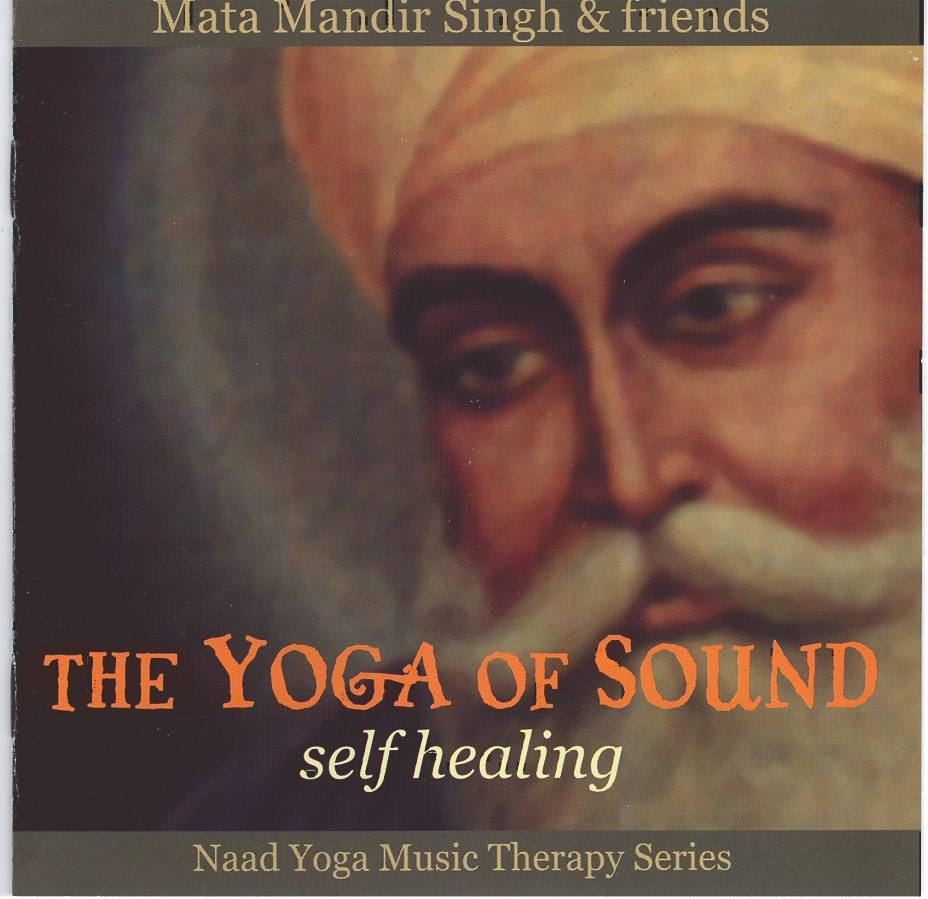


Mata Mandir Singh & friends



**THE YOGA OF SOUND**  
*self healing*

Naad Yoga Music Therapy Series

## **Naad Yoga**

Naad means the essence of all sound. "In the beginning was the Word, the Word was with God, the Word was God." That is the opening sentence of the Christian Bible. It is the same concept. Naad yoga, sometimes called mantra yoga, is the study of how sound affects the human consciousness. One way to look at it is to think of the human organism as a musical instrument. By changing the patterns and rhythms of sound and breath it is possible to link all the systems of the body that regulate excitement, relaxation, action, reaction and intelligence. By tuning our inner vibration we can literally vibrate ourselves to the heavens, like a plucked string vibrates the frequency of a specific note. Mantras and poems that cut through the negative thought waves to trigger the positive polarity in the human mind are said to be written in Naad. Different mantras have various powers and effects

contained in the atomic structure of their sound. Each CD in this series is organized around a common therapeutic effect and the mantras and poems have been chosen accordingly.

## **The Teachings**

The teachings contained in this CD series are part of a vast body of yogic knowledge brought to the western world by Yogi Bhajan. It is through his tireless dedication and selflessness as a teacher and compassion as a human that so many have the opportunity to practice these teachings today. Further it is largely due to his encouragement that I came to record this music.

