

## Mantra/Meditation and Triple-Gong Bath



"Every element of the universe is in a constant state of vibration manifested to us as light, sound and energy. A person can tune his or her own consciousness into the awareness of that totality with the use of a mantra. By vibrating in rhythm with the breath to a particular sound that is proportional to the creative sound or sound current, one can expand one's sensitivity to the entire spectrum of vibration. It is similar to striking a note on a stringed instrument. In other words, as you vibrate, the universe vibrates with you." Yogi Bhaijan

"Naad" is the essence of all sound — the vibrational harmony through which the Infinite can be experienced. "Naad Yoga" is the science of Naad based on the experience of how sound vibrations affect the body, mind, and spirit through the movement of the tongue, the mouth, and changes in the chemicals in the brain.

The "Shabd" is the sound current or vibration that dissolves that part of the ego which obstructs the truth, and prevents us from perceiving and acting from our authentic Self.

The "Shabd Guru" is a quantum technology of sound which directly alters our consciousness through the power of Naad. The Shabd Guru is sound current as teacher because it removes the constrictions and distortions of the ego.

**Join us for this *Triple-Gong Meditation* — first time ever offered in NW Arkansas. Saturday, February 11, starting at 1:30 and only \$10/person. RSVP please as space is limited.**

**[www.arkundalini.com](http://www.arkundalini.com) or [www.rabboar.com/studio](http://www.rabboar.com/studio)  
(479) 621-8003 or email [pamela@rabboar.com](mailto:pamela@rabboar.com)**