

# **SOBON: The Inner Yajna and Soma Generation in Vedic Tradition**

Dr. Rajat Subhra Mukhopadhyay

Sri Yoga Center, Kunarpur, Sihar, Bankura, West Bengal, India

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## **Abstract**

This paper presents "SOBON" ( ) as a rediscovered yet eternal Vedic discipline that generates Soma-the life-affirming energy of consciousness-through a structured inner Yajna using rhythmic chanting (Japa), Vedic Chanda (metrical patterns), and specific time cycles. Based on the author's 12-year study and practice, the process of Sobon is rooted in the Rik, Yajur, Sama, and Atharva Vedas, and supported by measurable physiological and spiritual outcomes. This paper correlates Vedic references with modern scientific insights on sound and vibrational healing, offering a structured method for personal and universal evolution.

## **1. Introduction**

Sobon is not a modern innovation, but an ancient rediscovery. It appears across the four Vedas and reestablishes the lost knowledge of internal Soma generation. This paper draws from the author's original book (SOBON IN THE VEDA, p. 16) and extensive Vedic references.

## **2. Sobon and Havan: From Outer Fire to Inner Flame**

Traditional Havan involves offerings to external fire, whereas Sobon transforms the same principles into an inward journey using Japa and breath.

## **3. Mechanism of Soma Generation**

Sobon uses Chanda, Stoma, and Sama to regulate vibrational states that yield physiological and spiritual effects.

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### **4. Rishi-Season-Direction Association**

Sobon is performed in specific time cycles (Pratah, Madhyandin, Tritiya) with corresponding Rishis, seasons, and directions.

### **5. Scientific Interpretation**

Sobon harmonizes with neurological patterns, enhancing cognition, hormone regulation, and mental peace.

### **6. Universality of Sobon**

Comparable structures exist in Islam, Christianity, and Buddhism, indicating Sobon as a universal rhythm-based inner practice.

### **7. References from the Vedas**

Yajurveda, Reek, Sama, and Atharva Vedas all refer to Sobon under various names and contexts, often linked with Soma rituals and rhythm.

### **8. Conclusion**

Sobon revives an ancient technique for inner Soma generation and connects the practitioner with the Supreme Soul.

### **References**

1. Mukhopadhyay, R. (2020). SOBON IN THE VEDA. Sri Yoga Center.
2. Yajurveda (Bhutestaka, p. 634)
3. Reek Veda (Mandala 3, 9)
4. Sama Veda (Khanda 3-4)

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5. Atharva Veda (Kanda 6, 11, 20)

## Sobon Timing Table and Associations

Time Cycle	Associated Rishi	Season	Direction	Sound Pattern (Chanda)
Pratah (Morning)	Vishwamitra	Vasanta (Spring)	East	Gayatri
Madhyandin (Midday)	Vamadeva	Grishma (Summer)	South	Trishtubh
Tritiya Sandhya (Even)	Atri	Sharad (Autumn)	West	Jagati
Midnight	Bharadvaja	Hemanta (Winter)	North	Pankti