## **The Musicians**

I am deeply grateful to the musicians who have played and sang with me over the past years. Wherever they are I wish them well. Some still live near to me and we record together sometimes. All of what is written and sung in this work is from an ancient

and traditional line of teachings of which I know only a fraction. However it is my hobby to compose and put to music these scriptures. Playing and singing them has given a touch of the infinite to my life. My musical journey began in the sixties and is rooted in the folk/rock tradition of those times. I have also made a twenty-year study of tabla and Indian music in general and some of the music is a blend of these two musical worlds.

### **The Chants**

Many of the mantras used in this CD series originate from the ancient spiritual teachers who lived in the Himalayan caves 5,000 years ago. They have been passed down through a golden chain of teachers to the present day. Other texts included are from the sacred writings of the Adi Granth. This is a scripture compiled from the writings of the Sikh Gurus as well as 30 different saints and sages from various religions and disciplines whose writings have the

power of Naad Yoga. The sixth Sikh Guru, Guru Arjun Dev Ji, gave the Adi Granth its final form and contributed some of the most beautiful hymns. He also arranged the writings under sections headed by various Ragas or Indian tone scales in which the compositions are best sung. It is my belief that these teachings were offered for the benefit of all mankind and it is in that spirit of universality that I offer this music.

### **The Technology**

In yogic numerology the number 11 is the number of infinity. Also consider that it takes 40 days to effect a change of pattern or habit. Therefore the most effective use of a particular mantra would be 11 minutes per day for 40 days, or in the case of the longer poems they can be chanted 11 times per day. That being said, even to mutter a mantra one time can be a great event in someone's destiny so every effort is appreciated. It is also important to

pronounce the words as close to the original sound current as possible. The transliteration has been given to help the process. However the texts are best read in the original script of Gurmukhi. Serious students can do further study to perfect their pronunciation, which I have endeavored to do myself. However scholars may find flaws in my pronunciation or accent for which I apologize in advance.

### **Self Healing**

We are given at birth all the tools we need to heal and to maintain ourselves in a healthy, happy and holy condition. Only we come into contact with many unnatural environments and influences as we develop including our own neuroses. These bring us into states of disharmony and out of balance. All healing work essentially does one thing. It creates a situation so the energy can flow. The chanting of healing mantras relaxes the mind

from the constant flow of thoughts and elevates the mood. Further chanting causes stimulation of the glandular system which results in hormonal release and changes the cell chemistry. In this way mantra chanting is able to influence mental and physical disease. The purpose of this CD is to bring into use mantras and spiritual poems that have specific healing properties as well as begin to use a few simple yogic technologies that bring one into balance to begin the healing process and stay in balance.

### **How to use this CD**

The most effective way to practice Naad Yoga for self-healing is to simply sit in any meditative posture and sing along with the music. Another way to experience healing through music is to move rhythmically in time to the chants (see yogic tip). Another way is to sit in easy pose with the right palm on top of the left palm facing in at the heart center flat against the chest. Sit straight, close the eyes and chant or listen to the music.

## Yogic tip

Rhythmic, unforced, graceful and free movement relaxes the entire body and releases the tensions we store in the body from our daily emotions. All emotional traumas leave their signature of tension in the body. If these areas of the body are not relaxed, the chronic stress can lead to physical and mental imbalances. Put on any selection from the Healing CD. Stand straight with arms completely relaxed. Close the eyes. Feel any tension in each part of the body and consciously let it go. Next begin to sway and move every part of the body. Dance gracefully feeling the easy movement of each body area. Continue as long as you enjoy it.

## Ra Ma Da Sa Sa Say So Hung

### The Chants

This mantra is a well-known healing mantra in Kundalini yoga, known as the Siri Gaitri mantra. It has the 8 sounds of Kundalini in it and is a combination of the earth and ether. Ra

is the sun, Ma the moon, Da is the earth, Sa infinity, Say is the totality of infinity, So Hung means "I am thou". Ra Ma Da Sa is the earth mantra. Sa Say So Hung the ether mantra. Sit and sing with it with a full breath.

