

Mantra Yoga And Primal Sound Secrets Of Seed Bija Mantras

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Most Shakti mantras contain the vowel-Ā, the vibratory ee-sound, which is the main primal sound of Shakti. Most contain the consonant-R, which is the seed of fire, heaven, light, order and dharma and has a stimulating and energizing effect.

Yoga Primal Sound - Ayurveda

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David Frawley, author of Yoga and Ayurveda and Mantra Yoga and the Primal Sound "I met Swami Rama in the early 1970s soon after he first arrived in America. Through the years... he often reminded me that we were 'spiritual brothers' because our respective guru-lineages originated in the same region of the Himalayas.

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Devotees of Mantra Yoga believe that if a mantra centers on the name of a deity, chanting that mantra draws the spirit of the meditator into intimate contact with that deity. ... Most advocates of this methodology believe the primal sound-vibration uttered by the Infinite Oversoul was 'OM,' that this sacred word accompanied the ...

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Mantra adds a sacred fMANTRA YOGA & PRIMAL SOUND dimension and higher vibration to the practice and can transform pranayama into meditation. Mantra is an important method of pratyahara or internalization of our energy. The mind and senses can follow the mantra to turn within, leaving all distractions aside.