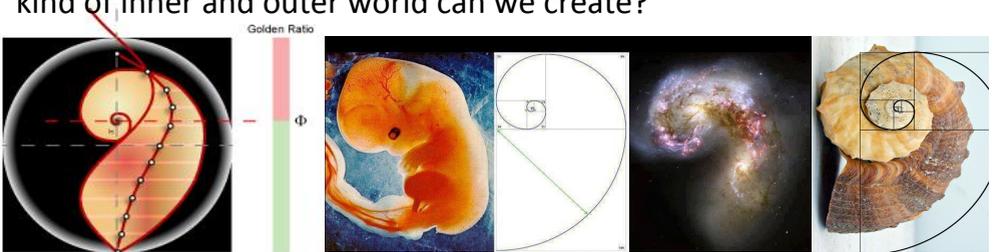
## Sacred Geometry of sound, universe and human

*Your body and mind are perfect and sacred by their nature.*

~ Lola Lhamo

It has been hidden from us for centuries, that Sound represents sacred geometry... This universal knowledge was prominent among Egyptians, Pythagoras, Indians, Tibetans, ancient Islamic world, and China, and taught at schools and Universities... Pythagoras was the pioneer in sharing the idea that **the universe is a “celestial” or “divine” monochord of vibratory energy from which all things resonated into being**, he was studying the geometry of music to understand the cosmic laws.

Sound is the combination of vibrations, and if you look at their geometry – you will discover golden spiral, surrounding us in nature, plants and galaxies formations, and a golden ratio, on basis of which our cells, body and all nature are created. Sacred geometry and harmony are part of us or let me say, we are made of sacred geometry and harmonics. This is powerful knowledge which frees our mind through realization of perfection we are, yet it’s not being taught in schools and Universities up to now. When we are unaware how perfect our mind and body are, when we don’t appreciate our inner perfection and harmony, what kind of inner and outer world can we create?

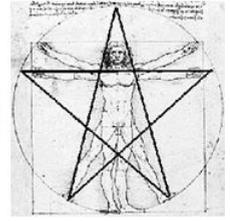
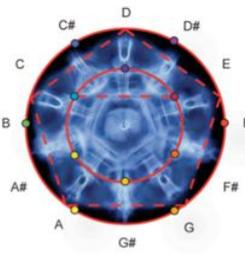
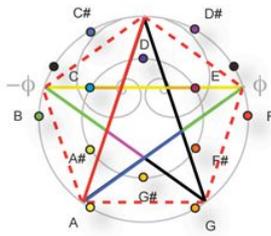


*Fibonacci sequence and Golden ratio in human embryo, shell and the galaxy.*



*Sacred geometry in Roman broccoli, pine-nut and sun-flower.*

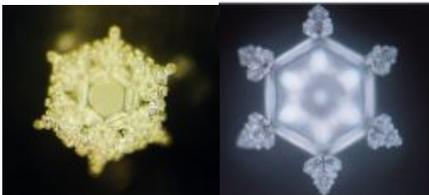
Your Energy Mandala Practice:  
start noticing harmony in nature around you every day



*Sacred geometry of Star in sound harmonics, in Vetruvian Man of Leonardo da Vinci and in apple. Ironically or not an apple has been made the symbol of sin perhaps to destruct us from grasping the meaning of its universal perfection.*

Disturbing thoughts in our mind are like disturbing sounds, joyful and happy thoughts are like the music which brings us to peace. Can sound be indeed that gateway, which reconnects us to our true nature?

The answer has been “Yes” for many centuries. Let’s look deeper into it. We are made of vibrations, in fact being our own “unheard” human symphony - each our cell is vibrating on its own frequency, creating tissues and organs and body systems, and by universal wish we grow from one little cell to embryo, to child and to an adult, miracle in itself. If we look at cellular level, when in a state of joy and harmony, the cells form true mandalas of connections, however when in a state of stress, the tensions appear, which result in chaos and disconnection, followed by dis-harmony and dis-ease. Have you listened to uncoordinated orchestra? That is the state which represents disharmonic mind.



