

Saraswati's Pearls:

Dialogues on the Yoga of Sound



"MUSIC IS LIFE AND ALL LIFE IS MUSIC!"

If life is the non-stop interaction between the internal and external environment of every *jiva*, then music is indeed life itself. Every breath we take resonates with the *ajapa japa (hamsa sohum)* and every biological rhythm of our body, mind and emotions is but a manifestation of the interconnections, we as the microcosm share with the universal, cosmic macrocosm. The state of being induced by music is indeed a state of *dhyana*, even a state of yoga and it is verily true that, "music is external meditation and meditation is internal music". Through music we can lose ourselves, lose all the *anatmasu* (identities of the non-self) thus truly finding our Self (*atma khyati*). This is truly a method of *atma jnana* that dispels the blinding ignorance of *avidya*, the root of all *klesha* and *karma*.

This book is a compilation of deep, introspective, inspirational dialogues between Yogacharya Dr. Ananda Balayogi Bhavanani and Yogacharini Dr. Sangeeta Laura Biagi on the "Yoga of Sound". These trans-cultural interchanges deal with the spiritual and hidden, mystical aspects of music and Yoga such as:

1. *Nada Yoga: Healing Sounds*
2. *The Origin of the Chant*
3. *Listening as a Tool for Purification*
4. *Guru-Chela, and*
5. *The Artist as a Humane Being.*

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The title, *Saraswati's Pearls* is based on the concept of a *sutra*, a series of aphorisms set together as pearls on a string. The image of the pearls resonates with the pearl necklace in the hand of the divine muse of music and the fine arts. Each of the dialogues can be appreciated like a pearl, perfect and yet imperfect, whole in itself and yet connected to the others, containing some of the infinite *satvic* wisdom of the great Goddess *Saraswathi*. It is a joy, an honor and a humbling privilege to share their shimmering light with you, our dear reader.