

Yogaville Calendar

AUGUST

- 3-7 Balancing the Emotions through Yoga
- 12-14 Chanting Workshop with Wah!
- 12-21* Meditation TT *new date
- 18-21 Yoga Health Retreat
- 20-21 Mahasamadhi pujas and Maha-Gururatri
- 26-28 Yoga for Women Who Do Too Much
- 29-Sep 1 Annual Yoga Teachers' Pre-Conference with Barbara Benagh

SEPTEMBER

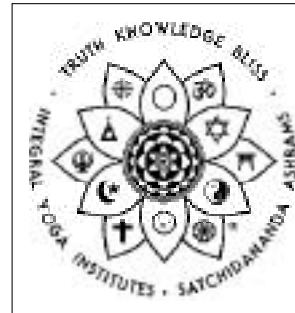
- 1-5 Annual Yoga Teachers' Conference
- 9-11 Basic Meditation
- 9-11 Yoga and Asthma
- 11-25 Split Basic Hatha TT-second session (1st session Mar 6-20)
- 14-18 Raja Yoga Intensive
- 16-18 Cubicle Yoga: Yoga for the Workplace
- 23-29 Therapeutic Yoga with Cheri Clampett & Arturo Peal
- 23-30 Yoga for the Special Child TT
- 25-Oct 16 Advanced Hatha Yoga TT
- 30-Oct 1 Joy is the Journey with Liliás Folan

OCTOBER

- 13-16 Guided From Within with Erich Schiffmann (full)
- 16-Nov 13 Basic Hatha Yoga TT
- 20-23 Fall Silent Retreat
- 21-23 Yoga Teacher Weekend: Yoga and Acupressure with Michael Gach
- 23-28 Thai Yoga Massage Intensive I
- 28-30 Osteoporosis, Yoga & Bone-Building
- 29-Nov 3 Thai Yoga Massage Intensive II

To make a reservation or to receive a Yogaville Program Guide, contact the Ashram Reservation Center (ARC) at 800-858-YOGA(9642), 434-969-2048 or arc@yogaville.org. IYTA members receive a 5% discount on Teacher Trainings and a 10% discount on Weekend Programs.

Fall 2005



Integral Yoga® Teachers Association Newsletter

Volume XI, No.3

August 2005



Sound Teachings Sri Swami Satchidananda

The entire creation is nothing but sound vibrations. The unmanifested essence of God first manifested as sound. He began vibrating. That vibration hums, and that hum is what you call the sound OM, or Amen, or Ameen. Even these are spoken words. The real OM is not even spoken; it is ajapa, unspoken.¹

The humming sound is the basis for all other sounds. Variations of the hum come forth and then vibrate at different levels, giving rise to different forms. Sound vibrations create forms; science has agreed to that. So we are all nothing but sound vibrations in different wavelengths. Not only human beings, everything that you see and

¹The Nature of Sound Vibrations by Sri Swami Satchidananda

The Magic of Sound

by Swami Gurucharanananda (Mataji)

The ancient Vedas say, "In the beginning was the Sound." The Gospel of St. John says, "In the beginning was the Word" (Logos in Greek, which translates as either sound or word). In both cases, it is implied that from this sound—this vibration—came all that is manifest as creation. There is a Cosmic Sound that pervades the entire Cosmos. It may be heard, unheard or mysteriously "felt."



Aum is the three-syllable sound that embodies the sacred mystery of sound and its vibrations. If it were not for the air element, by which sound is carried, we could not even perceive the sound vibrations that completely surround us.

What we may refer to as "silence" (the pause between words or no words at all, for example) is not really void of vibrational energy or sound at all. Silence is a very powerful vibration! We experience the power of thoughts—our mental activities like prayer, mediation, chanting, desires, decisions and the like. They all affect both us and our entire surroundings continuously.

It is said, "As you think so you become." Thoughts noticeably effect transformations and changes within us that are both desirable and undesirable. Our thoughts express through our ideas, speech,

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OMMM...



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Letter from the Editor



Hari Om! This issue's theme, "The Power of Sound," touches my heart, and I hope it touches yours too. Music serves many purposes in our lives. I am always amazed at how hearing a song instantaneously jogs memories and emotions. Whenever I hear the tune "We Are Family" for example, I am

immediately back with college friends in Oswego, NY. Many years ago, I remember how beautiful it felt as the whole choir sang during our middle school concerts. I think the most touching part of the experience was hearing each of the individual parts, such as the bass, alto and soprano, while at the same time hearing the harmonized whole. A former co-worker said, "sound can bring the whole world together in peace." Chanting during our yoga classes creates this beautifully. Although the peaceful vibration from the harp and flute transcends my mind, the internal vibration

from mantra repetition surpasses all external sounds.

I'd like to share with you an excerpt from *Chant* by Robert Gass few ways we all can experience the calming, and purifying effects of chant :

-Make your car a moving sanctuary. Put a sign on the dashboard that says "Breathe," lay in a supply of sing-along-style chanting tapes, roll your windows down (or up), and cruise.

-If you have a wake-up function on your CD or cassette player, program it to bring you gently out of sleep with the sounds of chant.

-Visit a friend's baby and give your friend an hour off. Hold the baby, and chant to it. Babies love it, you'll love it, and they never criticize your singing voice.

Curl up with your favorite chant CD and enjoy this issue. Blessings of Peace, Joy, Love & Light, Meredith L. Dufour

The Goal of Integral Yoga

"The goal of Integral Yoga, and the birth-right of every individual is to realize the spiritual unity behind all the diversities in the entire creation and to live harmoniously as members of one universal family. This goal is achieved by maintaining our natural condition of a body of optimum health and strength, senses under total control, a mind well-disciplined, clear and calm, an intellect as sharp as a razor, a will as strong and pliable as steel, a heart full of unconditional love and compassion, an ego as pure as a crystal, and a life filled with Supreme Peace and Joy.

Attain this through asanas, pranayama, chanting of Holy Names, self discipline, selfless action, mantra japa, meditation, study and reflection."

*Om shanti, shanti, shanti,
Ever yours in Yoga,
Swami Satchidananda*

INTEGRAL YOGA® TEACHERS ASSOCIATION

Founder: Sri Swami Satchidananda

The Integral Yoga Teachers Association is a membership association open to all Integral Yoga teachers. Its mission is to provide mutual support and spiritual fellowship, to share information, to provide inspiration, and to conduct ongoing training and guidance.

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Integral Yoga Senior Speakers' Schedules

Please contact local representatives for times, costs, pre-enrollment requirements, schedule changes, etc.