Versus



*Dr Emoto research on impacting water molecules with intentions and emotions. First photo is “Love and Gratitude”, second is “Eternal”, and third is “You disgust me”. As human body is made of water molecules up to 90% - by feeling those emotions we impact our molecular structure in the same way. How many times you said to yourself “I don’t like myself today”? This way you destroy your own harmony and not only emotionally but also on cellular level.*

Your Energy Mandala Practice:  
say to yourself “I love You” and “You are beautiful”

There are many ways ancient masters of Yoga and Mindfulness approached the problem of disharmony. The quickest ones are by path of realization the nature of perfection within us through instruments we are given by nature:

- Breathing – becoming aware of sound of breath , of Prana or Chi, life force, flowing through our body, just by observing the breath and learning to direct or expand inhalation and exhalation (see Chapter Breath);

- Sound – singing or humming, with the power of our voice creating harmonising vibrations flowing through the body. Good to know, that when we chant we expand and direct our breath, prana, by this charging ourselves with life-force. If you add to this singing practice also visualizations of gratitude and joy you will be in a state of perfect harmony just within few minutes of chanting (see Chapter Gratitude).

Many people were made to believe that they don't have their own voice, feeling shy to express themselves. What if I tell you that your voice is your unique blueprint, and there are already scientific organisations which can determine the state of your health by analysing the frequencies of your voice, as well as can improve the health of your body by giving you to listen the frequencies your voice lacks, and, as a result of listening, your organs get back to a healthy state.

For example, NASA held an experiment (see research of Dr Jeffrey Thompson): due to lack of gravity in space bones of cosmonauts were deteriorating. Spacemen were given to listen “frequency of the bones” which sent the right signals to the brain, and after return on Earth their bones were functioning well.

Would this encourage you to listen to your voice more, sing more and listen to the music which brings you back the harmony?

When we talk about harmonic mind and healthy mental state very often we mean the state of relaxation, peace within ourselves. In Yoga there are directions of Nidra Yoga (yogic sleep) and Nada Yoga (yoga of reconnecting to inner sound), which have common scientifically proven elements in them – impacting the brain waves to change from stressful Beta range to Alpha, Delta and Theta.

For centuries doctors and shamans were using their voice and ancient instruments to heal the body, mind and soul. How? Now we can explain this spiritual phenomenon scientifically. Sound of voice and ancient instruments contains the overtones and binaural rhythms which entrain the brain, bringing the state of deep relaxation. When the brain is functioning on Alpha, Delta, Theta waves, it sends harmonic signals to glands and all body systems, by this bringing balance to all functions of mind and body, same as a talented conductor in a state of inspiration directs the orchestra of many musicians towards performing the masterpiece in harmony with each other.

**It's through sacred geometry of sound that we reconnect to sacred geometry or harmony within ourselves.**

If you don't yet have music instrument or feel shy singing - just start your healing practice with humming favourite song in the moments of feeling disharmony and take a decision to switch from "heavy" thoughts into feeling of gratitude. Our true nature is perfection and when we see it around us and within us - it brings harmony and joy to every moment of being.

Your Sound Energy Mandala Practice: sing your favourite song or just hum to come back to harmony within yourself

Of course, it's also important to note the power of your voice and speech while talking to others as you impact them directly. Practices of silent meditation – Vipassana, or just practice of silence for few hours are highly recommended to stop the mind from "chatting".

Another simple practices are:

~ **Pause before Speaking** - when someone is asking you something, before answering take a deep breath and speak on the outbreath, you will be surprised how much more insightful and impactful your answer becomes with the power of breath.

~ **Prolong the vowels** – enjoy transforming talking into singing by expanding the vowels and exhalation as a result, which calms the mind.

There are also many music instruments we can co-create with for balancing ourselves with sound. Let me focus on one of the most commonly spread ancient instruments which I've been working with and studying with my students for many years - **singing bowls**.

## Sound Healing with Himalayan Singing Bowls



You can see crystal and Himalayan singing bowls now almost in every yoga studio and spa, however they also start taking their important place in hospitals, hospices, charity organisations supporting women, children, elderly, and even military organisations working with post-traumatic stress. If you've ever experienced the sound of the bowls, you understand why...

It's my favourite moment to observe how people change when I strike the bowl – they always seem to “come back” to themselves, their core, forgetting the worries and feeling the bliss in present moment. Many people are enchanted by the sound of the bowls and feel deep connection with their heart, many start smiling...

