

WHY CHANT?

Together We Are One

BY CRISTINA RODENBECK

“When I am feeling pure joy, Kirtan sustains that feeling. When I feel challenged by a person or experience, it raises my energy and clears my thoughts. When I attend our monthly Kirtan sessions, the energy of the group raises me to another level.” explains Melissa Shadforth, a devoted Kirtan attendee.



Well-known Kirtan chanter Satnam Kaur

Fellow chanter, Catarina Lilliehöök attests, “Kirtan is a way of reaching inside to find strength and inner joy through beautiful tones and vibrations of the sacred wording. A sense of ease and lightness fills me when we chant together – followed by a sense of elation afterwards.”

Kirtan continues to capture the hearts of people across Asia and the world over. If you’re new to Kirtan, it’s important to understand the depth and soul of this ancient practice to truly appreciate its beauty.

WHAT IS KIRTAN?

Kirtan, a form of devotional chanting of mantras that originated in India, is a traditional practice that allows people to access inner peace, calm, connection, and mindfulness state. Singing is the heart of Kirtan where our voices merge together to become One Voice.

WHAT ARE MANTRAS?

Mantras are sounds or words that help you to gain greater control of your own mind. *Man* means mind and *Tra* is the wave or movement of the mind.

WHERE DOES THE ENERGY COME FROM?

Mantras were originally written in Sanskrit, the ancient Indian language. The Sanskrit alphabet has a strong energetic and vibrational component—it is said that the words, when chanted, create a powerful vibration in the body, affecting a person’s mind and spirit.

HOW DOES THE HEALING TAKE PLACE?

When you pronounce mantras in the vibratory language of Sanskrit, you are pressing meridian points on the roof of the mouth with the tongue (like sending keyboard code into a computer). This code is sent to the hypothalamus, which in turn sends it to your pineal and pituitary glands. Your glands chemically interpret these messages to bring about certain changes: breaking bad habits, cleansing the garbage stored in the subconscious mind, creating new more positive life habits and attitudes.

WHERE DO THE CHANGES TAKE PLACE?

The ancient sacred chants contain powerful renewing, transformative and healing energy that helps us reconnect with the Divinity that resides within all of us.

In my personal journey as a committed Kirtan chanter, I have experienced many gratifying and fulfilling moments: I met my goal in creating a sacred haven so I could share my passion with others; I have the pleasure of witnessing others embrace and treasure Kirtan as much as I do; and I have



Well-known Kirtan chanter Krishna Das

regained my life balance. As a mother, my latest most gratifying moment was to unexpectedly hear my daughter gently chant mantras in the backseat as we drove home one evening. And once again, I received powerful affirmation: together, we are one.

KIRTAN AROUND ASIA

CHINA

Beijing

Mountain Yoga Org has regular Kirtan on Saturdays and on special yoga retreats www.mountain-yoga.org

Shanghai

Pure Shanghai offers special Kirtan events. www.pure-yoga.com

INDONESIA

Bali Spirit Festival, Ubud, Bali

Mar 29- Apr 3, 2016

www.balispiritfestival.com

Yoga Barn leads weekly Kirtan classes

www.theyogabarn.com/

Anand Ashram Ubud has daily chanting as part of their regular schedule

www.ubudashram.org

HONG KONG

Alive Wellness offers monthly Kirtan

www.alivewellness.hk

Pure Yoga

www.pure-yoga.com

SINGAPORE

Singa Satsang offers regular Kirtan at Civil Service Club

www.singasatsanga.com

Meetup Group

<http://kirtan.meetup.com/cities/sg/singapore/>

Central Sikh Temple & the Silat Road Sikh Temple have regular Kirtan at weekend ceremonies

www.sikhs.org.sg

Pure Yoga has special Kirtan events

www.pure-yoga.com