

# Yoga Tyati



NEWSLETTER

JANUARY 2025



[anandayogaschool.org](http://anandayogaschool.org)





# SOUND

*JANUARY 2025 EDITION*



# SUPERCONSCIOUS CORNER

God is Aum. Aum is vibration; it is a sound that permeates everything we know, including ourselves. If we're sensitive enough, we can hear it all around us—in the ocean waves, the thunder, the rain, the forest, and the wind in the trees. We can also hear it within ourselves.

Each chakra in our astral body has a particular sound, and the combination of all of these sounds make the Aum sound. Aum is Divine Mother, the sound of our soul and the deepest aspect of our being. When we listen to it, we tune into a higher vibration of the Divine, or God. Listening to this sound lifts up our consciousness.

It's important to tune in to the right sounds. If the music or sound we listen to is not pure and uplifting, they disturb our nervous system, our chakras, and our whole being. People think it is natural to be restless, anxious, angry and worried all the time, but this isn't true. Our natural state is to be calm, peaceful, uplifted, centered, and joyful.

When I went to Calcutta a few years back, I visited a musical instrument store and saw the esraj. I felt as if I had played it before and couldn't get it out of my mind. So, I took it, and asked my guru to send me a teacher. Within five or six days, a wonderful teacher arrived! I picked up the knack of playing it so easily - I know it was my guru's grace. Little by little, I started playing it. I told my teacher I don't want to learn anything else but my guru's songs.

I practiced for one and a half to two hours every day, unless I was really on a big traveling trip. But I love playing. Why? That sound is, and those songs particularly, are uplifting my consciousness. They're tuning me to Guruji and the path and Swamiji. They're opening up. I feel they're opening me up inside because my meditation is so much better. I'm happier. I'm more open. I'm more receptive. I suggest that everyone with a knack for music should get a harmonium or any instrument they prefer and start chanting. "Chanting is half the battle", Yoganandaji said. So, it's not extra. It's very important to chant, play music, hear music, and open yourself up with that.



If you can't play music then listen. There are 400 songs and chants by Swamiji and Master—listen to them while traveling, at home, or during a walk. This will help you relax and release tension and stress. We live in a completely rajasic environment, surrounded by noise. If we are open to the vibrations of people who are shouting, unhappy, or have negative attitudes, it will impact our physical and mental health.

Listen to the right music. Attend kirtans at Ananda centres. Get in the vibration and let it come into you. Yoganandaji told Swami Kriyanandaji to learn devotion because without devotion, the spiritual path is long and dry. Don't say that you don't have a good voice, so you can't play an instrument. Just play, listen, or chant along. As you begin to tune into this sound aspect of God, you'll find that you feel happier and healthier. When you feel happy and healthy everything improves; your finances, relationships, and work. There are more opportunities that come to you. Music lifts your energy up.

Swamiji taught us to sing from the heart and from the upper chakras, projecting our voice outward. He said our voices should be sweeter. When you speak, don't just give words - give a vibration. The vibration which is inviting and uplifting. When you put out that vibration, it comes back to you like a circle. And the basis of that vibration is Aum.

Be aware of your environment. Avoid loud, rajasic, lower-vibrational music. Do everything with the right consciousness. You'll find that if the sound and vibration is right, your whole life will be in attunement with higher vibrations.

Master was a great singer and musician. He played the harmonium, esraj and gong. For this special time of the year, let's all try to tune more into the higher vibrations of sound. Chant if you can. If not, listen to Master's chanting. Listen to Master playing the harmonium. He was changing our consciousness when he was chanting. He was breaking the wall of this heavy beat music that we somehow have got used to while bringing in a new type of sound and music.

Music should take you inside to meditate. It's one of the ways to uplift our consciousness and find God.

