

bringing with it intuitive knowledge, visions, colours and waking dreams, and *Anandamaya kosha*, the bliss sheath.

3. Time in silence for reflection (5-10 mins)

Students continue to lay out in *shavasana* with eyes closed in a peaceful atmosphere.

4. Group dialogue interspersed with group Sounding (90 mins)

Students sit up and group dialogue is entered into between students and myself. This dialogue is participant driven, exploring what has just happened within, and plays a key role in helping people recognise their experiences as normal, relevant, and useful for making practical life choices. This group dialogue is interspersed with group Sounding, as students begin to explore their relationship with self through the voice.

The importance of the shifting into *Vijnanamaya kosha* and *Anandamaya kosha*, however briefly, cannot be underestimated. The West is deeply preoccupied with the *Manomaya kosha*, giving high IQ and intelligence pride of place. The (lower) mind has become a master rather than a tool, and that spells trouble. Yoga philosophy and practice, however, reveal the limitations and dangers of remaining in that level of consciousness, and consequently within habitual and distorted thought and emotional patterns. Hence, trapped in the wheel of suffering. Identifying with these limitations, means that many students are unaware of their own depth and uniqueness that is found in other levels of consciousness such as *Vijnanamaya kosha* and *Anandamaya kosha*. By feeling the consciousness shifts in the 'Yoga of Sound' process, students are given a clue to their potential and this clue is a very powerful agent in accessing the necessary motivation to engage with other areas of practice.

If you are interested in attending group work, or setting up a group in your area, you can contact me at:

russell.stone1@ntlworld.com

01730 895635

I also give one-to-one sessions for those who wish to explore in more depth.

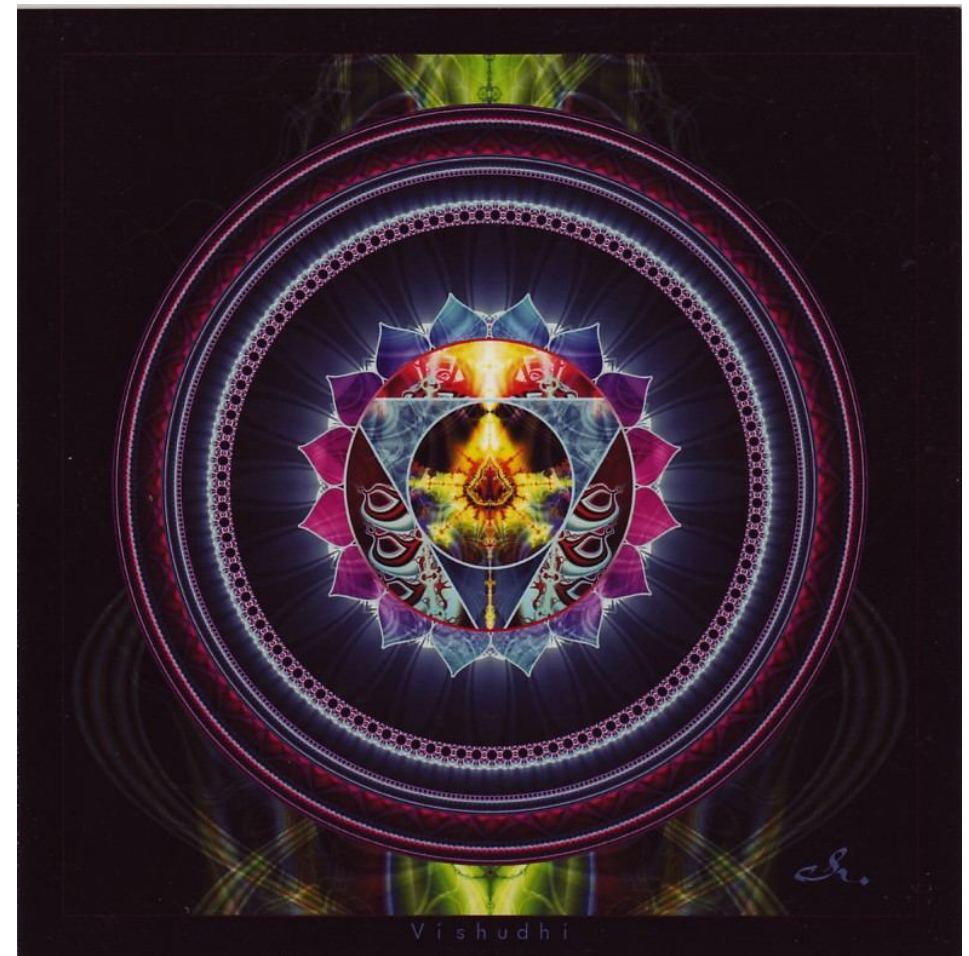
For group schedule please go to:

