

Namaskar
Greetings All

Cosmic Unity and Spiritual Dance

One simple way of realizing cosmic unity (which is the only thing that is trying to be achieved by the raising of the Kundalini) is the spiritual dance of kiirtan.

When people do collective kiirtan (spiritual chanting and dancing) and meditation, that creates a very strong field effect. There is a feeling of great peace and serenity. Then that peace turns into bliss that expands. What happens depends on the intensity of one's yearning.

If you have seen a person in a state of bhava (Cosmic ideation) while dancing it has a tremendous impact, but if you see someone try to do the same actions in a mundane state of mind, you will feel nothing whatsoever. The Bauls of Bengal are adept in kiirtan and the origins on the Indian subcontinent are momentous and historically significant. Kiirtan there has continued to arouse spiritual yearning and bliss for ages, and inspired many towards meditation practices.

Kiirtan means that you are saying and realising the Oneness of the Cosmic Consciousness that pervades within and throughout all things. Traditionally 'Nama' as used in the kiirtan chant of the 'Baba Nam Kevalam' mantra refers to the psycho-physical realm or those objects that can be named. So the 'object' here, in kiirtan, is the Infinite Consciousness. This is the psychic object desired in kiirtan, which is really, of course, subjective.

The bhava (ideation) of the kiirtan tune is very important. The yoga teacher Dhruvanandjii wrote in his book the 'Supreme Friend' of how it is even possible to cure people simply by the power of kiirtan. This is an aspect of Biopsychology.

Sound Therapy

Kiirtan is also a sound therapy. This is another aspect of Biopsychology. For more on sound therapy see: <http://www.biowaves.com/>

In the growing field of "energy medicine" it is well known that our universe is created through patterns of frequency. Science is now documenting what mystics of many traditions have known forever - Everything that exists in the physical, mental and spiritual realms does so on a vibratory basis.

We can use the computer to analyse the frequency content of a person's voice. This gives a picture of the client's "energy balance." We can then look for possible associations with known patterns, and relationships to specific substances, and play sounds back at frequencies that can help to re-balance the energy patterns. Kiirtan is a simple way of doing this as well.

We don't understand all of the details, but we seem to understand some pieces. In general, it works by gently re-balancing the frequency energy of the body. This works through a principle called sympathetic resonance. If you have two tuning forks of the same frequency, when you strike one and it begins to vibrate, the other tuning fork, that was not touched, it will also begin to vibrate at the same frequency. This is called resonance, and is a far more powerful force in nature than most people realize. Collective kiirtan singing and dancing has this effect also.

This is part of the theory behind use of a mantra in meditation and in spiritual chanting (kiirtan). The intuitional science behind this is learnt from a competent teacher.

Kiirtan on the internet!

“...You will notice that when people do kiirtan out of deep love, a highly powerful spiritual vibration is created. Those who do kiirtan feel that vibration in their minds, hearts, and everywhere. They become virtually intoxicated with unbounded bliss. That sort of bliss is not attainable by a person of knowledge. It may be that a person of knowledge will one day become one with the Supreme Consciousness, but he or she will not be able to attain that bliss; nor is that bliss attainable by a person of action. That bliss is attainable only by a person of devotion. The ‘wholesale right’ to that boundless bliss lies with that devotee only”.
Shrii Shrii Anandamurti

Kiirtan on CD



Kiirtans of Enlightenment - Mantra music

By Jayashrii

Beautiful kiirtans accompanied by guitar and light percussion.
Recorded at Art of Sound Studio, Leiden, The Netherlands.

sample1.mp3 [32 Kbps](#) [64 Kbps](#) (see attached)

sample2.mp3 [32 Kbps](#) [64 Kbps](#) (see attached)

More kiirtan samples:

[Sample 1](#)

[Sample 2](#)

Check out also: **The Return of the Magic - Dada Nabhaniilananda**

http://www.eternalwave.com/Products_Details.php?products_id=32

This inspirational series of songs has been recorded with great care, with excellent musicians from all over the world. Because many of them are Brazilian or Latin artists, the album has a subtle Latin flavour, but it also draws on 70's folk and rock styles to create an enchanting set of finely crafted ballads, but ballads with a groove!