With my students we studied the impact of the bowls in sound therapy sessions through physical vibration of the bowl placed on the body and through acoustic sound bath and have hundreds of case-studies confirming their harmonic and vibrational healing properties.

Vibrations of the bowls release physical pains, optimise the work of organs and body systems, normalise heart activity, blood pressure, boost immune system.

Sound of the bowls balances nervous system, brain activity, and as a result - all body.

We studied the impact of the bowls' sound on the brain in the lab with EEG, and the results were fascinating, confirming the change from Beta to Alpha waves and into the state of deep relaxation immediately after striking the bowl. Even more delightful is that the session with the singing bowls improves health parameters both for the patient and the sound therapist, as they both are being impacted by the sound and vibration.

If you touch upon how sound therapy with the bowls actually works we could in a way connect it with the philosophy behind Chinese medicine and Acupuncture without needles though it would be accompanied by celestial music. Deep vibrations of the bowls release physical blockages in the body, normalising energy and fluids flow, optimising the work of organs and systems, and with the sound - balancing the brain activity and harmonising the cells work.

It has been recently confirmed in research of Cymatics pioneer John Stuart Reid, that during sound impact - the red blood cells membrane is being repaired, as well as the cells which fall into "sleep" when disease occurs (state G0) are being reactivated back to functioning (state G01) with the sound, which causes quicker recovery and healing.

You may not have known that your cells are breathing too, puffing, and when they relax, they produce nitric oxide gas, which is essential for overall health as it allows blood, nutrients and oxygen to travel to every part of your body, Limited capacity to produce nitric oxide is causing heart disease and diabetes. Recent research by Dr John Beaulieu confirmed that the use of music induces positive emotions and subsequent relaxation, which is directly linked to nitric oxide gas release, which, being neurotransmitter and locally acting hormone, causes relaxation to occur. Amazing, isn't it?

We do believe that sound is the future medicine, and while observing incredible cases of physical healing, as well as wonderful results of curing stress, anxiety, PTSD and emotional traumas, restoring mental peace, we encourage all those engaged into post-traumatic work and mental health, yoga and meditation teachers, psychotherapists and nurses, energy healers and just common public to give more attention to sound therapy and sound, being powerful tool in realigning to our inner harmony.

With this aim Sound Energy Medicine Practitioners Association (SEMPA) was founded ([www.soundenergymedicine.com](http://www.soundenergymedicine.com)) to bring awareness about the power of sound, holding certified Sound Therapy courses worldwide for yoga teachers and energy healers, psychotherapists and clinicians, merging latest scientific research in sound and vibrational medicine with sacred yogic scriptures.

Sound and vibration are powerful energy medicine.

Sound Energy Massage with Singing Bowls has healing impact on many levels:

~ **Physical body:** deep vibration releases the tension of muscles, pains, massages the organs, rewires the brain (see Tapping technique in psychotherapy for analogy), the stress and anxiety disappear due to induced state of relaxation.

~ **Energy body:** combined vibration and sound release emotional tension and blocks, purify subtle energy channels and the energy field blueprint, rejuvenate the DNA structure (your information hardware).

~ **Cosmic Holographic Blueprint:** by opening your energy channel with sound and vibration you can experience spiritual awakening, union with universal consciousness and can heal yourself with new pure energy through your open energy channel, also triggering personal transformation.

Physiologically, the relaxation response may initiate the following changes, which can be called the Sound Energy Therapy benefits, here are few of them:

- Decreases the pain, both physiological and psychological
- Decreases anxiety and stress, fatigue and depression, nausea and headache
- Decreases blood pressure and stimulates blood circulation
- Slows heart rate
- Slows respiration rate and normalizes the breath
- Relaxes muscles
- Changes viscosity of phlegm in lungs
- Skin surface massage and deep tissue massage
- Deep massage of intestines (often resulting in improvement of constipation)
- Analgesia
- Reduces stress-hormone levels (Cortisol, Beta-endorphin and ACTH)
- Improves quality of life
- Improves reproduction function

Sound Energy Medicine showed positive results in treatment of the following health conditions:

- ~ Cancer and Leukemia
- ~ Pain and Anxiety reduction
- ~ Insomnia
- ~ Depression
- ~ Alzheimer's Disease
- ~ Arthritis
- ~ Heel spurs
- ~ Recovery from surgery or trauma
- ~ Circulation and blood pressure
- ~ Parkinson's disease
- ~ Fibromyalgia
- ~ Reproduction organs disbalances



It takes 2 days to complete Level 1 course which gives necessary skills to using singing bowls for meditation and self-healing, for becoming sound therapist and starting to integrate sound healing with singing bowls to Yoga and Meditation classes, psychotherapy, counselling and other therapy works. Level 2 is for those willing to dive deeper into harmonics and sacred geometry, the power of voice and overtone chanting and learn more advanced Sound Bath techniques based on harmonics. Level 3 is in-depth study of working with energy meridians.

