



Vowel Sounds
for
Pronaoi

VOWEL SOUNDS

GENERAL INSTRUCTIONS

- There are five groups of vowel sounds. Each of them should be used in chronological order, which means that they are repeated every five convocations. Here are the five groups:

Group I	Group II	Group III	Group IV	Group V
RA	KHEI	EHR	THA	MAR
MA	THO	AUM	OM	EH
RA-MA	MEH	EHM	AUM-AUM-RA-MA- AUM AUM	AUM-RA-MA- OM

- The Guardian, chosen for the quality of her/his voice, should have at her/his disposal a photocopy of the five groups of vowel sounds so that she/he may prepare at home.
- Before the convocation, the Guardian should rehearse the group for that convocation, if possible in the temple.
- A pitchpipe or a mini-keyboard should be placed near the Guardian's seat so that the Guardian may give the note for each vowel sound.
- Middle C is used as the reference point in the following explanations.

SPECIAL INSTRUCTIONS

- When the Master asks the Guardian to begin the intonation of the vowel sounds, she/he rises and reads the text for the series chosen for the Convocation.
- Just before intoning the vowel sounds the Guardian should give the corresponding note by using the pitchpipe or mini-keyboard.
- After having intoned a vowel sound by way of demonstration, the Guardian says:
“Fratres and Sorores, for the first time, inhale!”
- The Guardian guides the members in the intonation of the vowel sound. the Guardian then says:
“For the second time, inhale!”
- The Guardian proceeds in the same way for the second intonation. then the Guardian says:
“For the third time, inhale!”

The Guardian proceeds in the same way for the third intonation.

- When the three vowel sounds have been intoned, the Guardian says the ritualistic sentence that concludes the intonations then sits.

GROUP I

INTRODUCTION

GUARDIAN: “For centuries, Rosicrucians have used vowel sounds for the purpose of attuning with the cosmic forces to affect their physical, psychic, and spiritual being positively. Before we begin, please separate your feet and rest your hands in your lap, unclasped, palms down, and remain relaxed.”

RA

“The first vowel sound we shall intone today is RA (pronounce ‘a’ as in ‘father’). RA transmits a positive energy of a solar nature. When it is intoned correctly, it stimulates the positive polarity of the Vital Life Force and acts directly on the pituitary gland.

“RA is intoned on A natural above middle C. I will first intone RA once. Then all will intone it together, three times.”

INSTRUCTIONS: The Guardian intones the vowel sound alone, then leads the members in the three intonations of this vowel sound.

MA

GUARDIAN: “The vowel sound we shall now intone is MA (pronounce ‘a’ as in ‘father’). The companion to RA, it is of a planetary nature and represents the maternal and protective aspect of nature. It stimulates the negative polarity of the Vital Life Force and also acts on the pituitary gland.

“The vowel sound MA is also intoned on A natural above middle C. I will first intone MA once. Then all will intone it together, three times.”

INSTRUCTIONS: The Guardian intones the vowel sound alone, then leads the members in the three intonations of this vowel sound.

RA-MA

GUARDIAN: “Now we are going to intone the vowel sounds RA and MA together in order to combine their physical, psychic, and spiritual effects. Because of their nature and mystical influence, these two vowel sounds have always been considered as being complementary.

“The combination of RA and MA is intoned on A natural above middle C. I will first intone the combination alone once, then all will intone it together, three times.”

INSTRUCTIONS: The Guardian intones the combined vowel sounds alone, then leads the members in the three intonations of this combination.

GUARDIAN: “Fratres and Sorores, this concludes the intonation of the vowel sounds for this Convocation.”

GROUP II

INSTRUCTIONS

GUARDIAN: “Vowel sounds are not limited to producing physical, psychic, and spiritual effects on the people who intone them. They also generate vibrations that raise the vibratory frequency of the place where they are intoned. This makes possible the attunement of a place with planetary and stellar influences. This is one of the mystical reasons why we use them during our con- vocations. Before we begin, please separate your feet and rest your hands in your lap, unclasped, palms down, and remain relaxed.”

