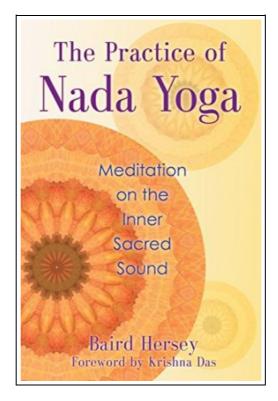
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(Ila Pfeffer IV)

PRACTICE OF NADA YOGA: MEDITATION ON THE INNER SACRED SOUND (PAPERBACK)



Inner Traditions Bear and Company, United States, 2014. Paperback. Condition: New. Language: English. Brand New Book. Meditation exercises for listening to the four levels of sound, to still the body, quiet the mind, open the heart, and connect with the Divine - Details the teachings on nada yoga from the Hatha Yoga Pradipika with clear, step-by-step instructions to find and hear the inner sacred sound of nada - Explains the 4 levels of sound through a series of practical meditation exercises - Includes instructions for a daily nada yoga meditation practice as well as ways to strengthen your advanced practice The ancient practice of nada yoga is not complex. It is the yoga of listening. It is a journey from the noise of the external world inward to a place of peace and bliss, to the source of the transformational power of sound--the nada. By meditating on the inner sacred sound of the nada, we can release ourselves from mind chatter and obsessive thinking. We can still the body, quiet the mind, and open the heart to create a state of mind where joy naturally arises. Sharing his experiential understanding of the classic Hatha Yoga Pradipika, Baird Hersey offers precise, step-by-step instructions on how to find the inner sound of the nada. He explains the first three levels of sound--first, how to truly hear the ordinary sounds of the world around us (vaikhari); second, how to quiet the sounds of the mind (madhyama), such as sound memories and internal dialogue; and third, how to access visual sounds (pashyanti), tapping in to our ability to see sounds and hear colors. Mastering the first three levels prepares one for the fourth level of sound (para), the heart of the practice that connects one to the inner sound of the nada. The...

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