	Sept 1-5	Annual Teachers Conference	Satchidananda Ashram-Yogaville Buckingham, VA 800-858-YOGA arc@yogaville.ORG
	Sept 18-23	Retreat with Swami Asokananda & Swami Ramananda	Omega at the Crossings Austin, Texas 800-944-1001 eomega.org
	Sept 25-Oct 16	Advanced Hatha Yoga TT	Satchidananda Ashram-Yogaville

	Sept 1-5	Annual Teachers Conference	Satchidananda Ashram-Yogaville
	Sept 18-23	Retreat with Swami Asokananda & Swami Ramananda	Omega at the Crossings
	Sept 26-Dec 17	Intermediate Hatha Yoga TT with Kali Morse	Integral Yoga Institute New York, NY 212-929-0586 info@iyiny.org or www.iyiny.org

	August 12-21	Meditation TT	Satchidananda Ashram-Yogaville
	Sept 14-18	Raja Yoga Intensive	Satchidananda Ashram-Yogaville
	Sept 25-Oct 16	Raja Yoga for Advanced TT	Satchidananda Ashram-Yogaville
	Oct 16-Nov 13	Raja Yoga for Basic TT	Satchidananda Ashram-Yogaville
	Nov 4-6	Deepening Your Practice with Swami Asokananda	Satchidananda Ashram-Yogaville
	Nov 17	Deepening Your Meditation	Integral Yoga Institute New York, NY
	Nov 19	Healing Power of Breath	Integral Yoga Institute New York, NY
	Nov 20	Making Changes: You Can Do It	Integral Yoga Institute New York, NY

Yogaville® Programs *Transforming Lives* Fall 2005

Barbara Benagh

Teachers' Seminar: Communicating the Inner Landscape of Yoga

Aug. 29-Sept. 1, 2005

Cheri Clappett and Arturo Peal

Therapeutic Yoga for Yoga Teachers and Health Professionals

Sept. 23-29, 2005

Lilias Folan

The Joy is the Journey

Sept. 30-Oct 2, 2005

Michael Reed Gach, Ph.D.

Acu-Yoga for Yoga Teachers:

Yoga Therapy and Traditional Chinese Medicine

Oct. 21-23, 2005

Swamis Asokananda & Karunananda

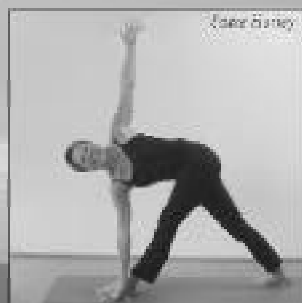
Deepening Your Practices

Nov. 4-6, 2005

Suzie Hurley

Opening to Grace through Anusara Yoga

Nov. 11-13, 2005



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From Our Members

The Power of Sound

by Rev. Manjula Spears



According to David Frawley, a modern scholar of Yoga and Ayurveda, the Soul or Self dwells within the heart of all creatures and is the seat of all knowing and feeling. It is not the physical heart, but rather the core of our being in the heart region of the physical body. He says the magnetic force of the soul works through our hearts. It regulates the heartbeat of all creation. The fastest way, in my experience, to move from the head into the heart is through the use of chant or Nada Yoga.

The repetitive nature of chanting causes us to breathe more deeply, slowly, and more rhythmically. Chant is the breath made audible through sound. It is a vocal meditation. Sound is energy. Vibrations of vocal sounds resonate throughout the body. A clinical psychologist and music therapist, Mark Rider, has recent data that show chanting reduces stress hormones and increases immune function. It releases muscle tension, reduces heart rate and blood pressure and increases mental clarity; brain waves are altered, evoking states of relaxation.

When the body is in its natural state of relaxation, functioning with the mind calm and clear, it becomes easy to move towards compassion and openness of the heart. Sound is also very healing. Dr. Mitchell Gaynor, a renowned oncologist and director of integrative medicine at the Strang-Cornell Cancer Prevention Center, has been using chant and other forms of sound to treat patients since 1991 with remarkable results. In his book *The Healing Power of Sound*, one can find many studies on the physiological benefits of sound used by people with life-threatening diseases.

Music, or the use of sound, is a valuable tool to access our deeper emotions because it is our most heartening non-verbal form of communication. Music serves as a vehicle to bring deep feelings into our awareness. Powerful music can allow us to transcend our localized perspective and glimpse a greater meaning. One of the greatest examples of this comes from the civil rights movement. The chant "We Shall Overcome," written in 1901 by a Methodist Minister, Charles Albert Tindley, was used during that movement on many occasions. An associate of Dr. Martin Luther King said, "One cannot describe the vitality and emotion this hymn evokes across the Southland. It generates power that is indescribable. It manifests a rich legacy of musical literature that serves to keep body and soul together for that better day which is not far off."

One of the leaders of the southern Christian Leadership Conference commented, "You really have to experience it to understand the kind of power it has for us. When you get through singing it, you could walk over a bed of hot coals, and you wouldn't even feel it!" These personal comments show us how much this chant empowered and connected the African American community during this difficult time in our history. If you would like to experiment with this yourself, take a moment and draw your mind back to your childhood. Now, think of a song from that time in your life. Now, think of a love song. Now, think of the National Anthem. Did you elicit any images or feelings? This experiment illustrates how even thinking of different pieces of music can elicit different emotional responses.

I offer a class for women with breast cancer at the Regional Medical Center in my town. I asked them what benefit they received from chanting each week. Some of their comments were: "It makes us feel harmonious within ourselves and with the group. It is empowering and helps us to face whatever challenges may be arising for us. It helps us to relax. It is uplifting." It's meaningful to everyone in the group.

We close our prenatal class each week with a practice from the Aborigines' tradition of singing their children into the world. We chant a song to the unborn babies as a community, to welcome them to the earth. The mothers tell us that they feel connected with their unborn children on a deeper level. When the mothers bring their infants back into the classroom to share their birth stories, we offer the chant to the infant again. Even the fussiest crying babies respond by becoming still or quiet; they recognize the chant. They too are affected by the powerful use of sound, even before their birth.

There is a Bible story, in the book of Samuel, when King Saul was "beset by an evil spirit from the Lord." The harpist David was called to play for the King. First Samuel says, "David took a harp and played with his hand so Saul was refreshed and was well, and the evil spirit departed from him."

Sound has been used by every tradition in the world for thousands of years. It is a natural expression of our own consciousness. The Sufi mystic Hazrat Inyat Khan wrote, "Before the world was, all was in sound. God was in sound. We are made of sound."

Sneak Preview of the Integral Yoga Teachers Conference September 1-5, 2005

Swami Vidyananda

Skillful Corrections

Hope Mell

Take your Yoga with You!

Mangala Warner

Part I: Introduction to the Joint Freeing Series (Pavanamuktasana) of Structural Yoga™

Vimala Devi

Chakras: The Subtle Dance of Sound, Movement and Color

Swami Asokananda

The Sun, Earth, and Sky in Our Asana Practice

Swami Ramananda

Spiritual Activism: Skillful Action during Difficult Times

Swami Asokananda or Swami Ramananda

Group Discussion

Swami Asokananda

"Integralizing" the Lessons of our Pre-Conference

Bhavani Kludt

Go Directly to Jail!

Rudra Sisco

"Hands on" Assists

Sahaja Bonner

Yoga as a Business

Vimala Pozzi

The Yoga Therapist: How to Use Yoga as a Model of Therapy to Empower Self-Healing

Swami Ramananda & Swami Karunananda

Q&A

Rhadeya Plasha

Teaching Restorative Yoga as a Pranayama and Meditation Practice

Shanti Norris

Using Symbolic Imagery to Access Inner Wisdom

Amrita McLanahan

Yoga and Healing Update

Mangala Warner

Part 2: The Kinesiology of Structural Yoga™ Asanas

Bhagavan & Bhavani Metro

Inspirational Talk

Prakash Shakti

Inspirational Stories

To register, call ARC at 1.800.858.9642.

