

Listening Within

The ability to hear inwardly can be developed through meditation. This ability to listen within can be a source of rich insight—indeed, the deepest form of listening (sruti) enables you to actually hear your transformational mantra resonating.

Meditators typically begin senses meditation as a “felt sense.” They feel their way into deeper states of awareness, without seeing or hearing the content of their inner vehicles of consciousness.

After some time, this experience becomes augmented by the appearance of inner sound. This initial appearance of inner sound takes different forms, among them:

- You may hear a high frequency sound that seems to change as your attention moves into different vehicles of consciousness. This is what we call vehicular Nada.
- You may hear a mysterious tone that hangs in the air; different people report that this variously sounds like “OM,” “MU,” “HU,” or “AH.” This is called the Akash Bani, the sound that is audible in the ethers.
- You may hear series of melodic notes or tones that appear blend into one another. This is called the Shabd Dhun, or the inner melody of the Nada. This stage occurs when your spirit has opened the channels of the Nada: you are hearing the tones of the Sound Current upon the spirit’s path.
- You may hear a distinct tone that enables you to detect or discern your attentional principle, your spirit, or your Soul. Focusing on this sound enables you to directly place your attention on these spiritual essences.
- If you are able to contact the form of your spiritual guide within, you may become of a sound that radiates through that form, which seems to emanate in the distance. This

is the Sound of the spirit's origin that resonates through the form of the Guide.

- In time, you will hear the sounds corresponding to each octave of being, and will detect distinct tones for the Soul Spark, the Soul, the Monad, the Astral Soul, the Supracosmic Soul, and each of the ensouling entities of the Transcendental Sphere.
- At the deepest stage of listening, you will be able to hear the transformational mantra resonating within yourself and within others. This is called sruti.

Overcoming Spiritual Deafness

Many aspirants complain that they cannot hear anything inside. This is not normally the case, as aspirants tend to ignore the fact that they do hear their thoughts; the voices of their memories, emotions, and passions; and the quiet inspiration of intuition. This hearing “within the personality” is the precursor to the deeper hearing that occurs during meditational absorption.

The other thing that aspirants overlook is the track their attention takes when it goes inside. The attention can be absorbed in the current of light, sound, nectar (the combined currents of taste and smell), tactile “feelings” (the “sinking deeper into bliss” that beginning meditators experience), or the current of breathing.

If they follow the light path, for example, their experience will be largely visual; if they follow the path of breathing, they will drift into deeper states of awareness on the pranic current. So to listen within, aspirants need to consciously focus on the path of sound within.

In our meditation today, we will explore what you do hear within.



Listening Exploration

Exercise One – Physiological sounds

Focus your attention on the deep sensations of your physical body. Listen to the sounds of your circulation, breathing, and heartbeat.

Exercise Two – Listening to the emotional stream

Focus your attention on the feeling center of the Conscious mind (emotional seed atom). Listen for the “voice” of your emotions. What are you emotions telling you?

Exercise Three – Listening to thinking

Focus your attention on the thinking center of the Conscious mind (Reason, or mental seed atom). Listen to the “voice” of your thoughts. What are you thinking about?

Exercise Four – Listening to your ego

Focus your attention on your ego. Notice the ego’s “inner dialog” that is going on. What issues or items is your ego processing?

Exercise Five– Listening to your Preconscious

Focus your attention at the preconscious “doorway” to the Subconscious. Do you hear any memories or impressions that arise at this level? What are they?

Exercise Six – The doorway to the Subconscious

As your attention moves on the sound path, you come to an inner door. Note the location where this door is. Check in to recognize the different “steps” on this current of sound that passes through your Conscious mind.

Exercise Seven – The sounds of the Subconscious chakras

Move your attention through the portal of the Subconscious mind, the five zones of the temporal band (present time in memory, first conscious memory, birth, conception, and eternity), and move to the spiral at the base of the track through the chakras.

