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 (ananta), sound and music (ahata) carry a spiritual weight more meaningful, respectively, than what sensory properties normally provide. Silent vibrations of the self (ananta) 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.