

Chapter 1 : Heart of Kirtan July - Sivananda Ashram Yoga Retreat Bahamas

Kirtan - Sivananda chant book This chant book, used at the Sivananda Yoga Center in Los Angeles, is intended to assist you in mantra chanting. You will find the words of most of the kirtan that are chanted in our centers and ashrams.

It Explains the meanings of each chant and also includes a Sanskrit transliteration chart to help with pronunciation. With this DVD, filmed in natural surroundings near Delhi, you have the opportunity to learn and practice the 90 minute basic Sivananda yoga class. Use it as a companion to your daily practice and enjoy the benefits of the profound and ancient Indian system of good health and wellbeing. Includes; initial relaxation, starting prayer, kapalbhati, anuloma viloma, Surya Namaskar, leg raises, 12 basic Sivananda postures, final relaxation and concluding prayer. For an active start to a high-energy day! This CD is a useful aid in making yoga part of your daily life. It describes God in a unique manner and has been an inspiration for seekers since time immemorial. This book provides a wonderful overview on all aspects of Yoga and spirituality from A to Z. Chapters on the philosophy, law and dynamics of the power of thought precede those on practical exercises on how to develop the will and rid oneself of negativity. It contains all the techniques for understanding and controlling the mind. Raja, hatha, karma, kundalini, jnana and mantra yoga are all discussed in detail along with the Raja Yoga Sutras of Patanjali. The book contains the key to the most priceless treasure a man can own – intuitive wisdom. Includes black and white and color photographs. A great gift for any season! Swami Vishnudevananda was instrumental in bringing Yoga to the masses in our modern world - not only the physical aspects of Yoga, but also the deeper philosophical and traditional teachings, as well as immersion in "yoga life. Your Home Practice Companion Detailing the essential roles of meditation and breathing exercises, strategies to develop powers of concentration, and in-depth advice on a healthier diet, including more than 40 delicious recipes, Yoga: Your Home Practice Companion will help you achieve a strong, flexible body, mental alertness and inner serenity through the practice of yoga using the Sivanada Yoga Vedanta School method. You will find the words of most of the kirtan that are chanted in our centers and ashrams. We also include some illustrations, pictures, explanations, translations a tables of contents and an index. The sanskrit words are presented as transliteration, rather than devanagari text. Full of recipes as well as advice on fasting, The Yoga Cookbook is for all who care about healthy eating. Containing wheat-free recipes, guidance for vegans, and advice on buying, storing, and preparing the basic ingredients used in yogic cooking, and with special sections on feasts and fasts, The Yoga Cookbook brings this soul-satisfying, healing diet to experienced yoga students and beginners alike.

Chapter 2 : international sivananda yoga vedanta centre | LibraryThing

Kirtan is the singing of God's name with faith, love and devotion. In Sankirtan people join together and sing God's name in unison in a common place, to the accompaniment of musical instruments such as the harmonium, cymbals, and tablas.

Below is a testimonial for this book. A concise guide to Yoga in all of its aspects, healing, mantra, pranayama, asana and meditation as taught by one of the most important Yoga lineages of the modern world, Essentials of Yoga Practice and Philosophy is a helpful resource that all serious Yoga students should keep close by for regular study. Such singing has a benign effect on both the physical and subtle bodies. Chanting kirtan is a devotional practice that helps to uplift the mind, open the heart and bring inner peace. It is the fastest, easiest and most joyful way to achieve peace of mind. The mantras are mystical universal sounds that resonate with our chakras and remove negative energies. So, it is important that we chant so that we can benefit from this powerful healing energy. It is not about our ego or our self, but it is about chanting the name and the glories of God. We need to chant to express our devotion to something higher than ourselves to open our heart. We need to open our heart daily to the Supreme so that we can live in peace and compassion with all. These kirtans are very old chants composed of mantras which have been given to us by sages and saints. They are in the Sanskrit language which is the language of the Gods, a universal language with pure vibrations corresponding to the vibrations of our chakras, our vital, subtle energy centers. The Sivananda Organization uses the method of call and response, where the leader of the kirtan chants first and the rest of the group follows out loud. The musical instruments generally used are the harmonium, tablas, tambourines, and other percussion. To learn to chant, you need only close your eyes, and practice following the sounds, without worrying about how you sound. Beginners can follow along in the Kirtan book, but the book needs to be held so that you can sit erect and connect to the breath. It may be best for you to buy the Kirtan book and CD so that you can bring it home and listen to it daily. Eventually you will pick up the chants, and develop a liking for particular chants that correspond to your own inner vibration. It is a devotional, intuitive approach to meditation and not an intellectual one. Though they are Hindu gods, they are not only for Hindus, but represent the subliminal spiritual archetypes within our minds and personalities. Every one of us resonates on a subtle level with a certain vibration and everyone in reality is divine, but we forget ourselves, and chanting the names of God links us with our true divine nature. The different gods represent the different manifestations of the same Supreme Reality. Our expressions in daily life—and even more, our expressions in spiritual life—differ from each other and are unique. The names or forms are many but God is one. The Yogic approach to spirituality is very tolerant of cultural differences and respectful of traditions. We understand that you might come from a different spiritual background, but please try to take this as an opportunity for you to understand the concept of Unity in Diversity, and open yourself to other ways of finding union with God, whether you call it Buddha, Jesus, Allah, Mohamed, Guru, Divine Mother, etc. This is what Yoga means by Union—Union with all that seems to be different than ourselves. In that union only, we find peace and health.

