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The Guru-Free Guide to Nada Yoga: Sound Current Meditation for the Rest of Us

Bennett Kobb

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Nada Yoga, also known as Shabd Yoga, is sound current meditation, with uplifting effects on mood, dreams and spiritual vitality.

In the 1980s, Apple, Inc. introduced its Macintosh as "the computer for the rest of us" – meaning that ordinary people without technical knowledge could use it. By emphasizing simplicity and usability, Apple and other innovators were able to liberate the power of computing from the clutches of specialists.

This book aims in a similar way to make accessible a basic version of Nada Yoga, also known as Shabd Yoga – in English, Sound Current Meditation.

Written for the independent-minded seeker, this book distills the ancient technique of Nada Yoga to its essentials. The practice does not require initiation, contemplation, visualization or difficult physical postures. It won't ask you to spend hours watching your breath, thinking magical words or making mental pictures of bearded men in turbans.

Some practices which claim to be Nada Yoga are actually singing, chanting or listening to musical instruments. In contrast, this book concerns the so-called unstruck sound not produced by the vibration of objects in air. Classical Yoga recognizes this method, but it remains little known in the West.

The Sanskrit word Nada or Nad refers to flow, while Shabd refers to sound, word or speech. The Sound Current has been called a signal from the Cosmos, the sound of silence, the Word, and the Audible Life Stream. It certainly seems to come from a distant power source, linked in some mysterious way to the energetic core of being.

The Guru-Free Guide to Nada Yoga is the essential guide for anyone seeking personal growth, an uplift in mood and spiritual vitality.

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