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.

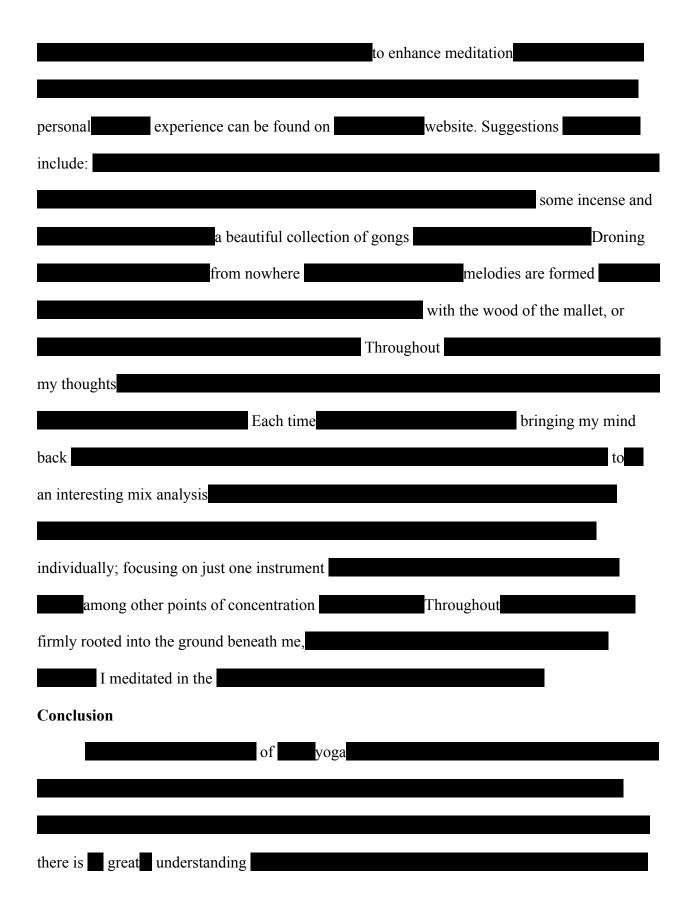
Review

Consider		sitting quietly
offer		
	a cycle of deep	self-reflection.
	methods	
		theory
	an intellectual understanding	irrelevant
		yoga is not an
tellectual pursuit. It is	The discoveries	
	sentiment is echo	ed
	philosophy	
well attended	to	1
experience		
Practice		
ada		
e says,		
ke		
multaneous joyful expectation	on	(a)
anual		
n the nada		

Krishna Das says, Don't	
Try. See	
See if it works	
it does	
go deeper.	
Mantra	
practice	
10,000 Sanskrit hymns	Sacred
Sound	
encapsulates some high	essence
of n	neditative repetition Some
know	Ram Shiva and
Krishna I agree with	
	loving awareness
This process takes time.	It may
be difficult	
to incorporate your practice. Yet eventually,	
magic,	
recalibrating our internal system	

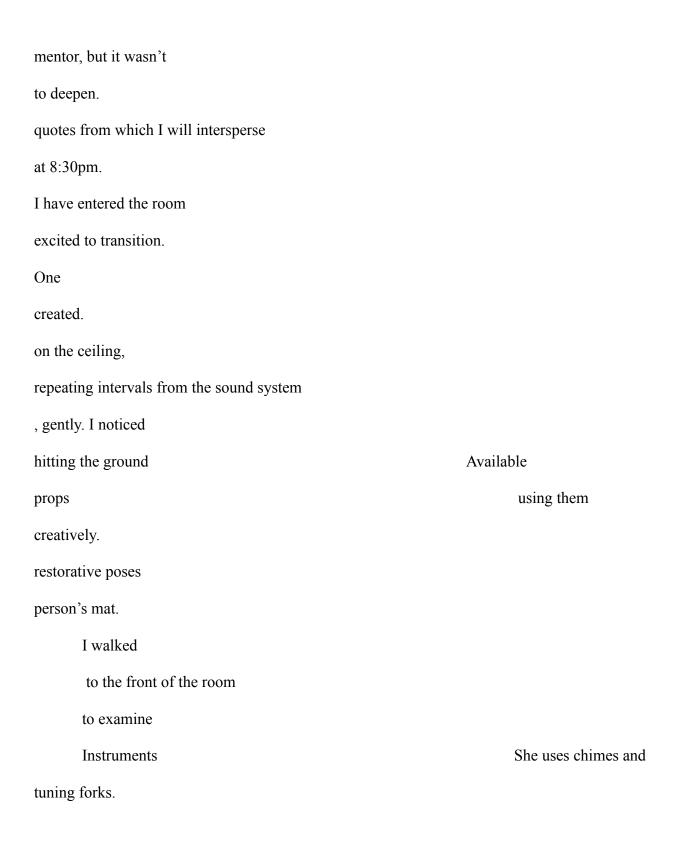
their teachings are not just
within our body
Over time, they will take up residence in our heart
their profound teachings
within
every time
we step off our mat
The sound of Om
The word expressive of Ishvara
To repeat it with reflection upon its meaning is an aid.
Om
AUM
$A \mid U \mid M$
Om
the unstruck sound
Sound
Another method is sound is Sound is
yoga the experiencer in waves

instruments	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,
absorb self into	
artistic practice.	
Occasionally, a guided meditation alongside	
Sound	
emphasis placed "not on content but on	
a pulsing	
heartbeat	
potential for a trance state to be induced	
a New York City sound	
traveled the world	Released
	on vinyl



		In
	the	advice: Quit
•		

Analysis



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I sat up
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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 três.		
effect on me?		
profound thing		
bowls		
strike		
and		
crashing down		

rather than being so busy	
As	
was,	
frequency,	
swaying in a calm breeze	L.
other, lazily	
that I was	
and	
the candle-lit room.	
eyes gently opening.	
I was on my side and	Her form
radiant, her eyes	smiled. I couldn't believe it was
	an illusion there were many more
	in the room. I felt expansive
	footsteps move she sang along
carrying	Her beautiful experience in
human	shifting exuded reality
	Listening to
different	limitations
	I took note of the impact
the art	explores this

clearing space energetically
changing the air opening a window, burning a candle,
ringing a bell. to reshift
intention
I asked for some tips
In doing so, I unfold and happen as
Th y will

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?