



Course Outline



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Course Content

14 PDF Modules

Attunements to the **value of \$400 / R6 800** (attunements can be passed on and charged for once received)

Extras

Mindful Meditation mantra booklet

Abundance Mantras booklet

Mantra for Beginners booklet

Guide to Chanting Mantras (77 pages)

7 Chakra Seed Mantra chants – audio

The Path of Sacred Sound – A Journey into Mantra and Inner Stillness

Awakening Resonance – Remembering Silence – Living with Sacred Sound

Beneath the noise of the world, there is a quieter current - a thread of sacred vibration that speaks not in volume, but in presence. This course is an invitation to follow that thread - to listen not only with your ears, but with your body, your breath, your inner knowing.

The Path of Sacred Sound offers more than a method of chanting - it opens the door to sound as sanctuary, silence as teacher, and the voice as a vessel of light. Drawing from ancient wisdom and lived experience, this 13-module course weaves together spiritual insight, gentle practice, and poetic instruction - guiding you home to the stillness that lives beneath all sound.

You do not need to know Sanskrit. You do not need to sing aloud. You do not need to "get it right." This is a journey of remembering - not performing. Receiving - not striving. Resting - not escaping.

You will be gently guided through each layer of sacred sound, exploring mantra as both personal companion and spiritual practice. You will learn

to anchor presence through repetition, soften into silence between syllables, and bring sacred resonance into the quiet spaces of your everyday life.

Whether you are new to mantra or returning with deeper longing - this course will meet you where you are and walk beside you.

What You Will Explore

Across 14 gently unfolding modules, you will be guided into the heart of sacred sound - exploring mantra not only as practice, but as a path of remembrance. Together, we will journey through:

The spiritual roots and soul-deep philosophy of mantra

Breath, rhythm, and repetition as portals to inner stillness

Sanskrit as a language of vibration - where sound becomes medicine

Grounding mantra into daily life for clarity, peace, and alignment

Chakra-based practices and healing mantras to support energetic harmony

Using sound to soothe the nervous system and replenish vitality

Moving from sound into silence - where presence becomes prayer

The neuroscience of sacred repetition, focus, and emotional wellbeing

Receiving or crafting your own soul mantra - a phrase that remembers you

Living mantra as blessing - in speech, in silence, in song

Welcoming mantra as a steady companion through change and transition

Rituals of intention, devotion, and soul dedication

And finally, carrying the echo of sacred sound beyond this course - into your breath, your Being, your life

For You, If You Are Seeking...

A slower, softer approach to spiritual practice

A reconnection with your breath, voice, and inner stillness

A soulful introduction or deepening into the power of sacred sound

A companionable journey rather than a performance-based method

A practice that honours both the science and spirit of healing

No prior knowledge is needed. Just a willingness to listen - to breathe - to begin.

Let this be a return.

Let this be the sound of coming home.