From Our Members

Anahata Nadam

by Mahadev Carlino



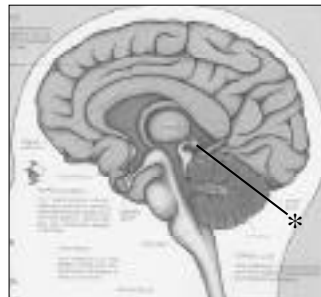
The practice of Brahmari breath is a technique used to attune oneself to the inner sound, or what is sometimes called the soundless sound or unstruck sound, since it is not the result of two objects being struck but is beyond the physical sensation of hearing. This subtle sound is heard by consciousness itself, while gross sound is heard through the ears sending vibrations to the brain. In the yogic tradition, training the mind to penetrate and to be more sensitive to these deeper levels where cosmic sound reveals itself is known as Nada (sound) Yoga.

Most modern day yogis and yoga teachers under-utilize Brahmari breath. It is taught in Integral Yoga Basic Teacher Training, and for many this is the first and last exposure to the practice. Ironically, most yogis love it and value the practice for its potency to absorb and still the mind. I'm hoping this article rekindles appreciation for this extremely beneficial practice.

The ancient sages and seers are believed to have discovered the sound of Om, or the mantras such as Hari Om, in deep states of meditation. It is also understood that the subtle nervous system, or the flow of prana through the nadis and

the chakras, was discovered through this super-sensitive meditative awareness.

According to the yogic texts, associated with each chakra (energy center) is a bija (seed) mantra emanating as soundless sound. The sound of ajna chakra, or the third eye, is Om. The humming of Brahmari breath emphasizes the second syllable, or the 'M' sound, of Om. The second syllable brings awareness and focus to ajna chakra. This focus is not at the external point of the eyebrow center, understood in yoga as merely a trigger point arousing ajna chakra. It is deep inside the center of the brain in the region of the pineal gland. The sound of Brahmari breath pierces deep into this "root" or actual location.



Swami Satchidananda refers to this area where the third eye actually resides as the *sanctum sanctorum* or the holy of the holies, and he writes:

*"All the psychic nerve centers meet at a place between the eyebrows—not outside, but deep within, almost at the central part of the skull; to be precise, at the location of your pineal and pituitary glands, which are called Siva and Shakti in yogic symbolism."*¹

Practicing Brahmari Breath

In the *Hatha Yoga Pradipika* (*Light on Hatha Yoga*), one of the classic Hatha Yoga texts written in the 15th century by Swami Swatamarama, the following instruction is given for Brahmari:



*"Breathe in quickly, making a reverberating sound like the male black bee, and exhale slowly while softly making the sound of the female black bee. By this yogic practice one becomes lord of the yogis and the mind is absorbed in bliss."*²



Swami Swatamarama's instruction is concise and easy to follow but without further instruction, or the guidance of a teacher, the full benefit of the practice might be lost.

As in all yogic practices, awareness is essential; otherwise it cannot be said to be truly Yoga. The great benefit of Brahmari breath is that all the senses are drawn inward. The humming or buzzing can be physically felt at the very center of the skull, or the *sanctum sanctorum* as Swami Satchidananda calls it. It is to that very point that awareness must be focused. Brahmari helps one to discover this central location. Over time, one can return to this place at will as an object of meditation, as a way of being centered while practicing asanas, or while living one's daily life.

Yogaville Opportunities for IYTA Members

As an IYTA member, you can participate—either full-time or part-time—in Yogaville's Support Staff program or Living Yoga Training (LYT) program. Both programs are free of charge to IYTA members. The Support Staff program is for individuals who can come to Yogaville for one to three weeks; whereas, the LYT program is for those who can stay from one to three months. With full-time participation in either program, IYTA members can also earn credits toward TTs and other programs at Yogaville.

Being in either program is a wonderful opportunity to live at the Ashram and to enjoy the support of its spiritual environment, including daily meditation, Hatha Yoga, workshops, classes, and being with other Integral Yoga teachers and sangha members.



LYT PROGRAM

(1 to 3 months)

3/4 Time Service: Free room and board.
Full-Time Service (5 1/2 days per week): Free room and board plus a \$200 credit for any selected programs and guest stays each month spent in the LYT Program. For more information, please contact Rev. Kumari DeSachy 434-969-3121, ext. 117 or email at lyts@yogaville.org.



SUPPORT STAFF

(up to 3 weeks)

3/4 Time Service: Free room and board.
Full-Time Service: (5 1/2 days per week): Free room and board plus a \$50 credit for any selected programs and guest stays for each week spent in the Support Staff program. For more information, please contact Brahma Rosenberg at 434-969-3121, ext. 112 or email at brahma@yogaville.org.

Integral Yoga Magazine



This quarterly journal is for seekers who want to deepen their practice of Integral Yoga® and their understanding of many faith and wisdom traditions.

It's a wealth of Sri Gurudev's teachings on Integral Yoga. It's about Yoga, your spiritual practice, study, and inspiration!

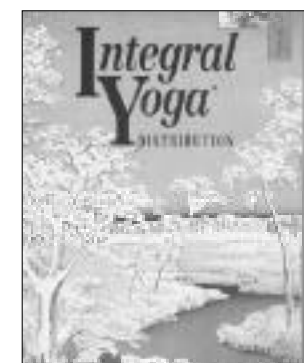
Every issue of *Integral Yoga Magazine* (IYM) features outstanding articles that reflect the breadth and depth of the Integral Yoga tradition, and always hit the central point: deepening your practice on and off the mat.

It's discovering all that we share as a community no matter what faith or tradition we come from.

IYTA members receive 10% off the subscription rate. To order call our secure 24-hour order line: (434) 969-3121 ext. 242. Mention your membership in the IYTA to receive your discount.

For more information, please visit us online at www.iymagazine.org.

Integral Yoga Distribution



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www.yogahealthbooks.com

(40% discount for IY teachers)

¹ Swami Satchidananda, *To Know Your Self*, p. 87, Integral Yoga® Publications, 1978

² Commentary by Swami Muktibodhananda, *Hatha Yoga Pradipika*. Book II, Verse 68, Yoga Publication Trust, 2001

movements and life-styles. They even determine our character and thus our future—what we become!

If we pay close attention, we can become increasingly aware of the many sounds around us—from the most gross to the most subtle. We can even perceive effects on ourselves from some ‘unheard’ vibrations that fill the atmosphere around us. Remember: our bodies, minds, emotions, wills, and the choices we make in life are all influenced by the sounds that bombard us day and night. By become aware and sensitive through conscious listening, we grow more selective of the sound vibrations that we allow to influence us. Being “in tune,” we will see more, hear more, smell and taste more acutely, and feel more. Isn’t it fascinating that to benefit qualitatively from the sounds, we need to become more quiet, receptive and responsive to their constant, influential presence?

