

SOUND CARD INSTRUCTIONS

To practice sounds:

Sounds may be held for an entire breath, or done quickly. Try different ways, to see which ones work for your study at any given time.

The first prayer, the Amatsu Nolito, is read from left to right, as in English. The indicated stops (squares) are places to breathe. This prayer is done once.

Next is the Iso Kami Shrine prayer. It is pronounced from top to bottom, starting at the right, as in **HI, HU, MI, YO**....This prayer is done three times.

The 32 Child Sounds are also practiced from top to bottom, beginning at the right, as in **TA, TO, YO, TU, TE**.... Practice this order three times.

The final practice is the three orders of civilization. Each one is practiced separately. They go from top to bottom, starting at the right, **A, I, U, E, O**..., and then right to left, starting at the top, **A, KA, SA, TA, NA**....

The orders may also be short-cut: **A, I, U, E, O, WA, WI, WU, WE, WO** each set of five repeated several times, with one final kiai of **Wn!** Then, **A, O, U, E, I, WA, WO, WU, WE, WI**, each set several times, followed by **An!** And finally, **A, I, E, O, U, WA, WI, WE, WO, WU**, each set several times, finished with **IEI!**

The Amatsu Futonolito order, the order of the next civilization's consciousness, should also be practiced in its entirety, and can be done with or without the other two. It can be practiced slowly, or fast, once or a hundred times: **A, I, E, O, U**..., then **A, TA, KA, MA, HA, LA**....Breaths, if taken, may be at the end of a line, or after **E** sounds, and **H** sounds. At the end of the **U** line of sounds, pronounce the kiai **IEI!** strongly from your tanden.

PRACTICING SOUNDS

Practice begins with the pronunciation of the sounds aloud. When meditating, breathe slowly, making each breath as long as possible. Breathe deeply from the tanden (a point just below the navel) - not from the chest.

Make the sound of **SU** and then **A-WA**. Do not use any technique or decoration, such as a melody. Just let the sounds come out naturally; otherwise, you are beginning with an intellectual action and you will not be able to see anymore.

To make sounds is an action of expansion. It should start from the point of final concentration, the absolute center. That is why all Kana sounds always start with the teeth held firmly together.

The rhythm of sounds, our life's manifestation, is based on **I** dimension, the life will. When making the **I** sounds, the teeth remain closed; they are always made by biting the teeth.

A-O-U-E, the four dimensions of mother sounds, and the child sounds, come out from **I**. With each sound, always return to biting the teeth.

A sound is energy expanding to the fullest and made with a fully opened mouth. **O** sound is made with a round mouth, half closed; the smallest opening comes out as **U** sound. **I** and **E** sounds are made with the mouth open sideways. The teeth open for **E** but remain closed for **I**.

It is the same inner energy that is expanding; only the form of the mouth changes. Our human life energy can expand in only these five ways - these five sounds.

When making the **WA** sounds, say **U-U-U-WA**; you can see it better that way. Try to see the difference between the light of **A** and **WA**. There is no shrine or ceremony that uses only one candle. There are always two lights which symbolize the manifestation of human capacity and **A** and **WA**.