Module 1

Entering the Path of Sacred Sound

A Gentle Beginning

What This Course Offers

Mantra as Sacred Remembrance and Vibrational Medicine

Meeting sound as soul memory

Welcoming Sound as Both Devotion and Transformation

Letting your voice become a vessel of presence

Opening Meditation

First Breath – First Sound

A Gentle Invitation

Materials Needed

Preparation – Entering Sacred Space

Breath and Stillness – Listening Inward

Awakening Sound – Aaaah and Ommm

Integration – Letting the Sound Settle

Reflection – Listening to the Inner Whisper

Whispers for the Way Ahead

Listening for the Soul's Companion

Module 2

Sacred Sound Across Cultures and Time

The Origins and Universality of Mantras

Mantra in the Hindu Tradition – Rooted in Vibration

The Power of Syllables

Chanted Devotion and Lineage

Mantra in the Buddhist Tradition – The Sound of the Awakened Heart

Mantra as a Vehicle for Compassion

The Role of Avalokiteshvara and Om Mani Padme Hum

Mantra in the Sikh Tradition – The Naam that Carries You Home

The Heart of Sikh Devotion

Recitation, Rhythm, and Resonance

Mantra in Indigenous and Earth-Based Traditions – Sound as Spirit's Breath

Voice as Offering

Sound, Song, and Circle

An Echo of Many Voices – One Root, Many Branches

The Sacred Echo

Sound as a spiritual bridge in all cultures

Lineages of Sound

Nāda Yoga – The Yoga of Inner Sound

The Stream Within

Bhakti Yoga – The Yoga of Devotion

Chanting the Beloved's Name

Laya Yoga – The Yoga of Dissolution

Merging Through Mantra

Kriya Yoga – The Yoga of Purification and Action

Dynamic Stillness

Mantra Yoga – The Yoga of Sacred Sound Itself

Vibration as the Path

A Living Continuum

Meditation – Listening for the Ancient Voice Within

Introduction – Opening to the Inner Sound

Preparation – Creating a Space to Hear

Practice – Breath and Listening

Reflection – What is Heard in the Silence

Soul Whisper – The Lineage Within
Introduction – The Voice Beneath the Voice
Soul Whisper – The Lineage Within

Module 3

Breath and Mantra
Breath as Spirit, Carrier, and Companion
The Breath as Sacred Spirit – The Original Mantra
Breath as the Carrier of Sound – Amplifying Resonance
Breath as a Companion – Presence in Every Repetition
Three Simple Ways to Unite Breath and Mantra
Whispered Mantra on the Exhale
Breath-Paced Japa
Silent Mantra Between Breaths
An Invitation
Breathing Techniques for Mantra Preparation
Centering Breath – Returning to Presence
Purifying Breath – Clearing the Pathway
Heart Breath – Entering the Field of Devotion
Mantra Breath – Synchronising Word and Wind
Breath – Mantra – Body Synergy
The breath guides the rhythm
The mantra anchors the mind
The body becomes the sounding board
Ritual: Awakening Breath and Voice
Materials Needed
Steps
Prepare Your Space
Settle Into Your Body
Connect With Your Breath
Open the Voice with Vowel Sounds
Mirror Connection (Optional)
Silent Listening
Closing Sip and Reflection
Meditation: Gentle Mantra with Conscious Breath
Soul Whisper – Breath and Mantra
Carried on the Wind of Spirit

Module 4

Creating Sacred Space and Rhythm
Establishing Ritual, Atmosphere, and Daily Anchors
Building Your Mantra Sanctuary
Physical, energetic, and internal space as sacred refuge
The Physical Sanctuary – holding the body
The Energetic Sanctuary – holding the field
The Internal Sanctuary – holding the soul
Tools, Altars, and Timing
Making sacred sound a lived presence in daily life
Tools as Resonant Companions
Altars as Living Invitations
Timing as Devotional Rhythm
Repetition as Spiritual Devotion, Not Performance
The sacred art of remembering through rhythm
The Soul Learns Through Repetition
A Return, Not an Escape
Let the Repetition Be an Offering
A Living Flame
Ritual: Dedication of Your Mantra Space
A quiet anchoring into presence, intention, and reverence
Optional Journal Prompt
Practice: Mala Immersion and Rhythm Awareness
Awakening presence through tactile devotion and rhythmic repetition
Soul Whisper – The Space That Remembers You

Module 5

Sanskrit Mantras and Their Energetic Power
The Language of Light and Vibration
The Soul of Sanskrit
Words That Emit – Not Describe
The Architecture of Vibration
Bija as Seed – Sound as Frequency
Sacred Sound Beyond Words
Attunement Through Presence

Sanskrit as Devotion, Not Dogma
Reverence Without Rigidity
Pronunciation as Presence – Not Perfection
Awakening the Soul of the Sound Through Intimacy, Not Accuracy
Sacred Sound is Felt Before It is Mastered
Embodiment Over Performance
Why Pronunciation Still Matters – But Gently
Communion Over Correction
Approaching the Mantra as a Living Presence
Greeting the Sound as Sacred Being
Your Voice is Already Sacred
The Mantra Needs Your Intimacy, Not Mastery
Seed Mantras – Bija – and Their Qualities
Entering the Vibrational Core of Creation
Core Bija Mantras and Their Qualities
Om – Aim – Shreem – Kreem – Hreem – Klim – Dum – Gam
Working with the Bija Mantras
Sounding as Communion
The Silence After Sound
Where the Real Medicine Lands
Practice
Sounding Foundational Sanskrit Syllables
Waking the Voice of Remembrance Through Primal Sound
Meditation
Chanting OM and Other Primordial Sounds
Entering the Field of Origin – Sound as Sacred Remembrance
Soul Whisper
Sound That Remembers
The Sound Before Speech – The Vibration Before Meaning

