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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. In lucid exercises presented both in the book and on accompanying downloadable audio tracks, Russi For thousands of years Hindu spirituality has understood the

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profound effect that sound has on our well-being.

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Throughout yoga's history, sound was

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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

The Yoga of Sound Tapping the Authenticity of Yoga | Kripalu

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“The Buddha said: Believe nothing because a wise person said it, Believe nothing because it is generally held.

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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

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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.

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