

The Yoga Of Sound Tapping Hidden Power Music And Chant Russill Paul

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Throughout yoga's history, sound was used not only as a form of spiritual self-expression and communication, such as in mantric speech, but also as a form of sacred perception. Through a combination of practice, experience, and understanding, you can tap into the authenticity of this ancient tradition, as you

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The Yoga Of Sound Tapping The Hidden Power Of Music And Chant

Yoga calls it "Shabd Brahman" or God as sound/vibration. It advocates that by meditating on Aum, one can reach subtle levels of consciousness, those that have the ability to unite one with the god. While the reason why our brain loves this sound is still continuing to elude scientists.

The Science Behind OM and Tapping It's Power In Yoga

For thousands of years Hindu spirituality has understood the profound effect that sound has on our well-being. From this tradition comes The Yoga of Sound , which draws on yoga's long history of applying sound to reduce stress, maintain health, and invoke spiritual awakenings.

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"Naad" is the essence of all sound—the vibrational harmony through which the Infinite can be experienced. "Naad Yoga" is the science of Naad based on the experience of how sound vibrations affect the body, mind, and spirit through the movement of the tongue, the mouth, and changes in the chemicals in the brain.