~By *Nayaswami Dhyana*



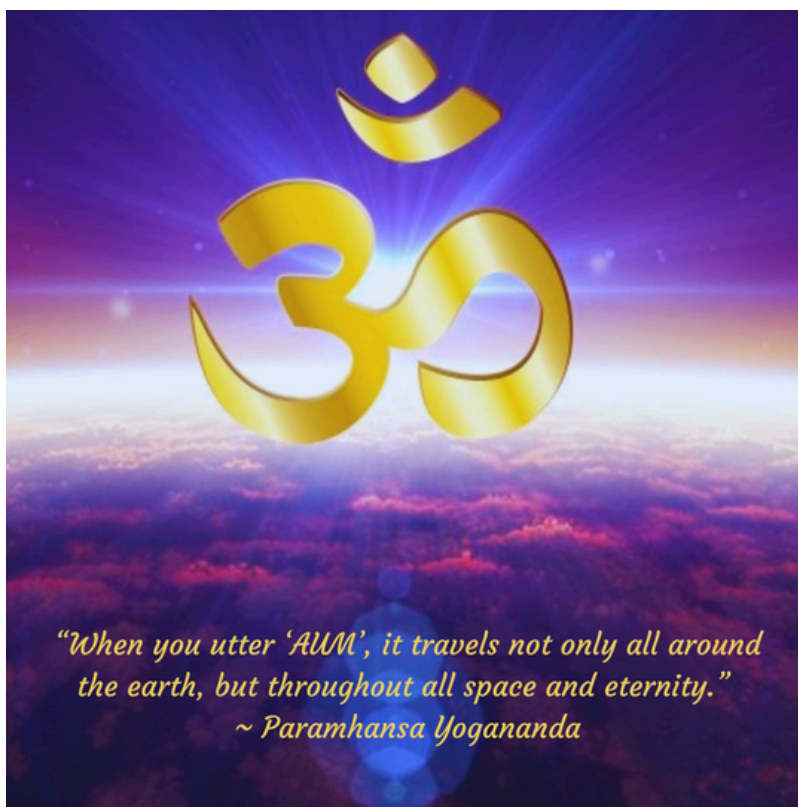


# INSPIRATION'S CORNER

Excerpt from "AUM: The Melody of Love" by Joseph Bharat Cornell

## The All-Spreading AUM Meditation

- Close your eyes. Relax your body and mind.
- Concentrate on the ball of darkness that surrounds you. Feel this ball. Then imagine or feel it filled with the vibrations of AUM.
- Imagine the ball of darkness and vibration becoming as big as the earth. Then expand the ball of vibration to the distant stars, galaxies, and all space. Feel and hear AUM emanating from every atom in creation.



- Fill this infinite ball of vibration with the consciousness of Bliss, unceasing watchfulness (with attention equally concentrated everywhere), the consciousness of immortality, knowledge, peace, and all-pervading energy and life energy.
- Remain identified with this highest awareness, as long as you can – as often as you can. Then God will be real to you, and you will find His conscious guidance in everything.

# PEARLS OF WISDOM

*Tune Us, That we May Hear Thy Voice*



*Volumes of Thy savior voice resound through the loud speaker of every loving heart. The voice of Thy wisdom roams through the ether of space, seeking everywhere hearts that are tuned to ecstasy.*

*Sadly, Thy warning sermons pass unheard by souls deafened with the static of sense pleasures.*

*O Divine Broadcaster, tune our souls, long distracted by the static of our indifference. “Fine tune” us with the delicate touch of soul perception. Grant us the privilege of hearing Thy magic melodies in the ecstasy of divine awakening!*

*~Excerpt from ‘Whispers from Eternity’ by Paramhansa Yogananda*



# MEDITATION INSIGHTS

From the first cry of a newborn to the final exhale of breath, sound is an integral part of our lives. It is through sound that we communicate our emotions, thoughts, and intentions. Sound shapes our experiences and influences how we perceive and interact with our surroundings. Interestingly, our sense of hearing is the last sense to go when the soul exits the body.