The songs tell us stories of love, beauty and sorrow: a Chinese artist painting secret dreams of hope for the liberation of his people; the tale of an aboriginal warrior's struggle against impossible odds; the deeply touching love song of a student for his old master; the vision depicted in the anthem of the title track.

When I listen to this music I can feel that a certain magic that seems to have been lost from the world, is indeed returning.

sample 1: Perfect Love

sample 2: Hou Yi Shooting the Suns

sample 3: The Return of the Magic



Lyrics & Guitar Cords

What is Kiirtan?

[Text from the writings of Shrii Shrii Anandamurti]

The origin of the word Kiirtan

In Sam'skrta (Sanskrit language) the root verb kiirt means to 'utter something loudly in praise of someone'. To proclaim the glories of the Supreme Consciousness, in a loud voice is termed kiirtan. Kiirtan was first invented by devotees to give joy to the Cosmic Consciousness and in the process of pleasing and delighting the Cosmic Consciousness, the devotees lost themselves.

The Science of Kiirtan

Indo Aryan music is based on a system, a rhythm: there is no room for any mistake, no scope for deviation. Initially kiirtan was in vogue, which at first was not based on hard and fast rules, just as



folk songs do not conform to many rules. Later, however, it was also subjected to fixed rules ... it became elevated from folk music to classical music.

Kiirtan belongs to the category of supra-aesthetic science. Now the question may be asked: What is supra-aesthetic science? To put it precisely, it is the endeavour to ensconce the microcosmic entity, the individual entitative rhythm, in the eternal bearing, the infinite rhythm of Parama Purus'a (Supreme Consciousness). So in all the branches of music kiirtan is the best. Kiirtan is the composite of song, dance and instrumental music ... and the charm, the excellence of kiirtan is that when these three aspects of music are combined together they create such an unblemished, heavenly environment that people completely forget themselves.

There is a system for the accompaniment of music in kiirtan, because sometimes, while doing kiirtan our ears may be distracted ... normally a mrdanga (special drum), or some such instrument, is prescribed. Why? Why not drums and such heavy sounding instruments? The fact is that the sound of the mrdanga is very sweet. Where there is harsh or heavy sound and a sweet sound, the mind is normally attracted towards the sweet sound. Hence the playing of mrdanga serves the purpose of attracting the mind and helping it to associate with the vibration of kiirtan, thus immediately the mind returns to the bha'va (feeling) of kiirtan.

Kiirtan and Meditation

Your mind must be in a state of composure while doing sa'dhana' (meditation) and in order to bring the mind to a state of composure, you are to do what? You are to do kiirtan. During kiirtan what happens? The mind gets lifted, exalted and as a result you will enjoy a particular nature of peace. And if you start your sa'dhana' just after doing kiirtan, you will enjoy bliss. So kiirtan is a necessity, an indispensable necessity for a proper sa'dhana' (spiritual meditation).

Those who wish to attain spiritual progress in their sa'dhana' (meditation) will have to do more and more kiirtan. By kiirtan the mind becomes pure and with this pure mind one can do sa'dhana' (meditation). If the mind is purified even for five minutes by kiirtan then if you do sa'dhana' for only five minutes, your sa'dhana' will be very good. You will surely attain spiritual progress.

Effect of Kiirtan on the Cakras

The physical body of those who practice sa'dhana' (meditation) or do a lot of kiirtan secretes fluids from a certain part of the Anahata Cakra (4th cakra), Vishuddha Cakra (fifth cakra) and Ajina Cakra (sixth cakra). The smell of this secretion is somewhat, but not exactly, like a light smell of jasmine flower or ripe jackfruit. The body of those with a devotional nature or who regularly practice yoga usually emits this kind of fragrance. In fact the emission of a sweet aroma can be said to be one of the criteria for ascertaining the degree of one's devotion, or love.

Healing powers of Kiirtan

Kiirtan is not only helpful in the realm of spirituality, but also in all spheres of life. It banishes physical troubles and tribulations as well. Kiirtan fights against all mundane difficulties and finally becomes victorious.

