Nada yoga

- Nada yoga is an ancient Indian metaphysical system. It is equally a *philosophical system*, a *medicine*, and a *form of yoga*.
- The system's theoretical and practical aspects are based on the premise that the *entire cosmos* and all that exists in the cosmos, including human beings, consists of *vibrations*, called n?da.
- This concept holds that it is the *energy of vibrations* rather than of matter and particles which form the building blocks of the cosmos.
- Nada yoga is also a reverential way to approach and respond to vibrations. In this context, *silent vibrations of the self (anhata)*, sound and music (ahata) carry a spiritual weight more meaningful, respectively, than what sensory properties normally provide. Silent vibrations of the self (anahata) and Sound and music (ahata) are considered to play a potential medium/intermediary role to achieve a deeper unity with both the outer and inner cosmos.
- Music has been used by most Indian saints as an important and powerful tool in the quest for the achievement of nirvana; notable names to be mentioned here include Kanakadasa, Thyagaraja, Kabir, Meerabai, Namdeo, Purandaradasa and Tukaram.
- **Naad** is considered to be the basis of music and also as the basis of the energy in self.
- Naad reaches its crescendo or Brahmnaad when we regulate our inner energy through yoga and music.
- This is the reason that both music and yoga have the power of meditation and motivation, both are immense sources of energy, the Prime Minister added.
- Prime Minister said, music has not only been a source of happiness, but also a means of service and a form of penance.