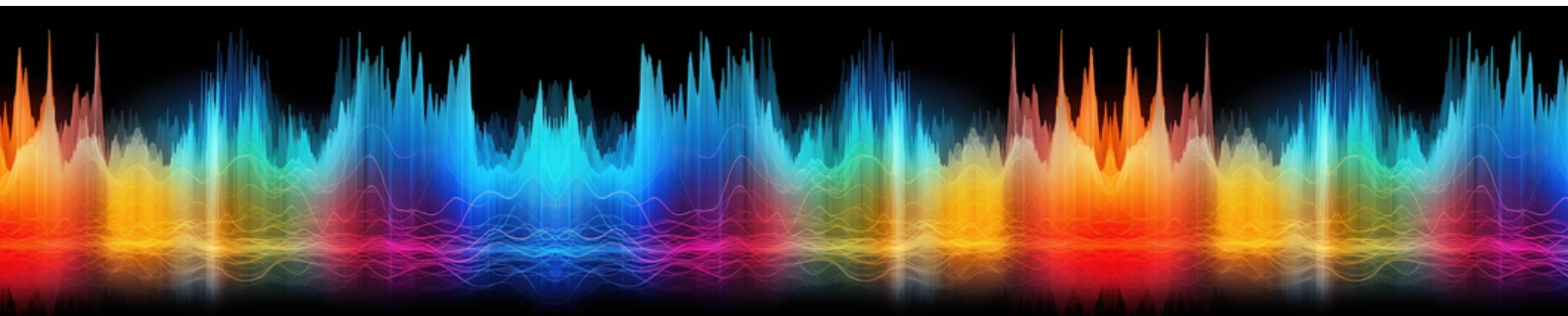
We know that water is an excellent conductor of sound. Since our bodies are made up of approximately 70 percent water, this makes us too highly sensitive to Sound. We are naturally reactive to the auditory world around us.

Research shows that different sound frequencies affect the body in unique ways. Sounds like a deep bass note or a gentle hum, relax the body. They stimulate the parasympathetic nervous system, slow down the brain waves, and restore energy. In contrast, discordant noise disrupts cognitive functions leading to stress, disturbed sleep, increased heart rate, and difficulty in concentration.

Music, a powerful form of sound, engages multiple brain regions linked to memory, attention, and emotion. Research shows that music affects us on a cellular level, influencing the brain, nerves, muscles, and organs. In short, music impacts our physical, physiological, and emotional well-being.

Studies show that music as a therapy can be an effective adjunct to traditional treatments. This makes music a powerful therapeutic tool for treating conditions like asthma, autism, neurological disorders, and cancer to name a few.

Our ancestors knew that Sound is the most powerful vibration in creation. For centuries, across all civilizations, some form of mantra chanting, prayers, and hymns have been integral to worship and spiritual practice. It was meant to elevate the mind, purify the heart, and create a sacred space for spiritual transformation.



Music connects us to the deepest parts of our being by transcending the logical, analytical processes of the intellectual mind. It speaks directly to our emotions, connecting us to our feelings that words, often, cannot express. It facilitates introspection and self-discovery.

Thus, Sound and music act as conduits for spiritual energy. It helps to clear the mind and cleanse our hearts. It opens us to love, compassion, and devotion. It leads us to a deep, transcendent awareness beyond the limitations of the ego to a state of God consciousness. No wonder, then in the words of Paramhansa Yogananda “chanting is half the battle”.

~ By Devika Mittra





## DEVOTEE'S CORNER

Before embarking on the path of Kriya yoga, my connection to sounds and music was quite different. I used to immerse myself in a myriad of film songs, pop, and hard rock music to escape life's challenges. But then I discovered Ananda, and the AUM technique captivated me. It was astonishing to realize that I could hear divine sounds within my own body. As I started to practice, I became attuned to these sacred sounds. I could hear everything from the approach of a motor vehicle to the gentle hum of a bee, from the resonance of gongs to the melodies of flute music—all harmonizing with the divineness of sound.

