

# Overtone chanting for self soothing and sensory seeking

Dr Ysabel Clare  
Autminds 2020

## **Breathe out these pairs of sounds**

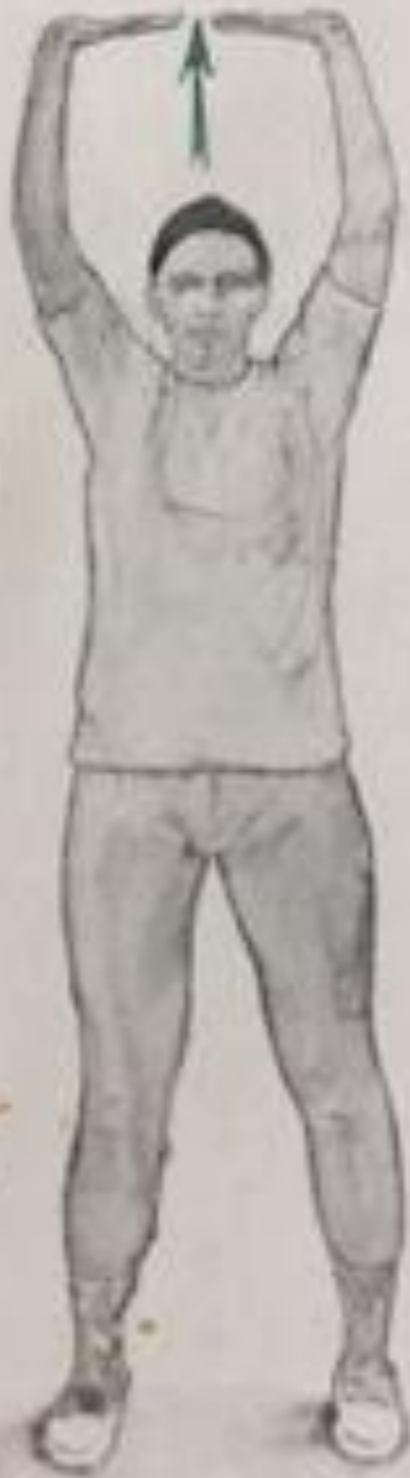
ee - oo - ee - oo      (he - who)

aw - ah - aw - ah      (awe - art)

er - a - er - a      (learn - and)

ay - ee - ay - ee      (take - ease)

1



2



## Vocalise these pairs of sounds

ee - oo - ee - oo      (he - who)

aw - ah - aw - ah      (awe - art)

er - a - er - a      (learn - and)

ay - ee - ay - ee      (take - ease)





7



8



**The resonator scale:** breathe the vowels only, without moving your lips...

Who (oo)

would (uh)

know (oh)

aught (aw)

of (o)

art (ah)

must (u)

learn (er)

and (a)

then (e)

take (ay)

his (i)

ease (ee)

You can also try *miaow*, or *ohm*.



# Eight fine treasures: Ba Duan Jin

Master Lam Kam Chuen,  
*The Way of Energy.*  
London, Gaia Books,  
1991.