www.yogaofsound.co.uk

The Yoga of Sound

An exciting new development in the use and practice of contemporary Nada Yoga

Russell Stone



Vishuddhi Chakra – Illustrator Aurelien Floret

The term Yoga is a very broad umbrella indeed, under which many different practices have been developed. This is an exciting time as the Western cultures' involvement with Yoga deepens. We in the West who are drawn to Yoga, embrace it with passion and in that passion is the possibility and reality of transformation. Yoga has been re-energised and taken back to the East, enhancing a tradition that is absolutely rock solid having been established over millennia by countless, named and unnamed yogis, who have given their lives to the wellbeing and growth of others through their systematic research into themselves.

My own contribution to that re-shaping is in the area of sound, Nada Yoga.

My reading of the available literature, around the use of voice, both from the East and the West reveal the split in mindset between the two cultures. The West seems to be mainly concerned with vocal techniques delivered by a facilitator to her/his students in order to assist better vocal performance, how to sing. The East is more concerned with inner processes, regarding the Arts as tools to train the mind with the specific aim of spiritual growth.

This is a broad statement and I am aware that there are exceptions to this in both cases but the general trend is there.

I am firmly with the Eastern mindset in using the voice to help retune the mind. To replace imbalance with harmony, lack of trust in self with love, and perceived ugliness of self with beauty.

One principle that is agreed upon by both East and West is that music and chant are very powerful tools in the right hands. My experience during the development of Yoga of Sound has very much confirmed this as I see evidence in each session of the depth that students are touched by the use of the voice as a facilitator of inner change.

My name is Russell Stone (MA., Dip. Couns., Cert Ed., IYN). The facilitation of 'Yoga of Sound' involves, in equal measure, my three core disciplines, music, psychotherapy/counselling and Yoga.

Music:

I was a session singer for 30+ years, working in theatre, cabaret, TV, radio, touring with bands, doing jingles and films. I was also a songwriter and had a worldwide hit in mid 70's with 'We Do It,' as R & J Stone.

Counselling/Psychotherapy:

I am an integrative counsellor and transpersonal psychotherapist. I have had a private practice for 11 years and also run groups in many different locations and settings in the UK and Europe.

Yoga:

I am registered with the Independent Yoga Network as a Nada Yoga Teacher (The Yoga of Sound). I am also developing a transpersonal model of psychotherapy based on Yoga philosophy.

Integrating these three disciplines into a healing process, has been an unfoldment that isn't to be found in any training manual. I had not planned this, it literally unfolded

before me, one step leading, it now seems, inexorably to another. This integration has been, and remains, a powerful challenge, but the rewards are huge. Seeing shifts and growth in students is a most rewarding experience.

What happens in a Yoga of Sound Workshop?

'Yoga of Sound' uses Yoga Nidra and contemporary Nada Yoga to help students relax the rational/conceptual mind. This is achieved with sensitive vocal music improvised by me accompanying myself with a shruti box. Therapeutic conversations are then used to help students integrate their experience of each 'Sounding' and address their current and core life concerns if they wish to. Each session is approximately 2 hours long and consists of four elements:

1. Introduction (5 mins)

I explain the structure of the session.

2. Guided Relaxation (Yoga Nidra) and Sounding (Nada Yoga) (30 mins)

- a. Guided relaxation sequence (Yoga Nidra 10-15 mins): The talking section is a systematic method of facilitating physical, mental and emotional relaxation while people lay in *shavasana*. It also raises awareness of self via the body and breath, which assists in bringing a measure of calm and relaxation to the over-active mind. The language used helps people to experience relaxation of muscular tensions, persistent emotional tensions, and habitual and compulsive thought patterns (in particular, preoccupation with past and on-going events and relationships - the *klesas*).
- b. Musical sequence (Nada Yoga 10 mins): What was begun in the talking section is now deepened by the students experiencing another human being singing softly and gently to them. This unique way of singing, Sounding, is improvisational, without words and has a large component of lullaby within its structure. This way of using the voice was originated during my MA research in transpersonal Counselling and Psychotherapy, looking into the effects of the voice on the mind-body-spirit complex.

There have been a broad range of responses during this from students, such as:

- i. experiences of colours and lights
- ii. insights into self
- iii. waking dreams
- iv. a sense of joy as emotional tensions ease
- v. a huge sense of freedom and calm as mental activity ceases

The above indicates shifts from the *Manomaya kosha*, the instinctive mind where habitual patterns are located, into *Vijnanamaya kosha*, the higher wisdom sheath,