Over time, I became finely attuned to various sound frequencies that nourished my soul. I could discern the buzz of electricity, the hum of an air conditioner, the chirping of birds, and the whispering of the wind—all previously overlooked. During my morning walks in the nearby park or along the beach, while others were engrossed in their phones or chatting, I found myself immersed in the peaceful vibrations of nature. The hissing sounds of the wind brought me into a serene state that words cannot describe. Sitting in the park amidst traffic, listening to the melodious morning birdsong, or watching the immense waves crash onto the shore filled me with a divine sense of emptiness, dissolving my ego. This profound experience reminded me of Swamiji's voice singing our beloved Master's "Samadhi" poem:

"Samadhi but extends my conscious realm  
Beyond the limits of the mortal frame,  
To farthest boundary of eternity,  
Where I, the Cosmic Sea,  
Watch the little ego floating in me."

Gradually, I moved away from listening to music that felt dissonant and began to embrace satsang, mantras, and Swamiji's OM chanting. These sacred sounds infused my soul with the deep calmness I had long sought. I noticed my meditation practice becoming stronger and deeper, allowing me to sustain a calm mind throughout the day.

Neuroscience tells us that when we are stressed, the frequency of sounds we hear shifts, and our vision narrows to handle the immediate situation. Melodious and harmonious sounds vanish, leaving only those designed to manage stress. In today's world, we are constantly bombarded with micro to macro stresses, with no clear means to return to a state of calm and peace. This is why I firmly believe in attuning ourselves to harmonious and devotional music, and the sounds of nature, to achieve deeper meditation and restore a peaceful mind, body, and soul.

~By Dr. K. Lakshminarayanan





## DID YOU KNOW



**Bhramari Pranayama, also known as Humming Bee Breath, is a breathing practice that gets its name from the Sanskrit word Bhrāmari, meaning 'like a bee'.**

**According to legend, a powerful asura named Aruna, who despised the devas, sought to conquer Deva loka. He performed austere penance to Brahma and received a boon that protected him from death in war, by weapons, by man or woman and by any 2- or 4-legged creature. With this blessing, Arunasura invaded and took control of the celestial regions. The defeated devas sought Lord Shiva's help but Lord Shiva and his sons confronted Arunasura unsuccessfully. Adi Shakti appeared behind Lord Shiva, summoned forth 6-legged insects such as bees, hornets, wasps, flies and termites from the heavens and transformed herself into the divine form of the goddess Bhramari. She unleashed the insects in a wave over the enemy ranks, with the final one to fall being Arunasura. On successful decimation of Arunasura's forces, the insects returned to Goddess Bhramari and clung to her again. All the devas returned to their celestial abodes.**

**Symbolically, the practice of Bhramari Pranayama helps clear the demons in our mind - stress, anger, anxiety, and restlessness. The humming sound (based on the tail end of the AUM sound, "Mmnn", which is amplified and repeated with concentration) promotes inner healing, allowing one to experience calmness and cultivate a sense of harmony.**

**BHRAMARI PRANAYAMA**

- Lowers Blood Pressure
- Improves Sleep Quality
- Boosts Immunity
- Strengthens Lungs
- Boosts Brain Function

**Increases production of Nitric Oxide (NO)**  
NO interacts with & promotes the production of neurotransmitters (happy hormones) such as serotonin, dopamine, epinephrine and norepinephrine.

**Bee breath makes us happy!**

**The science of Bhramari Pranayama involves its effects on the nervous system and brain. Humming activates the vagus nerve, regulating the parasympathetic nervous system and promoting relaxation. This reduces the heart rate, blood pressure, and cortisol levels, counters stress and promotes calmness. Controlled breathing in Bhramari Pranayama boosts oxygen supply to the body and brain, enhancing circulation, overall health, and cognitive functions. The humming sound vibrates the sinuses and nasal passages, aiding in congestion relief and enhancing respiratory function.**