Module 6

Everyday Mantras
Mantras for Everyday Moments
Short mantras for clarity, grounding, joy, and release
Mantras as gentle anchors in the movement of daily life
Using mantra in transition points – waking, resting, waiting, walking
Welcoming sacred sound into life's quiet thresholds

Creating your personal rhythm without rigidity
Letting sacred sound meet you where you are
Exercise: Designing a Mantra-Infused Day
An invitation to weave sacred sound into your living rhythm
Meditation: Midday Mantra Pause
A sacred stillpoint to return to presence and replenish your inner rhythm
Soul Whisper – The Sound That Walks Beside You
Remembering the Sacred Within the Ordinary

Module 7

Healing Mantras and Chakra Tuning
Sound as Medicine and Energy Alignment
Mantras to Soothe the Nervous System and Restore Vitality
A Sonic Cocoon for Peace and Presence
Seed Syllables and Sacred Sounds for Each Chakra
Bija Mantras and the Language of Energy
How Vibration Meets the Body's Energetic Centres
The Sacred Geometry of Sound
Practice – Chakra Mantra Alignment
Awakening the Sacred Centres with Sound and Presence
Sounding – The Mantra Sequence
Using breath, voice, and focused attention
Listening – The Echo Within
Pausing after each chant to notice the energy shift
Meditation – Healing Immersion Through Sacred Sound
Chanting as Medicine, Silence as Integration
Entry – A Mantra for Gentle Opening
Repeating OM Shanti or another soft invocation
Immersion – Layering Sound into the Field
Letting mantra move through the chakras or simply through the body
Silence – The Integration Space
Feeling the stillness after sound as part of the healing
Return – Closing the Practice
Breathing deeply and gently returning to the moment
Soul Whisper – The Healing That Hums Beneath the Surface
Not Every Wound Needs Words – Some Simply Need Sound

Module 8

Mantras for Serenity and Inner Peace

Settling the Mind, Soothing the Soul

How mantra stills the inner storm and opens the heart field

The gradual softening of mental turbulence and heart constriction

Inviting safety, softness, and surrender through repetition

Repetition as refuge – how the body remembers peace

Letting Go as a Sacred Act

Mantra as release, exhale, and soul unbinding

Ritual – Sound Bath for Peace

An offering of stillness, softness, and soul surrender through sacred sound

Preparation – Entering Sacred Space

Arrival – Grounding Into Presence

Immersion – Receiving the Sound

Stillness – Rest in the Echo

Completion – Gentle Reawakening

Meditation – Chanting for Gentle Stillness

An invitation to soften inward, guided by breath and sacred sound

Preparation – Setting the Atmosphere

Invocation – Entering Sacred Presence

The Chant – Gentle Repetition of Peaceful Sound

Silence – Resting in the Echo

Completion – Gentle Reflection

Soul Whisper – The Stillness Beneath the Storm

An offering to the weary heart and the overfull mind

Module 9

Deepening into Silence and Meditation

From Sound into Stillness

How mantra prepares and deepens meditative awareness

The sacred repetition that guides the mind home

The space between repetitions – silence as sacred ground

Listening for what sound leaves behind

Sustained chanting for inner anchoring

Weaving the sound into your being

Practice – Extended Repetition and Conscious Pause
Anchoring the soul through rhythm and rest
Preparation – Setting the Field
Step One – Extended Chanting
Step Two – The Conscious Pause
Step Three – Gentle Completion and Reflection
Meditation – Mantra-led Entry into Spacious Awareness
Letting sacred sound guide you into inner vastness
Preparation – Creating Your Entryway
Phase One – Sounding the Mantra
Phase Two – Whisper to Silence
Completion – Returning Gently
Soul Whisper – The Silence That Breathes You
Entering the Stillness Beneath the Sound

Module 10

Science and Spirit of Mantras
Bridging Ancient Knowing with Modern Wisdom
Neuroscience of Repetition, Focus, and Wellbeing
How mantra nurtures the brain – soothes the nervous system – and restores balance through sacred rhythm
Dr. Benson's Research on Mantra and Stress Reduction
Scientific echoes of ancient calm – how modern medicine affirms the healing rhythm of sacred repetition
Mantra's Impact on Memory, Emotional Balance, and Inner Resilience
Sacred sound as stabiliser, soother, and soul anchor
Reflection – Tracking Shifts in Body, Mind, and Energy
Becoming a sacred witness to your own unfolding
Meditation – Integrated Sound–Science–Soul Journey
Honouring the union of repetition, resonance, and remembrance
Preparation – Creating the Field
Settling the Body – Anchoring the Breath
Sound Activation – The Pathway Inward
Integration – Entering Spacious Awareness
Closing the Journey – Embodied Return