Chapter 3 : Yoga of Chant Retreat – Sivananda Ashram Yoga Retreat Bahamas

The Sivananda Organization uses the method of call and response, where the leader of the kirtan chants first and the rest of the group follows out loud. The musical instruments generally used are the harmonium, tables, tambourines, and other percussion.

Unity in Diversity Satsang, or company of the wise, through listening to lectures, reading books of Masters, and being in their presence, helps to induce in our mind inspiring and enlightening thoughts which can uplift and change our thinking, creating positive thoughts and inspiration in our minds. These beneficial influences and teachings can come through books, scriptures or, best, through living teachings. Main satsang hall at the Sivananda Yoga Farm. This practice also allows you to use your time for sadhana most effectively. Thus the mind is not saturated and receives a variety of different energies to keep it at a high and positive wavelength. The format of satsang followed by the International Sivananda organization is the same format of satsang taught by Swami Sivananda in Rishikesh. It is composed of: Often times, one of his disciples who has imbibed the teachings will give a discourse on a particular topic of Yoga philosophy and practice. Spiritual teaching is a matter of Guruparampara transmission through a lineage of teachers and disciples and therefore it is the norm that the teachings of the Masters are highlighted, and the present and living teacher acts only as their instrument. By following this spiritual discipline, we preserve the purity of the teaching and avoid personality worship which can corrupt the teachings of the Masters. You can experience the Sivananda satsangs and much more by signing up for a Yoga Vacation which is offered year-round. Introduction to Meditation In classical Yoga, the practice of Yoga is linked intimately with the practice of meditation. It is only through meditation that we can shift our mind into new, helpful grooves, change ourselves deeply, and be aware of the present and our choices, rather than just living conditioned by the past or in the illusive pursuit of the future. Meditation gives us intuitional insights and connects us with a Reality and a Peace beyond the reach of Speech and Mind. That Reality is our own True Self, Sat-Chit-Ananda Existence, Knowledge and Bliss Absolute , which is deeply fulfilling, holding the keys to all answers, without which we will feel empty and purposeless. Meditation is universal, but is especially effective to those who lead a moderate, healthy and Yogic lifestyle. Consider signing up for one of our Beginner Yoga Courses to establish a solid foundation on this path. Meditation is practiced daily at 6: Set aside a special place for meditation – the atmosphere you build up will help still the mind. The room needs to be airy, light, clean and pure with an altar as the point of focus. Choose a time when your mind is free of everyday concerns – dawn and dusk are ideal. Using the same time and place each day conditions the mind to slow down more quickly. Sit with your back, neck and head in a straight line, facing North or East. Assume a comfortable cross-legged posture, hands on the knees in Chin Mudra with the index finger and thumb touching, or with the right hand palm facing upwards on the left palm in the lap. Sit on a blanket or a meditation cushion to alleviate the tension in the hips or the pressure on the ankles. Instruct your mind to remain quiet for the duration of your meditation session. Turn the mind within and let go of all thoughts through autosuggestion. Repeat Om three times, or chant prayers to get your mind ready. Establish a rhythmic breathing pattern – inhaling then exhaling for about three seconds. The breath needs to be rhythmic, silent, comfortable and imperceptible. Slowly let the breath reduce itself down to an imperceptible rhythm. When the breath becomes calm, the mind automatically becomes calm. At first let your mind wander – it will only grow more restless if you force it to concentrate. After a while, if the mind gets distracted, you can gently bring it back to your point of focus or to your mantra. Be gentle and relaxed. Do not fight with your mind. Repetition of a mantra will create new grooves and uplift your mind from the usual patterns of thought. Now bring the mind to rest on the focal point of your choice – either the Ajna or the Anahata Chakra. Once chosen, always keep the same point of focus in order to channel the flow of energy always in the same pattern. This is an inner focus on a certain energy center, and it is not a visual looking that involves the eyes. The eyes are kept closed and relaxed. Applying your chosen technique, hold your object of concentration at this focal point throughout your session. The mind cannot focus without an object. This conscious exercise of concentration will help to counteract the natural distractions of the mind while giving