For more information:

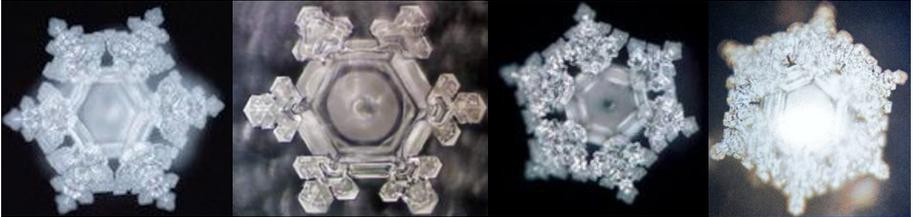
[www.SoundEnergyMedicine.com](http://www.SoundEnergyMedicine.com)

## Chapter 4. Gratitude as Energy Medicine

Gratitude is one of the most powerful practices existing, it's truly transforming us on many levels, that's why it's called Supreme Yoga practice.

**Let's create Gratitude Energy Mandala together.**

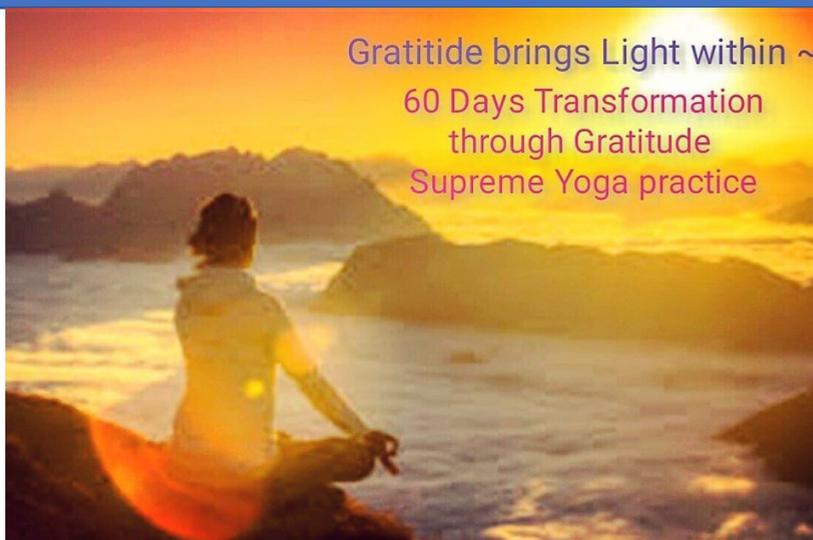
As Dr Emoto studied water and impact of emotions on molecular structure we now know how mandalas of Gratitude, Love, Appreciation look like, and they are beautiful.



*Dr Emoto research on impacting water molecules with intentions and emotions. First photo is "You are beautiful", second is "Thank you", third one is "Love for humanity", and fourth one is "Love and Gratitude".*

By feeling Gratitude we transform ourselves on cellular level, manifesting mandalas with intention, with our inner and outer words, and we create these mandalas in other people by being with them. Yes, your state of mind directly impacts not only you, but also people near you, and as you can heal or harm yourself, you can heal or harm other people with your thoughts, intentions and words.

How can we tame the mind jumping from one unpleasant thought to another? How can we stop feeling anxiety or stress after traumatic experience? Neuroscience says that any thought and emotion generates neuropeptides, which then deliver information to our glands, and, depending on colour of our thought – happy or sad, relaxed or stressed - the glands will generate the chemicals accordingly, which will be distributed then through all body and will stay within it. The body then will remind to the brain occasionally to generate the same chemical, creating vicious circle of chronic stress and emotional patterns. To change this informational blueprint we need to reprogram the cells of our body and brain, and it takes 60 days.



