

# Nada Yoga

Collected and edited by Swami Janakananda

***Nada Yoga is about sounds. It is the knowledge of the quality of sounds and the way they affect people. We have sounds that are coarse and sounds that are fine. The finest sounds we hear in the mind. In yoga we call them *the inner sounds*.***



In 1969 Swami Satyananda and I visited an ashram at Bhaganpur in Bihar, India. A yogi had settled there who specialised in Nada Yoga. I remember there were big paintings there of meditating figures with rainbow auras painted around them. The different colours illustrated different levels of consciousness and their corresponding inner *Nada* (sound).

The reason why this yogi ...

had established an ashram exactly there was because the area, which was situated somewhat outside the city, had earlier belonged to the military. The soldiers had dug deep underground corridors and tunnels which reached all the way to the town. There were caves or day rooms connected to these corridors deep under the ground and it was those caves which attracted the yogi. Here you could sit and meditate without hearing a sound from noisy India. In return, you could concentrate on the inner sounds.

In the total silence down there, I experienced how the sounds really stood out.



