**In 1959, A.B. Lerner and his team at Yale School of Medicine discovered that melatonin, a hormone secreted by the pineal gland, inhibits melanin formation, offering the potential for melanoma treatment. They also noted that melatonin acts as a natural tranquilizer, inducing sleep in laboratory animals. Bhramari Pranayama, which stimulates the pineal gland, can harness these effects.**

**~By Mary AgneL**



# INSPIRATION FROM THE TEAM

One of the most profound lessons I've learned about sound came during a pilgrimage. I had been feeling unwell, physically very weak, in extreme pain, and unable to focus on the spiritual energy of the journey. We were on a bus journey to our next destination. My entire being wanted to rest on a bed as soon as it could. At that moment our group started to sing Swami Kriyananda's songs. I wasn't sure I had the strength to join, but something within urged me to try.

Song after song, I could feel the shift in my energy. Singing with the group, I began to feel lighter. The music seemed to carry me beyond my discomfort, filling me with a deep sense of harmony and renewal. By the end of the journey, the heaviness I'd been carrying—both physically and mentally—had lifted, and I was well.

It was more than healing; it was a reminder that divine vibrations, through sound - in the form of inspired music, can reach where no medicine or words can. Truly, sound is God's gift to uplift and transform us.

~By Prepsa Saini



## ACTIVITY CORNER

Cosmic Chant	Composed for special need of mind or life
1 OM Song	A God as cosmic sound and vibration
2 I will be Thine Always	B For final salvation
3 I Will Never Forget Thee	C Feeling enslaved by habit or person
4 No Birth, No Death	D Visualize God as Cosmic Light
5 From This Sleep, Lord	E Sing during bereavement, loss or parting of friends
6 Divine Gypsy	F For inspiration; chant before preaching to others
7 I will drink thy name	G For overcoming religious, racial or social prejudice
8 What Lightning Flash	H Feeling far away from God, to strengthen the inner tie with Him

Match Cosmic Chant to Composition Purpose  
example: Om Song 1 is matched to A



enjoy!

Answers:  
1 - A; 2 - E; 3 - H; 4 - G;  
5 - B; 6 - C; 7 - F; 8 - D



# CREATIVE CORNER



**“Sound or vibration is the most powerful force in the universe. Music is a divine art, to be used not only for pleasure but as a path to God-realization. Vibrations resulting from devotional singing lead to attunement with the Cosmic Vibration.”**

**~Paramhansa Yogananda**



## Sing These Chants

Lyrics of some favorite chants with mp3 downloads.

[Chants for Meditation](#)



## Free Music Downloads

Enjoy free, full-length downloadable music from our music albums.

[Download Chants](#)



## How Shall I Love Thee?

Sing Swami Kriyananda's chant with members of Ananda Mumbai and Ananda Pune in India.

[Sing Chant](#)







# NEWS FROM THE LAST 30 DAYS OF EVENTS

## Programmes with Nayaswami Gyandev in Mumbai

Different Yoga and meditation sessions were conducted at Ananda Mudh ashram and Ananda worli, by Nayaswami Gyandev .



### Weekly Offerings:

*Experience Ananda Yoga for Higher Awareness. Practice Asana, Pranayama and Meditation.*

*Mornings: 7:30 a.m. to 8:30 a.m.*

Registration and more information at:  
<https://anandayogaschool.org/ananda-yoga/>







# UPCOMING EVENTS

*We are pleased to share that Nayaswami Gyandev is visiting India.*

*Please refer to Gyandevji's schedule in India:*



## Nayaswami Gyandev

Nayaswami Gyandev Nayaswami Gyandev (E- RYT 500) is a Kriyacharya and long-time Ananda Yoga and Meditation teacher. He lives in a Village,...

[anandayogaschool.org](http://anandayogaschool.org)



*Events Calendar:*

## Events Archive

Get beyond the five kleshas, the causes of suffering and stagnation. Overcome the nine distractions and traps that hold you back. Gain awareness of the countless vrittis that impede your spiritual efforts. App...

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