SWARASAN: A Yoga of Frequencies

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ABSTRACT

Swarasan is the technique of practicing and meditating on one musical note at a time and generating a resonance in the whole body and the energy field by breath modulation. As our energy centres vibrate with the frequency of musical notes, this practise is effective, in balancing our energy centres and hence directly and/or indirectly in our holistic healing and well-being. Sawarasan is the state of being in the frequency of musical notes inside out and hence leads to a feeling of bliss as we practise which is associated with the release of bliss hormone, happy hormones and neurotransmitters from our brain centre. It also helps in effective stress management as it decreases stress causing hormones. The technique is, breathing from the centre of ease and without force producing the musical note of desirable frequency preferably sa to start with and lower notes for short duration initially and then longer duration till the sound of the note gets stable without fluctuating. It results in qualitative improvement in circulation of positive life force (prana, ojus and tejas) in each and every cell of our being and healing of damaged DNA. Regular practice of swarasan assists in increase of individual vibration frequency and hence in spiritual evolution. It may also pave the way to activation of 12 stranded DNA.