



The Practice of Nada Yoga: Meditation on the Inner Sacred Sound

Baird Hersey

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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 author provides detailed exercises to guide you through each level of sound and instructions for a daily nada yoga meditation practice.

Hersey explains that by focusing our minds on this internal sound we reunite our essential self with the eternal and infinite. In this re-union we find bliss in both body and mind, an uplifted spirit, and heightened states of consciousness.

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Lorenzo Brown:

Spent a free time for you to be fun activity to try and do! A lot of people spent their spare time with their family, or their own friends. Usually they carrying out activity like watching television, going to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Could be reading a book might be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to test look for book, may be the publication untitled The Practice of Nada Yoga: Meditation on the Inner Sacred Sound can be great book to read. May be it is usually best activity to you.

Robert Thompson:

A lot of people always spent their very own free time to vacation as well as go to the outside with them family or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity here is look different you can read a book. It is really fun for yourself. If you enjoy the book that you just read you can spent 24 hours a day to reading a guide. The book The Practice of Nada Yoga: Meditation on the Inner Sacred Sound it is extremely good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. In the event you did not have enough space bringing this book you can buy the actual e-book. You can m0ore quickly to read this book from your smart phone. The price is not to cover but this book possesses high quality.

Robert Russell:

People live in this new day time of lifestyle always try to and must have the spare time or they will get lot of stress from both way of life and work. So , whenever we ask do people have time, we will say absolutely indeed. People is human not only a robot. Then we consult again, what kind of activity do you have when the spare time coming to you of course your answer will certainly unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative throughout spending your spare time, typically the book you have read is usually The Practice of Nada Yoga: Meditation on the Inner Sacred Sound.

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