Sri Swami Sivananda Maharaj taught, “Sound is the first manifestation of the Absolute. Sound is in all creation, the one powerful principle that widely influences and effectively brings under control all other manifestations. Musical sounds are known to charm, soothe, inspire, strengthen and invigorate. Chanting, or kirtan, can elevate and fill the mind with purity, and it can generate harmony in the heart and comfort in distress. Listen to the vibrations of the majestic sound OM! Chanting it is intended to reverberate this sound in your heart. OM is your *real name*, your *real Essence!*”

Similarly, his Beloved Disciple, Sri Swami Satchidananda Maharaj, explains, “When you repeat a mantra, (a sound form) a sacred word, repeat it *mentally*. Try to feel the inner vibration by your mental repetition. To do that, you have to draw your mind completely inward and then you will be able to hear the sound within. The sound is not only produced after you say it *audibly*. There is an *inaudible* sound within you that you can hear the Inner voice. One should be very careful in “going in” to watch for that *sound!*”

OM is called the primeval sound. It closes with the resonant hum “*mmmmmm*.” This humming vibration in particular (for there are so many others) clearly creates a beneficial influence on our minds and bodies. First, there is a *cleaning* effect to sound. Sound affects, cleans, clears or sullies every cell of our body and mind by its *pitch* (highness or lowness), *timbre* (overtones), *volume*, *intensity*, *duration* and *rhythmic elements*. It is up to us to develop the strength and awareness that can shield us from harmful sounds and open us to the healthful, cleansing properties of advantageous vibrations. Modern science now uses sound to ‘clean’ medical instruments, jewelry, wristwatches and other fine tools. We too are *fine instruments!*

Healing is another important aspect of sound. Various *salutary* sounds give off calming, steadying vibrations that can assist and/or hasten recovery as well as inspire physical and mental balance. Mantra repetition in particular can focus and heal a scattered, wandering mind. It helps it to experience the peaceful attentiveness, that inner absorption which leads into meditation.

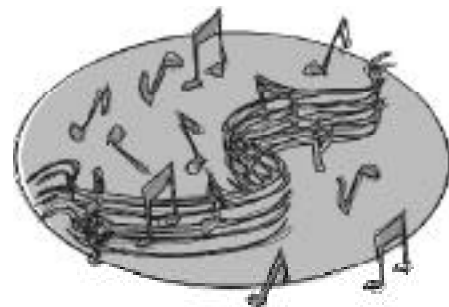
Sound also *aligns* our inner energy flow. By removing blockages and creating a more open circuit throughout our system, our latent potential in all areas is improved, freed and allowed to manifest in our daily life.

Sri Swami Satchidananda Maharaj explained, “With sound you can create anything. There is no limitation for that. The whole universe was created with sound. That is the creative power of sound, the power of mantra vibration. Unfortunately, many don’t seem to ‘realize’ the power of it. When you don’t have faith in it, even though it is powerful, you don’t experience the power because you don’t repeat it that much. Whether you believe in the mantra vibration or not, *repeat it!* Only then will you know what it is going to do!”

We will experience our optimum growth and blessings when we pay attention to the ‘sounds’ that we allow to surround and invade our being. They can make or break our health—physical, mental, as well as spiritual. The yogic practices—selfless action, meditation, good diet, asanas, virtuous, happy living—invite only the purest, most beneficial sound vibrations to assist us in our growth.

May all lives be filled with radiant health, peaceful minds, loving hearts and happy, pure egos. May such spirits resonate throughout the world in joyful voice, “LOVE and SERVE, LOVE and SERVE!” What better vibrations could possibly be felt and shared among us all?!

May the “SOUND” be with you!!



The following are step-by-step instructions for practicing Brahmari (if teaching Brahmari to inexperienced students, demonstrate one round):

- General instructions:
 - Practice just before and lead directly into meditation.
 - Sit in a comfortable meditative posture.
 - Close the eyes and breathe through the nose.
 - Practice at least 3 rounds.
 - Each round, hum from middle, high, to low pitch. The final low pitch is grounding and settling, leading into meditation.
 - When teaching, wait for each student to end their round before starting the next.
 - The humming should be smooth, even and continuous.
- To begin, as taught in Integral Yoga, exhale completely, inhale fully, then slowly exhale out while humming. It is important that the jaw remains relaxed with the teeth slightly apart, but the lips together. Clenching the teeth reduces the vibration at the center of the skull.
- While humming, draw the sense of hearing and seeing to the center of the skull, or the location where the buzzing is felt.
Note: The energy of the senses is normally moving outward. With practice, one can reverse the energy of seeing and hearing by tuning the senses inward. It is as if there is something to see and hear at the center of the skull.
- In between rounds, breathe normally, and keep the awareness at the center of the skull. Stay attuned through the inward focus of seeing and hearing, listening for any inner vibrations or sounds.

Deepening the Practice with Shanmukhi Mudra

Shanmukhi Mudra, like Brahmari breath, draws the awareness inward and is also a technique used to cultivate the consciousness of inner sound vibrations. When practiced with Brahmari, the inwardness and the depth of the experience is intensified.

Shanmukhi is translated as closing the seven gates. We close off the two ears, two eyes, two nostrils, and the mouth, equalling seven. It is a practice in its own right and can be done separately from Brahmari breath.

Following are step by step instructions for practicing Shanmukhi Mudra:

- Close off the ears with the thumbs, not inserting the thumbs in the ears, but closing off the tragus (cartilaginous flaps).
- Place the index fingers on the lower part of the eyelids, making sure not to press on the pupils.
- Place the middle fingers on the nose, without closing off the nostrils. In more advanced practices, when retaining the breath the nose is closed off. The middle fingers are also used to increase the pressure on the nostrils and slow or control the rate of exhalation.
- The last two fingers then are placed around the lips.
- Draw the elbows up to shoulder level.

SHANMUKHI MUDRA



Patanjali says, “Effort toward steadiness of mind is practice.”³ Regular Brahmari practice deepens sensitivity, strengthens inward focus, and brings steadiness of mind, the fruit of spiritual practice. Practice Brahmari regularly, and teach it to your students! They’ll love it!

³ Swami Satchidananda, *The Yoga Sutras of Patanjali*, Book 1, Verse 13, Integral Yoga® Publications, 1978



INTEGRAL YOGA UPDATES

Adjusted Meditation TT Dates for August 2005

To better accommodate your schedule, the Meditation Teacher Training dates have been adjusted to August 12–21, 2005. To register, call the Ashram Reservations Center (ARC) at 800.858.9642. To expedite the process, you may access an application at www.yogaville.org/Programs/TT/Advanced_TT.php.

Chanting with WAH! (August 12–14)

Listen to this: morning yoga with pranayama, asana, and energetic clearing. Afternoon satsang with meditation, life processing and discussion. Evenings filled with WAH!'s live music and ecstatic chanting. Enjoy the natural beauty and spirit-filled atmosphere of summer at Yogaville. Some reservation spaces are still available. Call 800.858.9642 to hold yours!

2006 Chanting Headliners

Even more devotional chanting opportunities with sangha are on their way in 2006 at Satchidananda Ashram-Yogaville! Register and reserve your accommodations now with ARC at 800.858.9642. Jai kirtan!