## Mera Baid

This is a poem written by Guru Arjun, the 5th Sikh teacher, in the 17th century. It is known to have healing properties. In it he talks about how his healer is the Guru, the '*Lord of the world*' (Govinda). The Naam '*sound current*' Har Har he puts in the mouth. In this he is saying that by him being given the mantra '*Har*' to chant it has given him liberation from earthly suffering. '*Har*' you can chant yourself by pulling the navel point and rolling the '*R*' slightly with the tongue hitting the upper palate behind the teeth. Try doing it as you walk with each step as a walking meditation.

*transliteration*

janam janam kay dookh nivaarai,  
sooka man saadhaarai.  
darshan bhayat hot nihaalaa  
har kaa naam beechaarai  
mayraa baid guru govindaa,  
har har naam aukhadh mukh dayvai  
kaatai jam kee fandhaa  
samarath purakh pooran bidhaatay  
aapay karnaihaaraa  
apunaa daas har aap ubaari-aa  
naanak naam adhaaraa

*translation*

The pains of birth upon births are  
done away with.  
The dried up soul is rejuvenated.  
Receiving his Darshan (sight of) one is  
blessed, And one dwells on the name  
of the Lord.  
My doctor is the Guru, the Lord of the  
world.  
The Naam, Har, Har, is the cure;  
all which he has put in my mouth  
He has cut away the noose of death.  
The all powerful perfect Lord God,  
the designer of our destiny, is himself  
the doer of all.  
His own slave , the Lord Himself saves.  
Nanak takes the support of the naam.

### **Guru Ram Das chant**

*Guru Guru Wahe Guru,  
Guru Ram Das Guru*

This is the personal mantra of Yogi Bhajan given to him by Guru Ram Das in his astral form on the fourth ether. It is to bring to the self a meditative peace, mental and physical relaxation, and protection. It also channels healing energy.

### **Wha Yantee**

wha yantee kar yantee, juga dut patee,  
adik it whaha brahma deh tresha guru,  
it wahe guru.

#### *translation*

Great macroself, Creative self, All that is  
creative through time, All that is the  
great one,

Three aspects of G O D

(Generator, Organizer, Destroyer),

Brahma, Vishnu, Mahesh

That is Wahe Guru.

This is a mantra proceeding from the teachings of Patangali. Patangali was an ancient yogic master and scribe who wrote down the basic precepts of yoga for posterity somewhere around the 4th century A.D.

**Ra Ma Da Sa Sa Say So Hung 16:03**

Mata Mandir Singh Khalsa  
*Acoustic Guitar, Vocals Harmonium*  
Guru Das Kaur  
*Vocals*  
Ishvara Chandra Das  
*Clay Drum*

**Mera Baid 16:26**

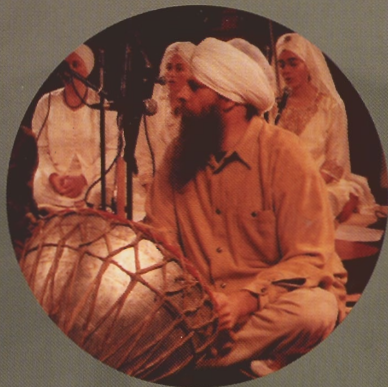
Mata Mandir Singh Khalsa  
*Acoustic Guitar, Vocals*  
Michael Benedik  
*Classical Guitar*

**Guru Ram Das 15:35**

Mata Mandir Singh Khalsa  
*Acoustic Guitar, Vocals*  
Hari Shabd Singh  
*Mandolin*  
Sat Deva Kaur  
*Banjo*  
Guru Das Kaur  
*Vocals*

**Wha Yantee 15:40**

Mata Mandir Singh Khalsa  
*Acoustic Guitar, Vocals*  
Guru Das Kaur  
*Vocals*  
Katinka Boef  
*Silver Flute*  
Ishvara Chandra Das  
*Percussion*



For more information about Naad yoga  
and the latest CD releases,  
visit our website:

[www.yogaofsound.com](http://www.yogaofsound.com)

For more information about Kundalini yoga  
and finding a teacher near you,  
visit the website of IKYTA:

[www.kundaliniyoga.com](http://www.kundaliniyoga.com)

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