When we change our mind, our patterns of thinking and perceiving the world, we change our life.

Practice of Gratitude naturally brings us the state of deep relaxation, opens our heart, allowing more energy to flow, raising our vibration with pure energy. By feeling Gratitude we structure the cells of our body into beautiful mandalas, healing.

For the next 60 days follow the Path of Gratitude:

~ Wake up and start the day with feeling Gratitude for being, living and experiencing;

~ Each hour stop and find 3 things you are grateful for at this very moment;

~ Each time you eat – feel gratitude for what you have on your plate;

~ Every time you feel stressed or unhappy or impacted by other people – smile with all your heart, say “Change” to yourself and find what you are grateful for in this moment;

~ In the end of the day meditate on beautiful moments that universe shared with you during the day.

Please, have your Gratitude Diary where you can write down your moments of gratitude and happiness.

If you use social networks, use tag #gratitudemandala for sharing and inspiring others.

## Chapter 5. Light as Energy Medicine

अथ यदतः परो दिवो ज्योतिर्दीप्यते विश्वतः पृष्ठेषु सर्वतः  
पृष्ठेष्वनुत्तमेषूत्तमेषु लोकेष्विदं वाव तद्यदिदमस्मिन्नन्तः पुरुषो  
ज्योतिस्तस्यैषा

*Now that light which shines above this heaven, higher than all, higher than everything, in the highest world, beyond which there are no other worlds, that is the same light which is within man.*

*~ Chandogya Upanishad 3.13.7*

In each religion on our planet there is the reference to spiritual practice for keeping inner light shining. They all are uniting in understanding that the path to God or Divine is through light, and the path to enlightenment is the path to our true nature.

From perspective of yogic science, Meditation on Light is Supreme Yoga practice, part of Tantrikas, and its aim is to bring awareness to spiritual essence of your being, subtle nature of your body and mind being pure energy.

As we discussed in previous chapters your body is condensed form of vibrating energy, divine sound vibration of universal symphony or divine light.

Here is simple daily practice for your Light to shine.

### Your Practice of Light Energy Mandala

Close your eyes, take few deep breaths... Connect with golden light of the Sun... feel it warming your up... bath yourself in light... let it fill you in from the top of the head till little toes... Breath in golden light and breath out golden light. Let every cell breath with light... Now bring the light into your heart and let it glow, growing, filling all organs, all body, allowing the light to expand beyond your body, all around you, beyond the room, beyond the city, beyond the planet. Embrace the planet with light.. Now share the light with someone who needs it: your family or your friend or the whole planet. Observe how stronger your Light becomes when you share it. Now bring the Light back to your heart. Smile in your heart. Keep this Light and smile shining throughout the day. You can always reconnect with your Light - with your smile.

## Understanding 5 Lights and 5 Elements of our mind

In many spiritual traditions the light of different colours is used for healing. In Taoism and Chinese Medicine each organ has corresponding key colour and an element. Sacred yogic texts as well assign the colour to specific element which reside in energy centres or chakras within the body. The practice of visualizing the light of different colours and projecting it into energy centre or organ, or simply bathing in this colour, is believed to improve the qualities of this chakra, organ, and the body as a whole.

In Buddhist practices the white or colourless light corresponds to space, the yellow light is earth, the blue is water, the green is air, and the red is fire. These five pure lights are more subtle than visible light and are, of course, of sensory experience. Yet, these elements are part of nature and energetic blueprint of our mind, as well as form our body. Qualities of various elements can be observed within us, in a way we think and act.

Ayurvedic, Chinese or Tibetan doctor will first talk to you to understand the elements within your mind which is the root of any disbalance or disease in the body. The element can be in balance, in excess or lacking its strength, and healing would be in harmonizing the elements through food, resting or movement, reciting mantras, spending time reconnecting with corresponding element in nature.

Below is the simplified table of recognizing element disbalance in our mind and the practice for balancing the elements of our mind with help of visualization.