Durga Das: March 24–26, 2006

Krishna Das: May 24–27, 2006

KarnaAmrita: August 2006

Jai Uttal: October 27–29, 2006

Expanding the Heart of Yogaville

The Yogaville Marketing team has been promoting Satchidananda-Ashram Yogaville and its Integral Yoga Hatha practices in several Health and Fitness Shows around the country. Most recently, thousands of people were turned-on to Integral Yoga at the Healthier US Fitness Festival in Washington, DC and at the *Yoga Journal* conference in Chicago, IL.

Annual Teachers Conference & Pre-Conference (Aug 29–Sept 5)

Enliven your classes and inspire your students. Learn from fellow teachers who are working in new and exciting fields of Yoga. Discover what makes them successful personally and professionally. Experience sangha at Yogaville. Take Hatha Yoga classes in our beautiful Academy building, meditate in our sacred spaces, and enjoy deepening your own personal practice with senior Integral Yoga teachers, swamis, and disciples of Sri Swami Satchidananda. The fresh air of the Virginia countryside provides the perfect backdrop for a relaxing weekend of fun and learning. IYTA members receive an additional 10% discount! Make sure to mention this discount when making your reservation. See page 18 for the detailed schedule.

Can You Help?

The ashram is in need of a 14-seat van to transport our guests and program participants. We could also use a few computers. Neither of these need to be new. If you would like to donate any of these items to the Ashram, please contact Mahadev at: mahadev@yogaville.org or at 434-969-3121, ext. 193. Thank you!

ascent Magazine Benefit

ascent is a quarterly journal of award-winning editorial content, all-original artwork and beautiful design. Exploring the philosophy of Yoga and how we can apply it to the everyday, *ascent* looks at ways to think deeply and connect more to each other and the world around us. As an IYTA member, US and Canada residents can receive one year (4 issues) of *ascent* magazine for just \$15 (international order—\$23 USD). The subscription form can be downloaded from the members area of www.iyta.org by using your email address as the Login ID and “iyta” as your password. (All must be in lower case.)



purposes. If you have complete faith, one mantram is enough for everything. It will take care of all of your trips, your problems, your diseases—or even someone else's. That is why you do not need to have so many things; just have faith, faith, faith.³

A MANTRAM IS NOTHING BUT GOD

When you feel that (higher energy from repeating the mantram), you say, “Let me continuously repeat your name, think of You, feel that You are working through me every minute. Without You I cannot live. I cannot even breathe. I am completely in your hands—like a little baby in the arms of the master. If some difficulty comes, all I know is to cry. You know immediately why I am crying.”

If we really want God, we don't have to do anything. Just cry. So in repeating the mantram, you are literally crying, calling God's name. You should have that sincere trust. Mere repetition brings benefit, but it will be many-fold if you do it with real feeling, with this total confidence.³

IT WILL BE TOTALLY TAKEN CARE OF

By repetition of mantram alone, many hundreds of great saints have experienced Divine Consciousness. Knowing the meaning of the mantram is not even necessary. The faith behind it is more important. Whatever mantram is given to you, or whichever one you choose, stick to that one and have complete faith in it. Keep practicing. All the mantrams are equally good. Repeat the mantram consciously until your system takes over and repeats it unconsciously. Very soon you will realize how happy and healthy and peaceful you can be. A mantram can take care of physical health, mental problems, everything. It will all be totally taken care of by the mantram alone.³

MY BELOVED SISTERS AND BROTHERS,

I am overwhelmed with joy to see the entire youth of America gathered here (at the Woodstock Music Festival) in the name of the fine art of music. In fact, through the music we can work wonders. Music is a celestial sound and it is the sound that controls the whole universe not atomic vibrations. Sound energy, sound power, is much, much greater than any other power in this world. And, one thing I would very much wish you all to remember. With sound we can make and, at the same time, break. Even in the warfield, to make the tender heart an animal, sound is used.

So I am very happy to see that we are all here gathered to create some sounds—to find that peace and joy through the celestial music. And I am really very much honored for having been given this opportunity of opening this great, great music festival.

So let all our actions and all our arts express Yoga. Through that sacred art of music, let us find peace that will pervade

all over the globe. And with all my heart wish a great, great success in this music festival to pave the way for many more festivals in many other parts of this country.⁴

MANTRAS

Prayers and chanting may be soothing to the mind, and for a time bring you into a peaceful state. But mantras have a special value. They are different vibrations of the same energy functioning in different ways. The one cosmic sound, represented as Om, has different aspects. These different facets of Om are called mantras.

By constant repetition of the mantra you develop that vibration because all the vibrations are within you. Each individual by himself is another microcosm. What you see in the macrocosm you see in the microcosm; you are a universe by yourself. Not only you, but each and every one of your cells is a universe. How many solar systems do you have in you? How many atoms? Countless.

Therefore, when you are given a mantra, and constantly repeat it, you develop that aspect of the vibration that is already in you but hidden. You bring it to the surface, make use of it, and get its benefit. As you repeat it, you get the vibration. It kindles the dormant and subtle vibrations in you. It's not even physically felt. Sound vibrations are more powerful than any physical instrument.

There is much done today just with sound. They are developing dishwashers that employ only sound, not water. The whole washing machine vibrates, completely cleaning the dishes. Wristwatches are also cleaned by sound vibrations. There is now a bath cabinet in which you sit with only your head exposed—like a steam cabinet. You turn a switch and a kind of ultrasonic sound comes in. Within a few minutes you are totally bathed, without using water or soap. Pinpointed sound vibrations are also used as a knife. Today, they are trying to develop a method of surgical operation in which sound is used instead of a knife.

Such scientific principles are not strange to sages who have experienced these subtle sounds in deep meditation. They knew the importance of different vibrations. There is no meaning of those sounds, but there is a purpose. When the man in the car behind you toots his horn, you don't have to ask him what it means. The purpose itself is the meaning. One should think of the purpose when you are repeating the mantra. That's all. The purpose is very important. Only then can you apply it and experience it. Then you will know what it brings, since its purpose is its meaning. Repeat your mantra feeling its purpose. It's a master key to open all the locks and eliminate all obstacles to enlightenment.²

² *To Know Your Self* by Swami Satchidananda

³ *The Golden Present* by Sri Swami Satchidananda

⁴ SASTRI CD, Woodstock Festival: August 15, 1969

that you do not see, hums—in a different way, with a different velocity.²

Sound is more subtle and therefore more powerful than matter. All “things” are grosser than sound vibrations. When the very essence of unseen sound is frozen, it becomes matter or form. That’s how the world has come to be all these forms. The name of god is manifested as form. God as sound manifests Himself as the world.²

THE NATURE OF SOUND VIBRATIONS

We want to communicate with the cosmic sound or God. But to have this communication, you have to vibrate in the same wavelength as the cosmic sound. The cosmic station transmits its sound in a particular wavelength. When you want to communicate or receive that transmission, you should become a radio receiver. You tune yourself to that wavelength. A transmitting station and a receiving station vibrating at the same wavelength can communicate with each other. Then all the sound, all the power, all the energy flows into you. All the music comes to you, and you can sing that same music of the Divine. You can be as beautiful as God Himself.¹

TUNE TO GOD’S FREQUENCY

The best way to clean your system is to use sound. Simply choose any holy name you like, and keep repeating it. Let your body vibrate with that frequency. In the beginning, you have to concentrate on that vibration within you. But as you continue, every cell in your body will begin to repeat your mantram or your prayer; then the whole system, the whole personality, body, mind, everything will vibrate on that wavelength. The holy word is like a radio wave.

