

Baionshōmyō in Libuš | overtone | Apr 21st 2024



Program

- 8:00 *Misogi* - breathing and purifying practice
 - 10:00 *Teatehō* - Japanese practice for health improvement
 - 12:00 Lunch
 - 14:00 *Kinorenma* - *ki* development practice
 - 16:00 *Zazen* - meditation
 - 18:00 *Baionshōmyō*** - common overtone meditation
 - 19:00 Tea - Japanese matcha tea will be served
- You can participate in any part of the program.

Information for participants

- bring a small pillow, *zafu*, or bath towel to sit comfortably
- take comfortable clothes, we practice barefoot or in socks
- the baionshōmyō meditation itself will start with a short warm-up, followed by a meditation of about 40 minutes
- no previous experience is needed
- the event is free

Everyone can practice *overtone*

- both children and seniors practice
- after practice, you feel fresh, serene and have a clearer mind



倍音聲明

Apr 21st 2024, Aikidó Libuš - klub Junior, Na okruhu 395/1, Praha 4

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Baionshōmyō (Japanese 倍音聲明; also known as overtone chanting) is an exercise from the *Nyingma* School monks, the oldest school of Tibetan Buddhism (*Vajrayana*). A Japanese notation in the *kanji* is formed two compounds:

倍音 【ばいおん】 *baiōn* - overtone, harmonics

聲明 【しょうみょう】 *shomyō* - chanting (of budhist sutras, usually in *sanskrit* or chinese).

the characters also refer to the term *sabdavidya* - ancient Indian linguistic and grammatical studies.

In Tibetan Buddhism, overtone was originally practiced solo. By vibrating vowels in the body one allows creating a harmonious tone. One technique was throwing vowels on the waterfall, adding your voice to the waterfall sound and make a strong harmonic tone - overtone.

By repeating the exercise, you can reach the state of *sati* (in pali; mindfulness; in Japanese *kansōhō*). This means that when you can visualize the sound, the perfect overtone will be born.

But in the first stage - *kansōhō* - it is enough to practice recitation - it is the ideal way of practicing *pratyahara* (the withdrawal of the senses; sensory excitement, see Yoga).

In the world, this exercise is practiced by groups and monasteries in Japan (Tokyo, Utsunomiya - pref. Tochigi, Tsu - pref. Mie, Ōfuna - pref. Kanagawa, Takasaki - pef. Gunma), India (Ladakh, Mahabalipuram, Agra), Tibet (Lhasa) and Bhutan.

Everybody can practice overtone with us. People can have different sensory experiences - colorfull images, hearing sutras or organs etc. Enjoy these different sounds and physical and mental sensations.

Overtone chanting is also a very unique way of deep meditation.

The vocal order of vowels is related to the position of the chakras. If you exercise repeatedly, your body will eventually understand the connection.



The easiest way to practice is continuous recitation of vowels in the order **U, O, A, E, I** and **HM**. The recitation creates coarse vibrations and these vibrations develop aliquot / harmonic tones through which the subtle vibrations in your body appear. Just this subtle vibration allows the activation of chakras that are spiritual and energy body centers, and raises meditative state.

During actual exercise

- sit straight and relaxed
- breathe freely
- sound naturally
- at the end, stay in silence

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