Follow this track with your attention, noticing any sound or tone that is present as you move to (a) the origin of the spiral in the perineal center [kanda], and (b) the chakras at the base of the spine, navel, solar plexus, heart, throat, medulla, and point between the eyebrows.

Exercise Eight – The sound of the Attentional Principle

Continue to follow the path of sound with your attention, until you unite with the attentional principle. Listen for any sound that appears to emanate from your attentional principle.

Exercise Nine – The sound of your spirit

Move your attention upward along the current of sound until you reach the pineal center. Slip slightly beyond this center until your attention is in the current of the Nada. Listen for any sounds that arise in this current. Notice if at the depth of this opened current you can sense the “resonance” of your spirit.

Make a note of this sound. When you do your Nada Yoga practice, focus on this resonance.

Exercise Ten – The sound of your Soul

Move your attention up to the brain chakra of the Subconscious mind. Hold your attention at this center. Notice any sound associated with this center.

Mentally chant “UM.” As you do this, you will resonate the higher octaves of the reflections of your Soul. Chant until you sense the presence of your Soul. Listen and note any sound that appears to be emanating from your Soul or its reflections.

Bring your attention back down to the brain chakra of the Subconscious mind.

Exercise Eleven – The sound of your Self

Follow the track of sound up to the presence of your Self. What is the sound your Self makes?

Exercise Twelve – The Cosmic Sound

Consider the nature of the inner horizon towards which your Soul travels. What is on that horizon? Is it the physical universe? Is it the Universal Mind? Is it some form of God? Listen... what sound does that Source make?

Exercise Thirteen – Differentiating the levels of sound within you

As you come back from meditation upon the Cosmic Source, make a mental note as your attention comes back from the depth of your meditation:

“This is the Cosmic Sound”

“This is the sound of my Soul”

“This is the sound of my spirit”

“This is the sound of my Self”

“This is the sound of the brain chakra”

“This is the sound of chakra at the point between the eyebrows... the medulla... the throat... the heart... the solar plexus... the navel... the base of the spine... my perineal center...”

“This is the sound at the doorway of my Subconscious mind”

“ This is the voice of my ego”

“This is the voice of my Reason”

“This is the voice of my Feeling center”

“These are the sounds within my body”

“These are the sounds of the external world”

Pratyahara

Pratyahara means withdrawal of the sensory currents. You can withdraw the current of vision through the light channel. You can withdraw the current of hearing through the sound channel. You can withdraw the currents of smell and taste through the nectar channel. You can withdraw the tactile sensations of your skin through the feeling current, which is commonly accessed through the breath.

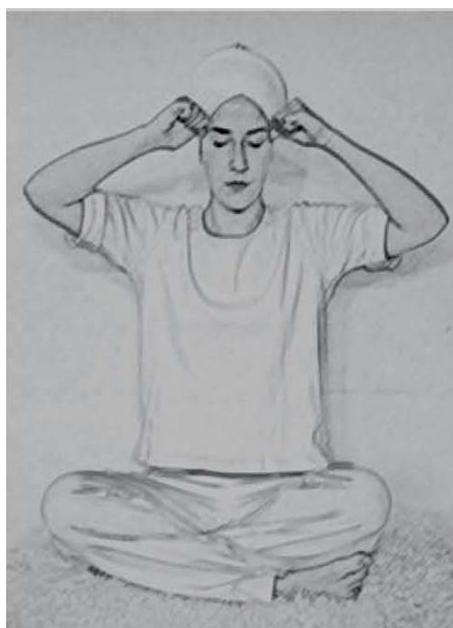
We teach two methods for Pratyahara called Jyoti Laya and Shabda Laya in the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program (AMP).

Those of you who are currently studying the AMP or have completed either of these courses may wish to review these techniques, and notice how these methods track your attention into either the Light or Sound channel.

Your objective will be to be able to consciously move your attention at will through the light channel, which will begin to activate your inner vision; and through the sound channel, which will begin to activate your ability to hear within.



Jyoti Laya



Shabd Laya

Thank you for attending our webinar today!