When a mantram is given to you, you tune your personality to a particular frequency. It’s just like tuning a radio. The cosmic music that comes from God is always being transmitted; God never stops transmitting all the beautiful things. Some simply don’t tune their heart radios to the proper frequency. Instead, they tune it to the wrong frequency and get atmospheric disturbance. With practice, you’ll be able to tune your heart radio. You will become a good receiver. Only then is the proper communication possible. Communication brings communion. Real communion is possible only when you tune your entire personality to God’s frequency.³

IF YOU WANT TO COMMUNICATE WITH GOD

God is transmitting His energy, His beauty, His love His grace, everything at the OM frequency. If you want to receive it, where should you tune your radio? To the same OM. That is why mantra meditation is a very important practice. All other practices are secondary when compared with mantra repetition. Mantra repetition is a direct way to tune yourself to that cosmic vibration. Even if you don’t do any of the other practices you should not miss mantra repetition. That alone

will help you a lot. Every day, at least three times—morning, noon and evening—if not more, you should produce that sound by repeating your mantram. Then you are tuning your radio constantly to stay on a certain wavelength.³

The sound is not different from God. In the same way, God and OM are not different. When you say, “OM, OM,” God is talking to you, humming to you. Listen to that. Like a baby listens to the music of the lullaby sung by its mother. It listens to that and slowly goes to heaven. In the same way, the mind will hear OM and slowly become absorbed into that. You don’t have to think about anything. Otherwise you are thinking, not meditating. The best meditation is not to think of anything. Yes, simply OM, OM, OM, OM, OM, OM, OM. If you like it, try it.³

IT’S A POWERFUL SEED

In this age, the simplest and best practice is mantra repetition. It is very simple, but at the same time very powerful—more powerful than any other practice. Your body may not even be fit to practice all the Hatha Yoga postures or to do rigorous penance. You may not have a lot of money to go on pilgrimages. You may not have a big altar or go to church every Sunday, but you can always repeat a mantram. Wherever you are, whatever you do, whether you are rich or poor, it doesn’t matter. Repeating the mantram is like cultivating a seed. It’s a powerful seed that, once planted, will slowly take root and grow in you. In the beginning, you have to nurture it carefully and regularly. Then it will grow into a beautiful, big, divine tree and bring forth much fruit. Certainly the whole world will enjoy that fruit.³

IF YOU HAVE COMPLETE FAITH, ONE MANTRAM IS ENOUGH FOR EVERYTHING

Through sound you can create anything. There is no limit. The whole universe was created with sound. That is the power of the mantram. But unfortunately many who have a mantram do not even seem to realize its power. If you do not have faith in it, even though it is powerful, you will not experience it. When you do not have faith, naturally you will not repeat it much. Whether you have faith in it or not, if you put your finger in the fire it will burn. But you have to put your finger in the fire to get the experience. Whether you believe in the mantram or not, repeat it. Then you will know what it can do. The smaller the mantram, the bigger the power. Anything that is atomized gets more power. The more powerful mantram will take a little longer time to bring the benefit. But of course our faith will enhance it; it gets a little more charged with a little love. The other way is very dry, but still, if you keep repeating it the faith will come. It will come whether you want it to or not.

You do not need to have a lot of mantrams for different

IYTA MEMBER UPDATES



GRAND NEW STUDIO OPENINGS

The Yoga Center of Wilkes opened its doors on July 11, 2005 in North Wilkesboro, NC. “The studio is located between a video rental shop and a butchers shop. Once again balance is maintained in the universe. I’m looking forward to passing on the gift.”

—Henry Siva Orszula

Congratulations to Barry Banu Glasser on opening his new yoga studio in New York City, NY!

Your good news announcements are warmly welcomed! Simply email them to newsletter@iyta.org or mail them to the IYTA (see page 2).

CONTINUING EDUCATION CORNER

Three Firsts

by Nataraja Nelson

TEACHER TRAINING REUNION

New York, Charlottesville and Yogaville programs were represented during the first Basic TT Reunion at the IY Academy. Topics included teaching mixed level classes, correcting and adjusting asanas, and deepening Hatha and meditation practices. Reunion presenters were Swami Asokananda, Swami Karunananda, Mahadev Carlino, Shanthi Sullivan and Rhadeya Michael Plasha. The 2004 graduates shared their experiences teaching Hatha and discussed challenges related to their daily sadhana. The early April weather was sunny and warm: the perfect setting for lunch on the Academy building’s deck. Next year’s IY Teacher Reunion (now called Teachers Seminar and reunion) for 2005 graduates will be held on April 20-23, 2006. Graduates from previous years are welcome.

AGELESS YOGA

John Schlorholtz, creator of ten Ageless Yoga videos, led an informative and fun workshop where he shared his experiences teaching Hatha to seniors and people with joint and muscle injuries. This was the Academy’s first

Continuing Education program to focus on Hatha for seniors. John led standing, floor and chair poses, providing many insightful observations and a keen sense of humor. Participants learned how to better teach Hatha to seniors and received the additional bonus of improving their own Hatha practice. Discussions ranged from maintaining healthy bodies to positive thinking and spiritual matters. We look forward to John’s return to Yogaville!

INTEGRATIVE REHABILITATION

Bill Gallagher and Richard Sabel presented for the first IY Academy’s Continuing Education program specifically designed for health professionals. Based in New York, Bill and Richard offer therapeutic approaches that integrate Western treatment methods with Eastern philosophy and practice. Combining lecture with lots of hands-on practice, the students learned how to combine conventional therapies with restorative and gentle Yoga, pranayama and meditation to help people with discomfort and disability. We hope to see both Bill and Richard back at Yogaville very soon too!

NEXT TEACHER WEEKEND: October 21-23, 2005
Acu-Yoga for Yoga Teachers: Yoga Therapy and
Traditional Chinese Medicine with Michael Gach

Lives of the Luminaries



Mirabai was a woman saint of India who lived from 1498 to 1546. She is not only known and loved throughout her own country, but has gradually become known in the West as well. Her love songs to the Lord led to a revival of bhakti (loving devotion to God) among the Hindus of her day.

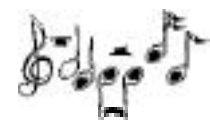
Mirabai

Mirabai was a princess by birth; but with all her breeding, money, jewels, beautiful clothes, banquets, and the honor accorded her as royalty, she still had no interest in worldly life. Instead, she gave her heart and soul to her beloved Lord, Krishna.

Mirabai sang ceaselessly for the Lord. Thus she left behind a wealth of devotional songs that have been sung by Hindus for centuries. These songs express a single, fervent longing from the heart of one who detached herself from the world, and took refuge in the name of her Beloved. Mirabai belonged to God and God alone.