### Your Practice of 5 Elements Mandala. Balance for Mind

AIR imbalance	Brain fog, lack of creativity and motivation, inability to focus, suspiciousness, jealousy	Bath in green light and confidence, gratitude
WATER imbalance	Too emotional, fearful, unconfident, intolerant, powerless, attachment	Bath in blue light and clarity, selflessness
FIRE imbalance	Hyperactivity, anxiety, feeling of isolation, loneliness, anger	Bath in warm red light, kindness, compassion
EARTH imbalance	feeling of insignificance and instability, ego-pride	Bath in yellow light and calmness, devotion
SPACE imbalance	Cutting off from the world, shelter in oblivion, feeling overwhelmed, ignorance	Bath in white light and openness, equanimity

## Chapter 6. Breath as Energy Medicine

'When Prâna has watered the great earth with rain, then the plants spring forth, and also every sort of herb.' (11.4–17) 'O Prâna, be not turned away from me, thou shall not be other than myself! As the embryo of the waters (fire), thee, O Prâna, do bind to me, that I may live.' (11.4)

~ Atharva Veda

**Prana** (प्राण, *prāṇa*, *sanskrit*) means breath, life force, vital energy, principle of life, the spirit of soul, spirit energy. Prana has different names in different cultures: *anima* in Latin, *pneuma* in Greek, *Qi* in Chinese, *ruh* in Islamic and Sufic, *mana* in Polynesian, *ruah* in Hebrew, and many other names. However you call it, Prana is what creates and sustains you, what gives you life, and you can manage your life force with the help of Pranayama, yogic science of breath.

Since ancient times, the ṛṣis of India believed there are millions of Nadis (energy channels) in the body. Nāḍī (Sanskrit नाडी *nāḍī* = tube, pipe, flow) is a term for the channels through which the energies of life force known as *prana* are flowing. Long held tension, physical or emotional, stress, traumas, low self-esteem, linked to elements disbalance, can cause blockages and result in disharmony and disease. With the help of Pranayama you can direct Prana flow, calm down and clear the mind, purify energy channels, detox physically and emotionally, and balance the work of nervous, immune and other systems. In yogic science, there are three important nadis:

~**ida** - left channel, left nostril introverted, lunar, feminine, cooling;

~**pingala** - right channel, right nostril, active, solar, masculine, heating;

~**sushumna** - central channel.

Many people don't know that most of the time one of their nostril is more open than another, changing each 1.5h. This way the brain regulates oxygen flow through the body and various organs. That's why you turn from side to side when you sleep. The aim of Pranayama is simply focused on opening both nostrils at the same time to activate prana flow through the central channel or Sushumna. When both nostrils are open your brain is boosted with oxygen flow, and with regular practice Pranayama improves its work and may result in super-human capacities.

When I was 9 years old I practiced Kung Fu and the master wouldn't allow us to start physical exercise before the breathing was performed to open both nostrils, only then intense physical activity was considered safe as both sides of the brain were active and would work in balance. After just 2 weeks of practicing simple square breath my sinusitis and asthma diminished and that was the moment of realization how much healing capacity we have within ourselves.

Very often in India before starting important corporate meeting the team is practicing Pranayama together to have clear mind for important decisions or chant mantras, as singing is an expansion of breath, Pranayama.

Pranayama or process of breath management doesn't have to be complicated, in fact most powerful techniques are very simple and easy to learn.

## Your Practices of Breath Energy Mandala

### Breath waterfall.

Inhale, observing the breath caressing your nostrils, entering and exiting the nostrils. Let the breath flow naturally. (Few cycles)

Inhale, observing the breath entering your nostrils, hold it for a moment, observing an expansion, and with exhalation let it flow through all your body, washing it from inside, like in the shower of energy. (Few cycles)

Feel the breath like the river transforming into purifying waterfall, washing you from the top of the head till little toes.

### Square Breathing.

Inhale - count till 4. Hold the breath - count till 4. Exhale – count till 4. Stay without the breath – count till 4. Continue for 3min.

After 2 weeks of regular practice you will feel that you can naturally hold and expand the breath longer, please, move to the rhythm Inhale 4, Hold 8, Exhale 8, Stay without the breath 4. With time you will be able to come to yogic sequence of 4-8-16-4 with further expansion.

You can practice this breath anywhere – at work, public transport, in the morning and in the evening. After 2 weeks of regular practice you will start noticing beautiful and even miraculous changes within yourself.

### Alternate Nostril Breathing

Yogis say if you practice it 15min per day, you will achieve balance and kick off the process of natural healing, if you practice it for 30min a day, all diseases will vanish, if you practice it for half-year – you will start having glimpses of true reality and can travel through universe, and if you practice more than a year continuously – you will get enlightened. In Sanskrit it's known as Nadi Shodhana Pranayama meaning “subtle energy clearing breathing technique”.

