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presented both in the book and on accompanying downloadable audio tracks, Russi For thousands of years Hindu spirituality has understood the profound effect that sound has on our well-being.

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Throughout yoga's

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history, sound was used not only as a form of spiritual self-expression and communication, such as in mantric speech, but also as a form of sacred perception. Through a combination of practice, experience, and understanding, you can tap into the authenticity of this ancient tradition, as you

**The Yoga of Sound**  
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said: Believe nothing  
because a wise person  
said it, Believe nothing  
because it is generally  
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## **The Yoga Of Sound Tapping The Hidden Power Of Music And Chant**

Yoga calls it 'Shabd  
Brahman' or God as  
sound/vibration. It  
advocates that by  
meditating on Aum,  
one can reach subtle  
levels of  
consciousness, those

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that have the ability to  
unite one with the god.  
While the reason why  
our brain loves this  
sound is still continuing  
to elude scientists.

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“Naad” is the essence  
of all sound — the  
vibrational harmony  
through which the  
Infinite can be  
experienced. “Naad  
Yoga” is the science of

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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.

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