“O, great Lord,

You alone are the crown of my life!
 You are the light of my heart—I have none else.
 I have searched the whole world,
 none else but You pleases me!
 I was born for devotion’s sake.
 My Beloved dwells in my heart, so I sing day
 and night.
 I am mad with love.
 Forget me not, I beseech You—life is nothing
 without You!



“I cannot forget—even for a moment—the beauty of my Beloved Lord.”

Mirabai

These stories of the Saints and Sages whose photos are displayed at Sivananda Hall, Yogaville, are taken from the Integral Yoga Publication, Lives of Luminaries, which is available through Integral Yoga Distribution. IYTA members receive a 40% discount.



Kirtan is Kickin’

by Meera Patricia Keer

*In the beginning was the word,
 And the word was with God.
 And the word was God. John 1:2*

The spiritual practice of chanting, or *kirtan*, is the most fun, the easiest, and the quickest path to the love-zone. If you aren’t hip to its juicy joys, now’s the time to get on-board. According to the great kirtanist, Sant Keshavadas, the practice of kirtan is the easiest method of attaining Self-realization in the Kali-yuga; the age of darkness in which we are now deeply ensconced.

Sant Keshavadas, who attained mahasamadhi in 1997, came to the US from South India back in the 70’s. I was privileged to enjoy his inspired chanting at the Integral Yoga Institute on 13th Street in New York. He wrote extensively on many spiritual subjects, and recorded several albums of ancient and original devotional chants. On the subject of OM, he wrote:

“Every vibration in the body and in the universe emerges from AUM, sustains in AUM, and returns to AUM. AUM is the consent of man for God to enter into him.”

OM is God’s telephone number. All kirtan begins with that primordial sound. Sri Patanjali says in the *Yoga Sutras* that “OM is God’s name as well as form.”¹ To me this profound, mind-boggling concept assures us that simply by calling God’s name we embody the Supreme! We are never lost, as long as we can chant the Holy Names! We need not be initiates nor scholars nor practice austere Yoga disciplines. The Holy Name doesn’t hold back. Simply by touching the Holy Name with one’s tongue, immediate effects are produced. To that simple expression of love, we add the infinite variety of Divine names. As we add a little melody, a little rhythm, and a few of our sangha buddies, and we have a celebration of Consciousness. You can practice kirtan by yourself, anywhere, anytime, with no instruments at all. YOU are the instrument of kirtan. Even if you are a slacker-Yogi and simply listen to kirtan, you will be transported to the Abode of Bliss.

Personally, I love to chant in the car. Sometimes I just make something up on the spot, or chant along with my current favorite CD. If you’re a Yoga teacher, you can share these chanting CDs with your students. In fact, kirtan offers a wonderful opportunity for like-minded Yogis to get together and strengthen the bonds of their sangha. In the practice of

kirtan, we create community.

There’s an old Steve Martin bit, in which he was singing and playing a banjo. He made the observation that it’s nearly impossible to be depressed when you’re plunking on a banjo! The same thing is true of kirtan. Chanting opens the heart, and purifies the darkness of the mind. It pierces the *nadis* (nerve currents) to allow the *Kundalini Shakti* to flow. Sri Gurudev said, “Using sound is a sound practice.”

One of the great benefits of chanting is that it makes it easier to hear the *inner* sound, or *nada*. The *Anahata Nadam* is the “unstruck” sound that radiates pure *Shakti*, or energy. Yogini Rina Lichtinger describes it as “the manifestation of the supreme in perpetual motion”. If you hear any of these sounds in meditation, focus on them. Sri Gurudev said to meditate on anything that “delights the mind.” I find these inner sounds to be very delightful. Some of the several varieties of *nadam* include:

- *Cin Nadam*: high frequency sounds, or humming, ringing in the ears, whistling or rainfall
- *Cincin Nadam*: roar of the ocean, or sounds of a waterfall
- *Ghanta Nadam*: sounds of a bell ringing
- *Sankha*: sound of the conch shell
- *Tantri Vina*: nasal, buzzing sounds, like a stringed instrument
- *Tala Nadam*: sounds of a small, tight drum
- *Venu Nadam*: sound of a flute
- *Mridanga*: sound of a big bass drum
- *Bheri Nadam*: an echoing sound
- *Megha Nadam*: sound of distant thunder

On a scientific level, the effects of kirtan can be studied by modern neuroscience, which is discovering the relationship between mental functioning and the way words are used. PET scans show increased blood flow to different areas of the brain, depending on whether one is seeing, hearing, speaking or thinking of words. When one is engaged in singing, according to Dr. Sue Snyder, “the whole brain lights up like a Christmas tree!” This is because melody precedes speech. You can take the words out of the melody, but you can’t take the melody out of the words.

So light up! Destroy the veil over the inner light! Get your groove on, and start chanting!

¹Yoga Sutras of Patanjali I:27

Keep the Chant

Author Unknown



Lift your voice
 Speak the truth
 State your cause
 Guard the youth
 Greet the sun
 Look within
 Take the time
 Strive to win
 Revere wisdom
 Plant a seed
 Hoar the elders
 Fill the need

(Keep the chant,
 keep the chant)

Touch the earth
 Learn the song
 Open your heart
 Don't take long
 Pray the prayer
 Feel the fire
 Bow your head
 Share desire
 Give to others
 Grow each day
 Count your blessings
 Show the way
 Grasp the knowledge
 Go to school

Learn to listen
 Keep your cool
 See the stars
 Bless the land
 Keep the spirit
 Extend a hand
 Please get up
 If you fall
 Breathe in deep
 Stand up tall
 Close your eyes
 Drink your fill
 Ride the wind
 Build your will
 Start a motion
 Make it bold

Break these shackles
 Feed my soul
 Free up baby
 Dance the dance
 No resistance
 Take a chance
 Search for heaven
 Lose your pride
 Find the answer
 Look inside
 Hold me tight
 Don't let go
 Keep the chant
 You'll soon know...



Benefits of Chant

Since ancient times, music has been used as a healing force. It continues to be a powerful force in the treatment of disease in most indigenous cultures. Recently, Western culture has also begun to recognize the efficacy of sound to heal people with eating disorders, schizophrenia, hyperactivity, arthritis, heart disease, recovery from surgery and trauma, Alzheimer's disease and cancer. It's been said that sound is food for our body and soul. The following information exemplifies this point as found by doctors, therapists, and spiritual masters.

Physiological Effects

The repetitive nature of chanting has a beneficial effect on our overall health and wellness. It opens and expands all of our senses.

Chant reduces:

- * stress-related hormones;
- * rate of breath;
- * muscle tension;
- * blood pressure;
- * heart rate.

Chant increases:

- * stimulation of the vagus nerve, situated near the jaw and considered to be the single most important nerve in the body: it services the heart, lungs, intestinal tract, and back muscles;
- * levels of interleukin-1 (a protein associated with blood and platelet production);
- * depth of breath;
- * mental clarity;
- * functioning of the immune system;
- * lymphatic circulation;
- * levels of melatonin;
- * creation of new grooves in the brain; overhauls old Samskaras.