It has been confirmed scientifically that it lowers stress and anxiety levels and has positive impact on cardiovascular function, as it balances heart rate, respiratory rate, and blood pressure, improves neurocognitive and metabolic functions.

Alternate nostril breathing has the same rhythm of breath as in Square Breathing, the difference is in alternating nostrils, opening and closing them for breath flow regulation.

For this practice you always use the right hand, as if you use the left hand, - as Dharma Mittra once said, “You will get cookies”.

Left hand is resting on your knee. Use your right ring finger to close the left nostril and the thumb – the right one. Fingers in between can be slightly curved down or rest on your 3<sup>rd</sup> eye.

At first do Square Breathing for 3 cycles. Then check which nostril is more open. Let's say it's left. Inhale with left nostril, closing right one with your finger, hold the breath blocking both nostrils, exhale with right nostril, closing the left one. Stay without the breath if you can otherwise continue with inhalation with right nostril, holding breath blocking both nostrils and exhaling through the left one. This is one cycle. Start with 3 cycles and then release your hands and do 3 cycles of Square Breath with both nostrils. If you feel dizzy, stop immediately and breath with both nostrils.

When you advance slowly to 3 minutes, you can do 3min of Square Breathing, followed by 3min Alternate Breathing, completing with 3min of Square Breathing.

With time you will not need to close your nostrils with hands, you will just direct Prana through each channel with your intention.

### Full Yogic Breath

This is wonderful breathing technique also for beginners. You can start practicing it lying on your back. Bring awareness to your belly, inhale expanding the belly, filling it with space, and exhale relaxing the belly, distributing the space through all body. Do it for min 3 times.

Inhale with the belly, expand the belly, and move the breath, like the wave, to the lower chest and the upper chest, expanding the diaphragm, up to the collarbones, hold it there for a moment, and exhale back to the lower chest and the belly. Enjoy the movement of the wave within the body, enjoy the expansion.

This breath is revitalizes the entire body with prana, releasing stagnant energy. It releases stress, activates parasympathetic nervous system encouraging calmness and balanced state of mind. It is very good for your lungs as works with three sections of the lungs.

### Purification of Energy Centres Breathing

This Pranayama is for more advanced practitioners. It helps to direct Prana through all energy centres, releasing blockages, purifying, delivering necessary life force, enhancing activity, and balancing the flow of energy in all body.

Bring awareness to your root. Inhales with your root taking the breath up the spine, through the brain, exhale through your 3<sup>rd</sup> eye. Inhale with your 3<sup>rd</sup> eye, take the breath through the brain, down the spine, exhale through your root. Repeat 3 times.

Now engage your root lock or Mula Bandha with each inhalation and release it with each exhalation.

Inhale with your root, engage the root lock, take the breath up the spine, through the brain, exhale through your 3<sup>rd</sup> eye, releasing Mula Bandha. Inhale with your 3<sup>rd</sup> eye, engage the root lock, take the breath through the brain, down the spine, exhale through the root, releasing Mula Bandha. This is one cycle. Continue for min 3 cycles.

You can practice this breath anywhere, it will purify your mind from toxic thoughts and invigorate your energy level, you will feel rejuvenated!

Please, see the videos of these described and other Pranayama healing techniques at [www.lolalhamo.com/mandala](http://www.lolalhamo.com/mandala)

## Chapter 7. Lhamo Energy Mandala

It's my sincere wish for each soul on Earth to rediscover the perfection of their mind - their true nature, and the bliss of experiencing life in all its beauty.

Through multiple births we are given this gift of living, carrying light within ourselves, and sharing this light with others. Our heart is filled with gratitude when someone shares their smile and kindness with us. We are unique creatures of vibrating energy, the universal symphony of harmony, the miracle.

I hope after reading this book and practicing sacred yogic techniques you see yourself in a different light, with deeper understanding of your pure nature, and that you will continue co-creating life on Earth with pure intention, pure thoughts, pure voice and pure actions.

All together we are creating Energy Mandala to transform ourselves, those who are close to us, and humanity as a whole.

All together we let the light within shine.

