



The Intuitive Healing Voice Course

with Dominique Oyston

TIBETAN WARRIOR SOUNDS POEMS AND PRACTICE

‘The Seed Syllables are the fighters of demons; therefore, they are warriors.

They are the essence of the five wisdoms.

They are the antidote to the five poisons.

They are the mudra of the body of the five deities.

They are these five; quality, action, body, speech and mind.’

Tonpa Shenrab

Our fundamental awake nature is not produced or created but is already present. In the same way that the vast expanse of the sky is present but may be obscured by clouds, we too are obscured by habitual patterns that we mistake for ourselves. The practice of the Five Warrior Syllables is a vibrational practice that supports us to release our negative and limiting behavioural patterns of body, speech, and mind, and make room for a more spontaneous, creative, and authentic expression. In this practice, we recognize, connect with, and trust what is already there. We draw back the veil.

“The warrior syllables are pure and indestructible. They are able to penetrate through fear and cannot be destroyed by it. Compassion alone is not enough to bring us enlightenment. There must also be wisdom. Only wisdom can ultimately destroy the deluded ego, the source of all demons.”

Tibetan Yogas of Body, Speech and Mind. Tenzin Wangyal

The First Syllable: A

Sing again and again the self-originated sound of A.

Radiate luminous light from the forehead chakra.

The secret karmic obscuration's dissolve at the source,

Clear and open like a cloudless desert sky.

Abide without changing or elaborating,

All fears are overcome

And changeless confidence is attained.

May I experience the wisdom of emptiness.

Sound each sound seven times.



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The Second Syllable: OM

Sing again and again, the self-clear sound of OM.
Radiate luminous red light from the throat chakra.
All knowledge and experiences of the Four Immeasurables
Arise like sunshine in the clear, cloudless sky.
Abiding there; clear, radiant, complete,
All conditions of hope are overcome
And ceaseless confidence is attained.
May I experience mirror-like wisdom.

As 'A' connects us with the space of being, 'OM' connects us with awareness or light, within that space. Once you are able to feel a connection with internal space, that experience of openness naturally provides a sense of completeness

The Third Syllable: HUNG

Sing again and again, the non-dual sound of HUNG.
Radiate luminous blue light from the throat chakra.
The wisdom heat of The Four Immeasurables
Pervades like sunlight in all directions.
From non-dual wisdom, allow the quality you need to radiate.
All distortions of doubt are overcome
And undeluded confidence is attained.
May I experience the wisdom of emptiness.

We are becoming increasingly familiar with openness. Through the vibration of A we clear obstacles that obscure the open space of being, and we develop the capacity to trust that open space by abiding in the space that has opened up. We connect with our completeness and dissolve any sense of lack through the vibration of OM. Confidence develops as we abide in the vividness of each moment. With our attention at the heart chakra, we discover that the open space of being and the light of our awareness are inseparable. Things flow more easily in our life when we feel complete.

It is also the heart chakra where the Four Immeasurables are located. These Four Immeasurables are the enlightened qualities of love,



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compassion, joy and equanimity that reside in that chakra, waiting to be energized.

The Fourth Syllable: RAM

Sing again and again, the ripening sound of RAM.
Radiate luminous red light from the navel chakra.
All the enlightened qualities that one needs
Ripen like fruit in the warmth of the sun.
Meditating on these spontaneously arising virtues
The demons of conflicting emotions are overcome
And ripened confidence is attained.
May I experience discriminating-awareness wisdom.

With A we have changeless body. OM is unceasing speech. Hung is undeluded mind, and now, with RAM we have ripened and perfected virtuous qualities. As you connect with the power of RAM imagine that your obstacles are being burned and you bring sanity and enlightened qualities into the world.

The Fifth Syllable: DZA

Sing again and again, the sound of action, the syllable DZA.
Radiate luminous green light from the secret chakra.
To all beings who suffer and are in need.
Just as a good harvest satisfies hunger
The Four Immeasurables bring happiness and freedom
External obstacles are overcome
And effortless confidence is attained.
May I experience all-accomplishing wisdom.

DZA brings us to the place of manifestation. Through the practice of the Five Warrior Syllables, we find the courage to manifest. The 'secret' chakra is often seen as the sacral chakra, the sexual chakra. The ripened quality of the confidence should be brought here while uttering the syllable "dZa" slowly seven times. Concentrate and visualize the birth and actual generation or manifestation of the confidence, which has evolved from the fear at "Ah" level.



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The Prayer of The Four Immeasurables

May all beings have happiness and the cause of happiness.

May they be free of suffering and the cause of suffering.

May they never be disassociated from the supreme happiness which is without suffering.

May they remain in the boundless equanimity, free from both attachment to close ones and rejection of others.

Immeasurable love

Immeasurable compassion

Immeasurable joy

Immeasurable equanimity

The next Buddha, is known as Maitreya in Sanskrit, which means “loving-kindness.” It is taught that this future Buddha would realize Buddhahood solely through the practice of loving-kindness.

In many Buddhist teachings, the major obstacle to enlightenment is ignorance.

Making it easy!

The Syllables are seen as a progression that is logical and expanding.

Bring a problem you have to the practice and let the sound do the work.

Don't analyse or judge, just be present with the practice.

With this practice, love and joyful things happen because you are open to it, not because you want them to happen. You create the space and awareness needed to have the positive things to happen first, instead of making a whole lot of effort without creating a conducive space.