KHEI

“The first vowel sound we shall intone today is KHEI (pronounce kay- ee;-‘a’ as in ‘fate’; ‘e’ as in ‘eve’). This vowel soothes pain in case of illness or accident and helps to induce sleep. It also has a stimulating effect on the adrenal glands which produce cortisone.

“KHEI is intoned on E natural above middle C. I will first intone KHEI once. Then all will intone it together, three times.”

INSTRUCTIONS: The Guardian intones the vowel sound alone, then leads the members in the three intonations of this vowel sound.

THO

GUARDIAN: “We are now going to intone the vowel THO (pronounce ‘th’ as in ‘breath’; ‘o’ as in ‘note’; place stress on ‘th’). The vibrations created by the intonation of this vowel regenerate the solid components of the body, especially bones. It also stimulates the thyroid gland, which plays a very important role in the process of growth.

“THO is intoned on F sharp above middle C. I will first intone THO once. Then all will intone it together, three times.”

INSTRUCTIONS: The Guardian intones the vowel sound alone, then leads the members in the three intonations of this vowel sound.

MEH

GUARDIAN: **“We shall now intone the vowel sound MEH (pronounced ‘may’). Because of its soothing and moderating nature, this vowel has the effect of slowing the heartbeat and calming stress. It also acts on the solar plexus and, through this, on various organs of the body.**

“The vowel sound MEH is intoned on C natural above middle C. I will first intone MEH once. Then all will intone it together, three times.”

INSTRUCTIONS: The Guardian intones the vowel sound alone, then leads the members in the three intonations of this vowel sound.

GUARDIAN: **“Fratres and Sorores, this concludes the intonation of the vowel sounds for this Convocation.”**

GROUP III

INSTRUCTIONS

GUARDIAN: “To benefit fully from the vibrations created by the vowel sounds we use during our rituals, it is important to sit in a proper position. Before we begin, please separate your feet and rest your hands in your lap, unclasped, palms down, and remain relaxed.”

EHR

“The first vowel sound we shall intone today is EHR (pronounce as in ‘earth’). This sound stimulates all our digestive functions. It affects all the abdominal organs of our bodies, especially the liver and pancreas, which secrete bile and insulin respectively.

“The vowel sound EHR is normally intoned on the C two octaves above middle C. As this note is very high-pitched, we shall intone it on middle C. I will first intone EHR once. Then all will intone it with me, three times.”

INSTRUCTIONS: The Guardian intones the vowel sound alone, then leads the members in the three intonations of this vowel sound.

AUM

GUARDIAN: “The vowel sound AUM (pronounce ‘ah’ and ‘um’ as in ‘loom’) which we are now going to intone has particularly important mystical properties. Its intonation makes possible the attunement of the physical, psychic, and spiritual functions of our being, which is very effective in preparing for meditation or prayer. At the same time, it stimulates the pineal gland.

“AUM is normally intoned on D below middle C. As this note is very low, we shall intone it on D natural above middle C. I will first intone AUM once. Then all will intone it with me, three times.”

INSTRUCTIONS: The Guardian intones the vowel sound alone, then leads the members in the three intonations of this vowel sound.

EHM

GUARDIAN: **“To conclude our intonations, we shall intone the vowel sound EHM (pronounce ‘aim’). The vibrations set into motion by this vowel stimulate the exchange of gases in the lungs between the blood and oxygen. It also acts on the thymus gland, which plays an important role during infancy.**

“EHM is intoned on B natural above middle C. I will intone EHM once. Then all will intone it with me, three times.”

INSTRUCTIONS: The Guardian intones the vowel sound alone, then leads the members in the three intonations of this vowel sound.

GUARDIAN: **“Fratres and Sorores, this concludes the intonation of the vowel sounds for this Convocation.”**

GROUP IV

INSTRUCTIONS

GUARDIAN: “The vowel sounds that we use during our convocations are the subject of a detailed study in one of the degrees of our teachings. For this reason, we shall confine our remarks to a general explanation of their origin, nature, and effects. What is important during this ritual is the benefit that is derived from their mystical influence. Before we begin, please separate your feet and rest your hands in your lap, unclasped, palms down, and remain relaxed.”

