

## Atlantean Chants I

**(1) Chant 1**

**A-LEO-U (ah lay oh oo)** This chant stimulates the energies of the body meridians. Activation of unconscious memory patterns take place, and moves them from dominant to active expressions of knowledge.

**(2) Chant 2**

**BA-EO (bah ay oh)** The chant creates a resonance that activates related brain centers to remove distorted energy flows between emotional and soul energies.

**(3) Chant 3**

**GA-MO-AL (gah mo all)** This resonance can have a positive energy effect on conditions in the liver, pancreas, spleen and kidney organs. It can be used with the 17<sup>th</sup> ray, persimmon.

**(4) Chant 4**

**DO-LAE (doh lah ay)** This chant is used to ease conditions of emotional stress relating to social and physical life.

**(5) Chant 5**

**HA-JO-HA (hah joh hah)** These are the vibrations to call upon God's light to heal with the power of regeneration. It is associated with the 22<sup>nd</sup> ray, pearlized white. Invoke this resonance during healing process.

**(6) Chant 6**

**VO-A-A (voh ah ah)** The chant brings your deepest vibrations into consciousness and begins the journey into your soul energy.

**(7) Chant 7**

**2OO-UR (zoo oor)** This resonance begins to loosen blocked energy to begin the release of unwanted karmic patterns of expressions.

**(8) Chant 8**

**CHO-RA (choh rah)** The chant creates the courage to express positive actions and counterbalance previous negative actions and judgments.

**(9) Chant 9**

**TU-LA-RO (too lah roh)** Use this chant with conditions of arthritis, nerve conditions and skin eruptions. It is associated with the color pale rose.

**(10) Chant 10**

**YO-OOH-DA (yoh ooh dah)** These are the wounds of the God within. The ten and the one. Yod in the Hebrew alphabet. These are chanted in conjunction with the 36<sup>th</sup> ray; the perception of color. Use it for spiritual self-healing and refinement.