To stay strong on this path regular practice of Energy Mandala is important, and it's very simple.

When you wake up, look at every new day as a gift, as new birth to this world. Start it with Gratitude. Practice Pranayama for minimum 3-5min. Set up an intention for a day from pure heart.

While talking to people, feel Gratitude for their presence. If you have a feeling of tension with a person – this is the time to practice Pranayama and Gratitude. In stead of thinking unpleasant thoughts – come back to breathing.

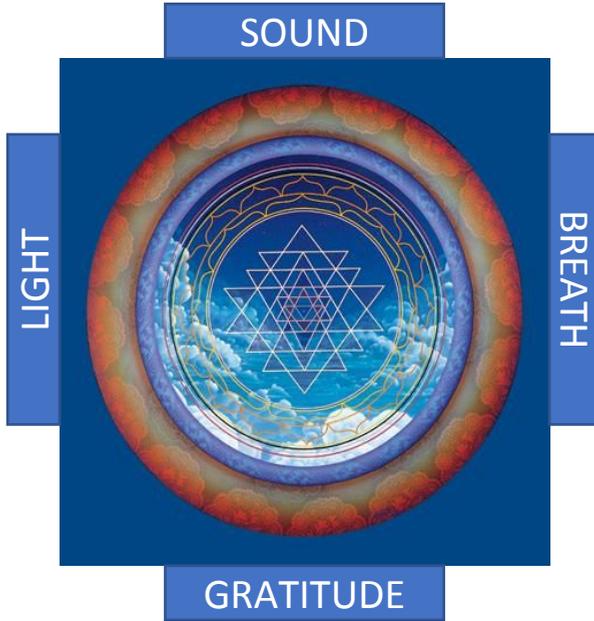
At work do regular pauses, at least once per hour for Pranayama and Light Bath . You can do breathing even at your table, just lowering your eyes towards your feet and unfocusing them.

When you feel down or out of harmony – hum, sing your favourite song or listen to the music which inspires you, ask yourself what you are grateful for at this very moment, or come back to Pranayama and Light Bath practices.

Lead the Gratitude Diary and write down every day about the wonders the world has shared with you, and they will multiply as your capacity to see and embrace wonders in experience will increase.

In the end of the day do Pranayama and express Gratitude.

Blessings ~



**Mantra of Wholeness  
Purna-tvam Mantra**

Aum.

In that state, Wholeness is experienced here  
Wholeness is felt there

In that state, Wholeness arises from Wholeness  
In that state, one dives from Wholeness into Wholeness, until  
nothing but Wholeness remains

Aum

peace peace peace

***OM purnamadah purnam-idam purnat purnam udachyate  
purnasya purnamadaya purnam evavashishyate  
OM Shanti ~***

*Thank You*

## About Lola Lhamo



**Lola Lhamo** has connection with yoga and energy healing from childhood. Life brought her meetings with wonderful teachers, Indian yogis and Tibetan lamas. Lola helped building Enlightenment Stupa at Roerich Museum, travelled with Tibetan lamas to India and Nepal to Buddhist monasteries and place of power, participated at World Congress on Psychology and Spirituality in India...

Lola learned the techniques of working with energy, sound and vibration from Tibetan lamas, other masters of yoga and energy healing, and after 25 years of practice she created LHAMO YOGA & SOUND ENERGY MEDICINE, containing Lhamo Energy Mandala Meditation and QUANTA Energy Healing – sacred practices of energy medicine, integrating yoga, mindfulness, sound and vibrational healing.

Lola integrates knowledge of Himalayan Hatha, Kriya & Yin Yoga, Tibetan Mind Yoga and Neuropsychology, Pranayam and Meditation, Sound Energy Medicine and healing with the power of voice and Himalayan Singing Bowls, Qi Gong and Cosmic Healing, – transformational practices, reconnecting to our true nature, developing capacity to manage inner energy for healing and wholeness.

Lola manages Sound Energy Medicine Practitioners Association (SEMPA) offering certified courses of Sound Therapy worldwide for yoga teachers and energy healers, psychotherapists and clinicians, enjoys merging latest scientific research in sound and vibrational medicine with sacred yogic knowledge.

[www.lolalhamo.com](http://www.lolalhamo.com)

[www.soundenergymedicine.com](http://www.soundenergymedicine.com)





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