Spiritual Effects

Through regular practice, chant:

- * opens our hearts and lifts our Spirits;
- * offers comfort for our pain;
- * gives voice to our deepest yearnings;
- * helps us find peace amidst a whirlwind of emotion;
- * brings us closer to each other, and closer to God;
- * gives life to abstractions such as love or Spirit;
- * becomes a form of meditation itself, and it can be an extremely useful adjunct to other meditation practices;
- * joins hearts in deep communion;
- * has a powerful ability to shift states of consciousness; serves as a bridge between doing our daily tasks and our deeper states of meditation;
- * allows us to touch moments where the separation between chanter and the chant, the sense of "me" doing something, fades away; there is only "chanting," and we are a part of it.

Mind Effects

Generally speaking, chant:

- * synchronizes brain waves to achieve profound states of relaxation;
- * drives away all worldly thoughts;
- * purifies the mind by filling it with noble and pure thoughts; removes impurities such as lust, anger, greed and hatred from the mind;
- * nourishes brain growth, as it stimulates and charges the neocortex with electrical impulses;
- * brings us to attention and keeps us awake;
- * guides us in communication;
- * washes our minds through the repetitive sounds vibrating in our brains;
- * moves us in and out of immersion in the chant;
- * shifts our sense of being into a more aligned, more harmonious state.

Uses of Sound Vibration

Sound cleans:








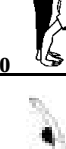
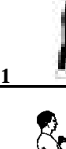


- * dishes by dishwashers that employ only sound, not water;
- * wristwatches;
- * teeth;
- * our bodies completely by a bath cabinet utilizing a kind of ultrasonic sound without using water or soap.

Sound purifies:

- * our whole system: physical, mental, emotional, and spiritual.

Adapted from:
 Chant by Robert Gass
 The Yoga of Sound by Russill Paul
 The Healing Power of Sound by Mitchell Gaynor, M.D.
 To Know Your Self by Sri Swami Satchidananda
 Science of Yoga, Volume 7: Japa by Swami Sivananda

Surya Namaskaram with MANTRAS

	Name of Position	Mantra	Translation of Mantra	Physical / Spiritual Awareness
	Pranamasana (prayer pose)	OM MITRAYA NAMAHA	Salutations to the Friend of All	Chest Area / Anahata Chakra
	Hasta Utthanasana (raised arm pose)	OM RAVAYE NAMAHA	Salutations to the Shining One	Stretch of the abdomen and expansion of the lungs / Vishuddhi Chakra
	Padahasthasana (hand to foot pose)	OM SURYAYA NAMAHA	Salutations to He Who Induces Activity	Pelvic Region / Swadhisthana Chakra
	Ashwa Sanchalanasana (equestrian pose)	OM BHANAVE NAMAHA	Salutations to He Who Illumines	Stretch from thigh to chest or eyebrow center / Ajna Chakra
	Adho Mukha Svanasana (downward-facing dog)	OM KHAGAYA NAMAHA	Salutations to He Who Moves Quickly in the Sky	Relaxing the hips or on the throat region / Vishuddhi Chakra
	Ashtanga Namaskara (salute with eight parts or points)	OM PUSHNE NAMAHA	Salutations to the Giver of Strength	Abdominal Region / Manipura Chakra
	Bhujangasana (cobra pose)	OM HIRANYA GARBHAYA NAMAHA	Salutations to the Golden, Cosmic Self	Relaxation of the spine / Swadhisthana Chakra
	Adho Mukha Svanasana (downward-facing dog)	OM MARICHAYE NAMAHA	Salutations to He Who Moves Quickly in the Sky	Relaxing the hips or on the throat region / Vishuddhi Chakra
	Ashwa Sanchalanasana (equestrian pose)	OM ADITYAYA NAMAHA	Salutations to the Son of the Cosmic Mother	Stretch from thigh to chest or eyebrow center / Ajna Chakra
	Padahasthasana (hand to foot pose)	OM SAVITRE NAMAHA	Salutations to the Lord of Creation	Pelvic Region / Swadhisthana Chakra
	Hasta Utthanasana (raised arm pose)	OM ARKAYA NAMAHA	Salutations to the One Who is Fit to be Praised	Stretch of the abdomen and expansion of the lungs / Vishuddhi Chakra
	Pranamasana (prayer pose)	OM BHASKARAYA NAMAHA	Salutations to the One Who Leads to Enlightenment	Chest area / Anahata Chakra

ASK THE EXPERT

Q. We are taught that mantra is most effective when repeated silently and that chanting is a fast-track to Self Realization (such as Bhakti and Japa Yoga paths). Please discuss the apparent contradiction of the effectiveness of inward versus outward sound practices.

A. These have two different effects. Silent inner repetition is always a more powerful method for quieting the mind. But for opening the heart, chanting is more effective. The path you chose depends on where you are at that moment.

Swami Murugananda

Q. From a physiological perspective, how does sound heal?

A. There was a recent article in the Sunday *New York Times* magazine section regarding sound. What they observed was that cancer cells emit a different sound (sub audible) than normal cells. The medical team studying this effect hopes to use it for diagnostic purposes. Now one may hypothesize from this that what the yogis have been saying for centuries is true that the whole body is sound vibrations and that sound would therefore affect the functions of the body. But the best proof is what you experience. What you experience from different sorts of music; for example how does your experience of a Bach Fugue differ from a performance of some punk rock

music. Pir Vilayat Khan, the Sufi master, wrote several books on this subject (*Music, Music of Life, and the Sufi Message: Mysticism of Sound; Music; Power of the Word*). You may refer to these works for further information.

Swami Murugananda

Q. If Om is the most powerful sound, as taught in the *Yoga Sutras of Patanjali* and other scriptural texts, why do most traditions combine Om with other sounds (such as Hari Om, Om Namah Sivaya, etc.)?

A. Patanjali sets Isvara apart from deities invoked by Yogins such as Shiva etc. For Patanjali, Isvara is a representation of the omniscient spirit. Isvara is Divine awareness. Book I Sutra 27 says Isvara is represented by a sound—Om. Repeating the vibratory syllable Om initiates the Yogi's process (Sutra 28) eventually bringing the recognition of one's own divine nature. It yokes every aspect of conscious life to pure awareness. Therefore by adding the sound Om to another vibratory syllable it empowers that sound, increasing the effectiveness on the user.

Rev. Manjula Spears

Have a question for an expert? Send your question to newsletter@iyta.org.



Sound Resources

Rev. Manjula Spears Recommends: (see pg 3)

Refer to *Chant* by Robert Gass for more information about the use of chant. Refer to *The Healing Power of Sound* by Dr. Mitchell Gaynor for information about healing with sound. See *Songs For Earthlings* compiled by Julie Middleton for a songbook of chants.

Janaka Prins Recommends:

Hatha Yoga Pradipika by Yogi Hari for information on Nada Yoga's history and daily practice.

Meera Patricia Keer Recommends: (see pg 13)

If you'd like to see what's available in the area of Sacred Chanting, Amazon.com has an incredible selection. Also, don't forget to check out the Integral Yoga Distribution center at www.yogahealthbooks.com. (IYTA members receive a 40% discount.)

Meera has been chanting and making up songs to the Divine for over 25 years. Her new album *Lotus of Lotus* will be available in 2006 from her website www.bigyogaonline.com.