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## Face On Body Free Download With Serial Number



### 10 Facets of a Great Chant

How to empower your personal experience  
of sound and mantra  
*by Dev Suroop Kaur*

- 1. Suspend Judgment** Consciously free the chatter of your inner critic and keep letting it go. Even though it may sound strange to hear your own voice, release the reluctance to open your mouth and the fear to let the sound out.
- 2. Relax** Relax every part of your body, even every cell. As you chant, scan yourself and your body for any tension. Let it flow away on the breath. Hold yourself gently in a graceful asana – a 'perfect seat'. Be easeful.
- 3. Breathe** The foundation of a great chant is full and rich breathing deep into the pelvic floor and belly. Breath provides support for the voice and sustains the energy to create a relaxed chant. Cultivate long, deep, full breathing now and forever.
- 4. Listen** While all the facets of a great chant are important, listening is the key that unlocks it all. Listen to all sounds and vibrations. Listen deeply to the sound of your own voice. Deep listening is profoundly healing and soothing and develops your inner listening – your intuition.
- 5. Chant from the Navel** Originate the sound from your navel point. The navel is your 'ik' – your 'one' point where you were sustained while in the womb. Simply focus your attention at the navel and initiate the sound at that point. Chanting 'har' is a great way to find your way to this technique. Start there, then apply what you've learned to all mantras and chanting.
- 6. Allow** Relax the root of the tongue and simply 'allow' the sound to pass through the throat and the 5th chakra. We tend to push too hard and force the voice from and through the throat, overtaxing the vocal cords and creating stress. Rather than applying force, relax and allow just enough breath to pass through to vibrate the vocal cords. Allow the sound to come from the navel and not the throat.
- 7. Vibrate** Feel the vibration of the sound in the mask of the face. The 'air' in the face vibrates – in the cave of the mouth, in the sinuses, and in the air within the bones. Practice moving the vibration around all parts of the face and head. Feel the vibration in your chest, neck, belly, other parts of your body, and out into your aura. Feel your whole being vibrate.
- 8. Open your mouth** Sounds simple, right? Open your mouth about two and a half fingers width between the teeth. Chanting a full and long 'aaaaa' is a great way to practice this. Keep your mouth open and flexible for those big vowel sounds. You will be surprised that, by simply opening your mouth, how much sound comes forth. Don't forget to stay relaxed!
- 9. Project the Sound** You're breathing deep, chanting from the navel, allowing through the throat, vibrating, and your mouth is open. You're relaxing and practicing stilling the monkey mind. Now project the sound out to a single point about 12 to 18 inches in front of your face. Let it out! Remember not to push. Be easeful.
- 10. Focus** Now that you have the first nine facets, put them all together and add the final piece: Apply and maintain a drishti – a focus. Focus at the third eye or a point on the horizon or whatever point the meditation or practice calls for. Anchor and harness the power of your mind.

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Ones – photograph of part on body with serial number Twos – photograph of part on body with serial number Threes – photograph of part on body with serial number Each customer gets photographed, and we keep a list of their serial numbers. Each photo taken can be matched with its serial number, but each serial number can only be matched to one photo. So you have a whole bunch of serial numbers, each serial number can be matched to one and only one photo, but each photo can only be matched to one serial number. So far I am thinking of 1 customer \* 15 pictures 2 customers \* 20 pictures 3 customers \* 30 pictures Am I thinking about this right? And is there an algorithm that can take a table like this and assign a serial number to each photograph (to make sure there are no duplicates)? A: You have 15 (for customer) \* 20 (for all those customers) \* 30 (for those all customers) = 5760 photographs. Assuming that you want to sell them to 20 customers who may make 1, 2, 3 or 4

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pictures, your best bet is to create  $15 * 20 * 30 = 200,000$  photographs and randomly assign serial numbers to them. This makes sure that you do not have duplicates, while guaranteeing that each customer will have a different picture. This has the advantage of being cheap in terms of time. This approach will work with any number of pictures, as long as the maximum number of photographs you will need to manufacture is 200,000. If you want to sell more photographs, you'll need to create more photographs. So, to sell 4 pictures to 2 customers who may buy 1, 2, 3 or 4 pictures, you can create  $4 * 4 * 4 = 64$  photographs for each customer, and it won't matter if they have 1, 2, 3 or 4 pictures. To sell 4 pictures to 3 customers who may buy 1, 2, 3 or 4 photographs, you'll need  $12 * 12 * 12 = 576$  photographs. In general, if you want to sell a certain number of pictures, create that many photographs, and simply randomize the serial numbers of each photograph before assigning the serial numbers to your photographs. Terrestrial herbivores in biodiverse grasslands: Identifying 82157476af

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