Whatever worldly difficulties might obstruct your path the best position or auxiliary force is kiirtan. Kiirtan helps a devotee to accelerate the speed towards the hub of the universe. If people do kiirtan with distinct expression of the mantra, their mouth becomes pure, their tongue becomes pure, their ears become pure, their whole bodies become pure and when so many parts of the body become pure, the atman (self or soul) also becomes pure.

A person moving about puffed up with vanity and arrogance and always engaging in self-aggrandizement can improve only by utilizing the time in kiirtan. If one keeps oneself engaged in kiirtan, one will not get time to criticize and scandalize anyone in order to elevate oneself in comparison. So it is a must for such a person to do kiirtan to the maximum, so that one doesn't get time to indulge in the nefarious activity of criticism.

Popularity of Kiirtan

Kiirtan touches the core of human heart. Followers of all religions do kiirtan. The only reason for such large-scale popularity of kiirtan is that it arouses the soft spiritual sentiments in a person. Behind kiirtan is a blissful ideation. This ideation blossoms into full flower - the soft feelings of the human heart lying so deep in a bud form. Kiirtan awakens the human feelings and transports one into great bliss. Kiirtan fills one's life and satisfies all wants.

Baba Nam Kevalam Mantra for Kiirtan

What is the meaning of the kiirtan Ba'ba' Na'm Kevalam? Ba'ba' means the Dearest One, only the name of the Dearest One, only the name of Parama Purus'a (Supreme Consciousness). That is, 'Nam' relates to 'name' and 'Kevalam' relates to 'everywhere' and what is everywhere is the Supreme Consciousness - within and without.

Ba'ba' Na'm Kevalam is a siddha mantra. When the first syllable ba' is uttered, the feeling should be: 'I am crossing the threshold and entering the new world'; and when the last syllable ma (in Kevalam) is uttered the feeling should be 'I have accomplished my duty.' If the kiirtan is done with these feelings, within two or three minutes the effect will come into play. ... A feeling of bliss and perfection.

A siddha mantra must necessarily have eight syllables The whole siddha mantra should be uttered fully in each phase of the tune – Ba'ba' Na'm Kevalam and not a part of it while doing kiirtan. If this is not done, the kiirtan cannot be said to be a perfect kiirtan. Everything must be done in a methodical way. Then you will enjoy and get the completion of kiirtan properly.

The kulakun'd'alini (spiritual force at the base of the spine) rises slowly from the Muladhara Cakra to the Saha'sra'ra Cakra in eight steps, it passes through eight cakras and the Saha'sra'ra is the ninth (why nine is referred to here is that it includes the 7 psychic centres or cakras plus one's Ista Cakra or one's specific meditational point for meditation plus Guru Cakra) ... The kulakun'd'alini rises upwards in eight jumps or phases, ... that is why such a siddha mantra has eight syllables, never seven or nine syllables.

Lalita Ma'rmika Dance of 7000 years

Parvati, the wife of Shiva, invented Lalita Marmika which means: 'voice of the inner spirit'. The dance used for kiirtan is Lalita Marmika. It represents the inner voice of the spiritual aspirant. The main thing in Lalita Marmika is the expression through mudra' (gesture). It represents that now we are enjoying bliss, we are in a happy mood.

Lalita ma'rmika is purely a devotional dance. The elbows must be placed above the 90° position in relation to the shoulders. The upraised hands indicate the spirit of surrender.

Devotion – Love for the Supreme

Devotion has tremendous power which neither knowledge nor action have. Rather people of knowledge, have a subtle sense of vanity of which common people are afraid. So they maintain distance from them, saying: ‘Good heavens, they are such scholars, how can we go near them?’ But no one is afraid of people of devotion. Rather they think: ‘After all they are devotees, so let us go and sit near them for a while’. So if you can arouse devotion, then by coming in contact with you, thousands and thousands of people will attain spiritual elevation.

One may not possess knowledge or intelligence, but if one has devotion, that is enough. So devotion must be aroused by all means. After coming in contact with a devotional person thousands and thousands of people may also become devotional.

Kiirtan and Babies

Until the age of six months the mother should give only milk to the baby and at the time of nursing she should sing the kiirtan mantra Baba Nam Kevalam in a low voice, so that only she and the baby can hear. If she does so the baby will have a spiritual start, and at the time of singing kiirtan, her milk will become divine nectar.