Soul Whisper – Where the Sacred Meets the Seen
Remembering the resonance that holds both mystery and measurable grace

Module 11

Personal Mantras

Listening for the Sound Your Soul Already Carries

Crafting and Receiving Your Personal Mantra

Letting the Soul Speak Its Sacred Sound

Listening Inwardly for the Mantra That Wants to Find You

A practice of remembrance rather than invention

Weaving Your Mantra into Daily Life

A devotional invitation to embody your soul's phrase

Writing, Shaping, and Honouring Your Soul's Phrase

Letting your inner knowing take form through sacred words

Calling in a Heart-Aligned Intention to Carry Forward

A soul-centred anchoring for your mantra journey

Exercise – Creating and Chanting Your Soul Mantra

A living practice of inner listening, sacred shaping, and embodied sound

Step 1 – Prepare the Space

Step 2 – Enter a Listening State

Step 3 – Shape the Phrase

Step 4 – Chant the Mantra

Step 5 – Rest and Reflect

Step 6 – Carry It Forward

Meditation – Receiving the Sound of Your Unfolding

A tender attunement to the voice of your becoming soul – not as destination, but as presence in motion

Preparation – Entering Sacred Listening

Step 1 – Anchoring with the Breath

Step 2 – Entering the River of Inner Sound

Step 3 – Let the Sound Find Voice

Step 4 – Reflection and Integration

Soul Whisper – The Phrase That Finds You

Listening to the voice your soul already carries

Module 12

Thresholds & Transitions

Mantras for Thresholds and Transitions

Mantras to Walk With During Birth, Death, Illness, Joy, Loss, and New Beginnings

Sound as witness, comfort, and companion through the sacred moments of life

Birth

Sound as Blessing of Arrival

Death

Sound as Companion Through Departure

Illness

Sound as Soothing Medicine

Joy

Sound as Celebration of Aliveness

Loss

Sound as Holding in the Hollow

New Beginnings

Sound as Seed and Signal

Sacred Sound as Both Grounding and Guidance

Letting mantra root you and carry you through

As Grounding

As Guidance

A Dual Role in Transitions

Ritual – Threshold Blessing with Sound and Flame

An intimate act of presence at the edge of transformation – honouring what has been, what is arriving, and what is gently becoming

Materials Needed

Creating the Space

Naming the Threshold

Chanting at the Threshold

Offering and Completion

Integration and Reflection

Soul Whisper – The Space Between

For all the moments when you are neither who you were nor yet who you are becoming

Module 13

The Silence That Remains – Living the Mantra Path

Carrying resonance beyond the course and into your daily life

Your Life as Living Mantra

Being the vessel – the voice – and the silence

Listening for the Unstruck Sound

Letting silence be your final teacher

Ritual – Final Mantra Offering and Soul Dedication

A ceremonial act of devotion, gratitude, and sacred transmission

Materials Needed

Step 1 – Prepare the Space

Step 2 – Speak the Sacred

Step 3 – Journal Your Soul Promise

Step 4 – Closing the Ritual

Meditation – The Mantra in the Quiet Field

Resting in the echo of sound – and the silence that remains

Suggested Duration

Preparation

The Practice

Closing the Meditation

A Whisper to Carry With You

My Wish for You

Soul Whisper – The Sound That Walks Beside You

Module 14

Echoes of the Sacred

6 Timeless Mantras to Anchor and Inspire

Om

The Primordial Sound – The Seed of All Creation

So Hum

The Mantra of Sacred Identity – I Am That

Om Shanti Shanti Shanti

The Mantra of Peace – Within, Around, and Beyond

Gayatri Mantra

A Call to Divine Light and Inner Illumination

Om Namah Shivaya

The Mantra of Inner Stillness and Sacred Surrender

Om Tare Tuttare Ture Soha

The Mantra of Compassionate Liberation

Final Blessing

A Garland of Sacred Sound – Weaving the Mantras into the Heart's
Prayer