

Abstract

When you finish reading sit quietly

eyes closed and just listen

This is the first sentence

All you have to do is

characterize inner transformation

through understanding silence

This practice takes many forms,

including

a friend, a mentor,

guided meditations once per month. In this essay,

I will be synthesizing

my own experience with

sound in order to better understand myself.

Review

Consider [REDACTED] sitting quietly [REDACTED]
[REDACTED] offer [REDACTED]
[REDACTED]
[REDACTED] a cycle of deep [REDACTED] self-reflection. [REDACTED]
[REDACTED] methods [REDACTED]
[REDACTED] theory [REDACTED]
[REDACTED] an intellectual understanding [REDACTED] irrelevant [REDACTED]
[REDACTED] yoga is not an
intellectual pursuit. It is [REDACTED] The discoveries [REDACTED]
[REDACTED] sentiment is echoed [REDACTED]
[REDACTED] philosophy [REDACTED]
[REDACTED] well attended to [REDACTED] 1 [REDACTED]
[REDACTED]
[REDACTED] experience [REDACTED]
[REDACTED]

Practice

Nada

He says,

like

simultaneous joyful expectation

(a)

manual

on the nada

Krishna Das says, Don't

Try. See

See if it works

it does

go deeper.

Mantra

[REDACTED]
practice [REDACTED]
[REDACTED] 10,000 Sanskrit hymns [REDACTED] *Sacred*
Sound [REDACTED]
encapsulates some high [REDACTED] essence [REDACTED]
[REDACTED] of meditative repetition [REDACTED] Some [REDACTED]
know [REDACTED] Ram [REDACTED] Shiva [REDACTED] and [REDACTED]
[REDACTED] Krishna [REDACTED] I [REDACTED] agree with [REDACTED]
[REDACTED] loving awareness [REDACTED]
[REDACTED]

This process takes time.

It may

be difficult

to incorporate your practice. Yet eventually,

magic,

recalibrating our internal system

_____ yoga _____ the experimenter in waves _____

instruments [REDACTED] the
human voice itself.

a collective an

individual as a focal point

leading vibrational experience

that is considered to

go

on

to describe

“the rules of relationship between performer and audience

divisions between logical and intuitive thinking dissolve,

[REDACTED] absorb [REDACTED] self into

artistic practice.

Occasionally, a guided meditation alongside

Sound

emphasis placed “not on [REDACTED] content but on

a pulsing

heartbeat

potential for a trance state to be induced

[REDACTED] a New York City [REDACTED] sound [REDACTED]

traveled the world [REDACTED] Released [REDACTED]

[REDACTED] on vinyl [REDACTED]

_____ to enhance meditation _____

personal [REDACTED] experience can be found on [REDACTED] website. Suggestions [REDACTED]

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include: [REDACTED]
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some incense and

_____ a beautiful collection of gongs _____ Droning

from nowhere melodies are formed

_____ with the wood of the mallet, or

Throughout

my thoughts [REDACTED]

Each time [REDACTED] bringing my mind

back [REDACTED] to [REDACTED]

an interesting mix analysis

individually; focusing on just one instrument

among other points of concentration. Throughout

firmly rooted into the ground beneath me, [REDACTED]

██████████ I meditated in the ██████████

Conclusion

_____ of _____ yoga _____

there is great understanding

[REDACTED] In [REDACTED]

[REDACTED] the [REDACTED] advice: Quit

[REDACTED]

Analysis

mentor, but it wasn't

to deepen.

quotes from which I will intersperse

at 8:30pm.

I have entered the room

excited to transition.

One

created.

on the ceiling,

repeating intervals from the sound system

, gently. I noticed

hitting the ground

props

creatively.

restorative poses

person's mat.

I walked

to the front of the room

to examine

Instruments

tuning forks.

Available

using them

She uses chimes and

I sat up

mind

traditionally a Buddhist

teachers introduce a theme or intention

with an exposition

to wander, to

allow

the sound to flow through.

Throughout

did

you hear?

becoming (a distraction)

analyzing.

analytical.

analysis.

(detailing)

experience

in line with

my intellectual ignorance

a few

Experiential Tidbits

As soon as

(of) excitement

but

thoughts -

misunderstandings, and *raison de très*.

effect on me?

profound thing

bowls...

strike

and

crashing down

rather than being so busy

As

was,

frequency,

swaying in a calm breeze.

other, lazily

that I was

and

the candle-lit room.

eyes gently opening.

I was on my side and [REDACTED] Her form [REDACTED]

radiant, her eyes [REDACTED] smiled. I couldn't believe it was [REDACTED]

[REDACTED] an illusion [REDACTED] there were many more [REDACTED]

[REDACTED] in the room. I felt expansive [REDACTED]

[REDACTED]

[REDACTED] footsteps move [REDACTED] she sang along [REDACTED]

[REDACTED] carrying [REDACTED] Her [REDACTED] beautiful [REDACTED] experience in

[REDACTED] human [REDACTED] shifting [REDACTED] exuded reality [REDACTED]

[REDACTED] Listening to [REDACTED]

different [REDACTED] limitations [REDACTED]

[REDACTED] I took note of [REDACTED] the impact [REDACTED]

[REDACTED] the art [REDACTED] explores this [REDACTED]

[REDACTED] clearing space energetically [REDACTED]

[REDACTED] changing the air [REDACTED] opening a window, burning a candle, [REDACTED]

[REDACTED] ringing a bell. [REDACTED] to reshift [REDACTED]

[REDACTED] intention [REDACTED]

[REDACTED] I asked [REDACTED] for some tips [REDACTED]

[REDACTED]

[REDACTED] In doing so, I [REDACTED] unfold and happen as

They will [REDACTED]

[REDACTED]

The next day, sitting outside facing the sun, I found myself.

The sun was warm on my eyes
and the beautiful sounds of birds
wind
surrounded me. I felt
timeless

I listened intently

When you notice the blank space of this page,
will you listen?