you what you want. It is true that what you think is what you become; therefore, choose a pure object of focus. The most inspiring thought that would lead you to self-realization is the pure vibration of the name of the divine, a sacred mantra. Om is the sound of unity, the basic vibration of the universe, the sound of your breath itself. Focusing on Om in silence will lead you to a place of contentment and harmony deep within you. Meditation comes when you reach a state of pure thought, but still retain your awareness of duality. After long practice, duality disappears and Samadhi, the superconscious state, is attained. Meditate for half an hour daily, starting with 20 minutes then up to half an hour, once or twice daily. You can learn more by signing up for one of our upcoming Meditation for Wellbeing courses. The Sivananda Yoga Farm is on 80 acres and has many beautiful quiet spots to practice meditation. Benefits of meditation You must experience meditation for yourself. Like sleeping, you can not really teach someone how to sleep, but you can help someone to gather the conditions for meditation to happen. Among the benefits of this practice are: The practice of Yoga asana leads to the practice of Meditation. It is one and the same. To really go deep in this practice you can consider one of our 5 or 10 day Yoga Meditation Certification courses. During the Satsang we practice kirtan chanting for about 30 minutes playing the daily chants and a few select bhajans. Chanting kirtan is a devotional practice that helps to uplift the mind, open the heart, and help us to remember the meaning to our life. It is the fastest, easiest and most joyful way to achieve peace of mind. The mantras are mystical universal sounds that resonate with our chakras and remove negative energies. So, it is important that we chant so that we can benefit from this powerful healing energy. It is not about our ego or our self, but it is about chanting the name and the glories of God. Benefits of Kirtan We need to chant to express our devotion to something higher than ourselves to open our heart. We need to open our heart daily to the Supreme so that we can live in Peace and Compassion with all. These kirtans are very old chants composed of mantras which have been given to us by sages and saints. They are in the Sanskrit language which is the language of the Gods, a universal language with pure vibrations corresponding to the vibrations of our chakras, our vital, subtle energy centers. See the section on Bhakti Yoga to get a more detailed explanation on this method of devotional yoga. Kirtan Chanting The Sivananda Organization uses the method of call and response, where the leader of the kirtan chants first and the rest of the group follows out loud. The musical instruments generally used are the harmonium, tabla, tambourines, and other percussion. To learn to chant, you need only close your eyes, and practice following the sounds, without worrying about how you sound. Kirtan for Beginners Beginners can follow along in the Kirtan book, but the book needs to be held so that you can sit erect and connect to the breath. It may be best for you to buy the Kirtan book and CD so that you can bring it home and listen to it daily. Eventually you will pick up the chants, and develop a liking for particular chants that correspond to your own inner vibration. It is a devotional, intuitive approach to meditation and not an intellectual one. By signing up for a Yoga Vacation you will experience Kirtan twice a day, morning and evening. Though they are Hindu gods, they are not only for Hindus, but represent the subliminal spiritual archetypes within our minds and personalities. Every one of us resonates on a subtle level with a certain vibration and everyone in reality is divine, but we forget ourselves, and chanting the names of God links us with our true divine nature. The different gods represent the different manifestations of the same Supreme Reality. Not everyone has a different way of expressing oneself in daily life, but in spiritual life, we find out that our expressions are different from one another. If you would like to learn more about this philosophy we have upcoming Bhakti and Music retreats that focus on this theme. The names or forms are many but God is one. This logo for the Yoga Farm has the teachings for Swami Sivananda with a person in meditation in the center. Unity in Diversity The Yogic approach to spirituality is very tolerant of cultural differences and respectful of traditions. This is what Yoga means by Union ; Union with all that seems to be different than ourselves. Swami Sivananda says that Yoga is not separate from life but is the spiritualization of all aspects of life.

Chapter 4 : Raghupati " Kirtan chanted by Swami Sivananda | Swami Sivananda

The chant does vary slightly from day to day and this version misses out several optional verses so may not correspond directly to the Sivananda chant book. The audio is of one daily chanting.

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Chapter 5 : Mantra, Kirtan and Stotra: Sanskrit Chants by Sukadev Bretz www.nxgvision.com on Apple Po

Stream Kirtan Sivananda Yoga - Daily Chants by jaya om from desktop or your mobile device.

Chapter 6 : Top 10 chanting (kirtan) albums | Shanta Yoga

Chant with us! Please enjoy this video of the Sivananda Daily Chant, led by Swami Hridayananda and filmed during satsang at the Sivananda Ashram Yoga Retreat Bahamas in March

Chapter 7 : Satsang | Sivananda Yoga Vedanta Center NYC | Yoga

This is a long version of the classic chant led by Swami Sivananda. Full of bhakti and devotion, a nice chant just to listen. For more lectures and kirtans in Swami Sivananda's own voice, please visit www.nxgvision.com

Chapter 8 : Sivananda Yoga Vedanta Centre Geneva

Check out Kirtan - Spiritual Chants for Daily Meditation by Sivananda Yoga Vedanta Centres on Amazon Music. Stream ad-free or purchase CD's and MP3s now on www.nxgvision.com

Chapter 9 : Satsang | Intro. to Meditation | Kirtan Chanting | Sivananda Yoga Farm

Our chant book reflects the inclusiveness of the Sivananda lineage, with a section of chants for each of the main Hindu deities, as well as chants in English and Hebrew. Many of the Sanskrit chants are followed by translations.