THA

“The first vowel sound we shall intone today is THA (pronounce ‘th’ as in ‘breath’; ‘a’ as in ‘father’; place stress on ‘th’). This vowel sound has the distinctive effect of stimulating the forces of cohesion and adhesion that operate continually in our physical bodies. Through its resonance, it also stimulates the whole of our psychic being.

“THA is intoned on A natural above middle C. I will first intone THA once. Then all will intone it with me, three times.”

OM

INSTRUCTIONS: The Guardian intones the vowel sound alone, then leads the members in the three intonations of this vowel sound.

GUARDIAN: “Among the vowel sounds used by our Order, the one we are going to intone now, OM (pronounce as in ‘home’), is one of the most powerful on the mystical plane. Its intonation has the effect of bringing our consciousness into greater harmony with the Omnipresence, Omnipotence, and Omniscience of God. In addition, it acts on the pineal gland.

“The vowel sound OM is normally intoned on D below middle C. As this note is very low, we shall intone it on D natural above middle C. I will first intone OM once. Then all will intone it with me, three times.”

INSTRUCTIONS: The Guardian intones the vowel sound alone, then leads the members in the three intonations of this vowel sound.

AUM - AUM - RA - MA - AUM - AUM

GUARDIAN: **“We shall now intone a special vowel combination. It is**

AUM - AUM - RA - MA - AUM - AUM.

“For obvious reasons, this combination has the mystical properties of the vowel sounds that compose it. It follows that it stimulates the two polarities of the Vital Life Force while harmonizing the physical, psychic, and spiritual functions of our being.

“In this combination, both sets of AUM are intoned on D natural above middle C, while RA and MA are intoned on A natural above middle C. I will first intone this chant once. Then all will intone it with me, three times.”

INSTRUCTIONS: The Guardian intones the vowel sound combination alone, then leads the members in the three intonations of this combination.

GUARDIAN: **“Fratres and Sorores, this concludes the intonation of the vowel sounds for this Convocation.”**

GROUP V

INSTRUCTIONS

GUARDIAN: “When vowel sounds are being intoned, it is important that they be done aloud so as to benefit fully from the mystical effects. What matters are the vibrations produced by the intonations, not the quality of the voice. Neither imperfect voice quality, nor the inability to intone the correct note, should ever be a reason to neglect this very important aspect of our teachings. Before we begin, please separate your feet and rest your hands in your lap, unclasped, palms down, and remain relaxed.”

MAR

“The first vowel sound we shall intone today is **MAR** (pronounce as in ‘Marvin’). This sound is an esoteric synthesis of the vowels **MA** and **RA**. For this reason its intonation enables us to combine their respective natures and to stimulate the two polarities of the Vital Life Force.

“**MAR** is intoned on **A** natural above middle **C**. I will first intone **MAR** once. Then all will intone it with me, three times.”

INSTRUCTIONS: The Guardian intones the vowel sound alone, then leads the members in the three intonations of this vowel sound.

EH

GUARDIAN: “We shall now intone the vowel sound **EH** (pronounced as the letter ‘a’ as in ‘bay’). The vibrations produced by this sound regenerate and purify the liquid compounds of the body, in particular the blood and the lymph. At the same time, its intonation acts on the heart.

“The vowel sound **EH** is intoned on middle **C**. I will first intone **EH** once. Then all will intone it with me, three times.”

INSTRUCTIONS: The Guardian intones the vowel sound alone, then leads the members in the three intonations of this vowel sound.

AUM - RA - MA – OM

GUARDIAN: “To conclude our vowel sounds for today, we shall intone a combination composed of AUM, RA, MA, and OM. The power of this combination is considerable, for it allows us to work directly on the pituitary gland and the pineal gland, the seat of psychic vision.

“In this very special combination, we shall intone AUM on F natural, RA on G sharp, MA on G natural, and OM on F natural, all above middle C. I will first intone this combination once. Then all will intone it with me, three times.”

INSTRUCTIONS: The Guardian intones the vowel sound combination alone, then leads the members in the three intonations of this combination.

GUARDIAN: “Fratres and Sorores, this concludes the intonation of the vowel sounds for this Convocation.”