

# Yoga Spirit Academy E-zine

Healing body, mind and spirit  
with the wisdom of Yoga, meditation and Ayurveda

May/June 2018

Volume 11, Issue 3

## Chanting Meditation

By Janet W. Parachin

This is part three of a six-part series on Meditation. Earlier articles on "Sitting Meditation" and "Walking Meditation" can be found at <http://yogaspiritulsa.com/Newsletters>. We're becoming aware that there are so many different ways for people to meditate! I have always loved music and melody, so exploring chanting and mantra felt very natural to me. In my studies, however, I learned that chanting and mantra have very little to do with music. Even if you're nervous about singing, chanting may be right for you.

Chanting is about vibration. Anything that is in motion has a frequency at which it vibrates, from refrigerators and hair dryers to the human body and plant life. The universe also vibrates, expands and contracts. Scientific readings can measure these vibrations everywhere. The faster the movement, the louder the sound, the faster the vibration. The slower the movement, the quieter the sound, the slower the vibration.

For example, take a moment to compare a refrigerator to a plant. Which one is vibrating at a higher frequency? Does this make it more relaxing or more frenetic? Now envision a world full of items vibrating at high frequency. Is this world more calm or more frenetic?



We can experience this in a practical way by taking a walk in nature. The slow vibrations of the trees, flowers, butterflies and birds create a sense of calm within us. Later, when we're walking down a busy street with people rushing by, fast cars and sirens, we can truly appreciate the difference.

The most sacred of all mantras in Sanskrit is the syllable OM. If you chant it quietly to yourself you notice that it is a humming sound. The Vedic teachers tell us that the ancient rishis (learned ones) could get so quiet in their meditation that they could hear a consistent hum in nature. They began to hum

along in the form of OM. And modern scientists have confirmed the truth of this experience: whether they send listening devices into deep outer space or into the ocean depths, the sound that returns is OM.



When we chant OM we align our energy with the energy of Universe and with every being above and below.

Most chants are in Sanskrit. Some include actual words which draw upon various energies we hope to enkindle within ourselves. For example,

OM SHRIM MAHALAKSHMIYAI NAMAHA – abundance

OM GUM GANAPATAYEI NAMAHA – removing obstacles

OM NAMA SHIVAYA – clearing away illusions

Other Sanskrit chants cannot be translated because they are powerful sounds that vibrate with particular energy centers in the body, such as the seven mantras for the seven chakras that sit along the spinal column: LAM VAM RAM YAM HAM KSHAM OM (the short a is pronounced "uh")

### SO HAM MEDITATION

My favorite chant to practice and teach is SO HAM (pronounced soh-hum). This chant vibrates with the breath to bring the human body in harmony with the breath (expansion and contraction) of the Universe. If you listen *continues on page two*

Yoga Spirit Academy  
200-hour and 300-hour yoga teacher training  
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## Advanced Pranayama and Meditation

Our next 50-hour advanced teacher training course will meet May 19-20, June 16-17, July 28-29, with an August 18 make-up day. Students can miss one weekend or two days and make it up on August 18. This course goes beyond the basics of pranayama and meditation to delve into more complex forms and to enable teachers to expand their own personal practice and lead others in the practices. Topics include: instruction in the Bhagavad Gita, breathwork and meditation for physical healing, chakras, mantras, aromatherapy and gemstones. For more information and to register

<http://yogaspirtulsa.com/Training-Workshops/Advanced-Training>



## Chanting Meditation *continued*

carefully, you'll notice that your breath makes the sounds "soh" on the inhalation and "hum" on the exhalation. Sit or lie down with a long, aligned spine and meditate on this mantra for 5-10 minutes, hearing "soh" on the inhalation and "hum" on the exhalation. You'll arise refreshed, relaxed, calm and at peace knowing that you are supported by the powerful, pulsating energies of the Universe.

## Anatomy for Yoga

**June 23, 24, 30 and July 1 from 1:00-6:00pm**

\$300 for the 20-hour course (or \$150 discount tuition for those who have taken it before)

This will be Janet's 11<sup>th</sup> year to teach this exploration of the anatomy and physiology of yoga. Explore back bending, forward bending, twisting and a variety of seated and standing poses from the perspective of anatomy. Includes lecture and lots of hands-on experience.

<http://yogaspirtulsa.com/Training-Workshops/Yoga-Anatomy>

### SAVE THESE DATES

**August 3-4 Meditation and Tibetan Yoga with Tashi**  
See [www.TulsaYogaMeditationCenter.com](http://www.TulsaYogaMeditationCenter.com) for more information

**October 26-28 Texas Yoga Retreat**  
See <http://texasyoga.com/> for more information

### CALENDAR

May 19-20 Advanced Pranayama and Meditation

June 9-10 Yoga teacher training weekend

June 23, 24, 30 and July 1 Anatomy for Yoga

July 21-22 Yoga Teacher training weekend

*For more information please visit our website*

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