

# Chants Workshop

“Nothing rests; everything moves; everything vibrates” ~The Kybalion

Sound<sup>1</sup>

1. vibrations that travel through the air or another medium and can be heard when they reach a person's or animal's ear. "light travels faster than sound"
2. sound produced by continuous and regular vibrations, as opposed to noise.

Sound creates change; when done in conformity with our Will, it becomes magic. Chanting, i.e. organized sound, is then a road towards creating outcomes, and thus, also, magic. The term chanting is sometimes used as shorthand for several ways that we use our own selves to create change through vibration.

Our bodies provide two primary modes of making vibration:

- Voice: Toning, chanting, singing
- Body: Clapping, stomping, slapping

When using chanting to a purpose (and celebration and enjoyment is a purpose!), consider the following questions:

- What is the purpose of our chanting? (celebration, union of a group, focus onto a topic, energy raising, etc.)
- What do we need to support that purpose? (group chant, long song, toning, variable tones, drums, etc.)
- What will we use to create that? (types of sound, types of concepts in the words, speed, intensity, etc.)

When working with chants, some practical things to consider are:

- Rhythm
- Volume
- Pacing

When building energy, consider the power of getting louder or faster or higher pitched to increase intensity, then plateau it, perhaps drop the intensity a bit, and then rebuild higher, spiralling through an ever increasing build-up of intensity and thus energy until it is released at its highest point. Or gradually slowed, until falling to silence with the energy settled into and around everyone. Experiment! Play! The best way to know how to use voice and chants and sound for ritual and magical and personal purposes is to sing and chant and tone.

## **Toning**

Taking a single sound (usually a vowel, any vowel can be used, or humming) and holding it for extended periods of time. The sounds are made by vibrating the muscle bands in the larynx.

# Chants Workshop

## **Chanting – General**

Chanting is a short sound, word, phrase, or series of phrases, that is repeated over and over again. It is typically used to induce an altered state of consciousness. This altered state may be used to meditate, to raise energy, to combine consciousness, etc. It can be done alone or in a group. With a group it can be a unified sound or done as a round or syncopated sounds.

## **Chanting – Spoken**

Words are said repeatedly, without musical inflection.

### *Examples*

All is one; one is all.

Earth. Air. Fire. Water. <each word can be chanted; they can be chanted in order; different individuals can chant a single word repeatedly, each person can chant them in order but starting at a different word>

Any short phrase of importance pertinent in the moment. Sung chants can be converted to spoken ones and vice versa.

## **Chanting – Sung**

Sung chants range from a few words to typically a few lines to whole songs (though arguably past a certain length, perhaps they should be called songs, not chants). As implied by the description, there is a musicality to the sounds.

# Chants Workshop

## *Examples of Chants-Sung:*

All the tribes are coming together,  
Just, like, birds of a feather  
We are the children of the Lady and the Lord  
Our hearts are in accord

Isis, Astarte, Diana, Hekate, Demeter, Kali, Inanna  
<Pan, Poseidon, Bacchus, Cernunnos, Mithras, Baldur, Apollo>

We all come from the Goddess  
And to Her we shall return  
Like a drop of rain  
Flowing to the ocean  
    <We all come from the Horned One  
    And to Him we shall return  
    Like a spark of fire  
    Rising to the heavens>

I hear the voices of the ancestors calling me  
I hear the voices of the ancestors calling me  
They say "wake up, wake up"  
They say "wake up, wake up"  
"Listen, listen.....listen, listen"

Like a bee my mind is buzzing round the  
Blue lotus feet of my divine mother, my divine mother

May I walk in the beauty way  
Dance upon the sacred path  
Always in step  
With the rhythm of Mother Earth