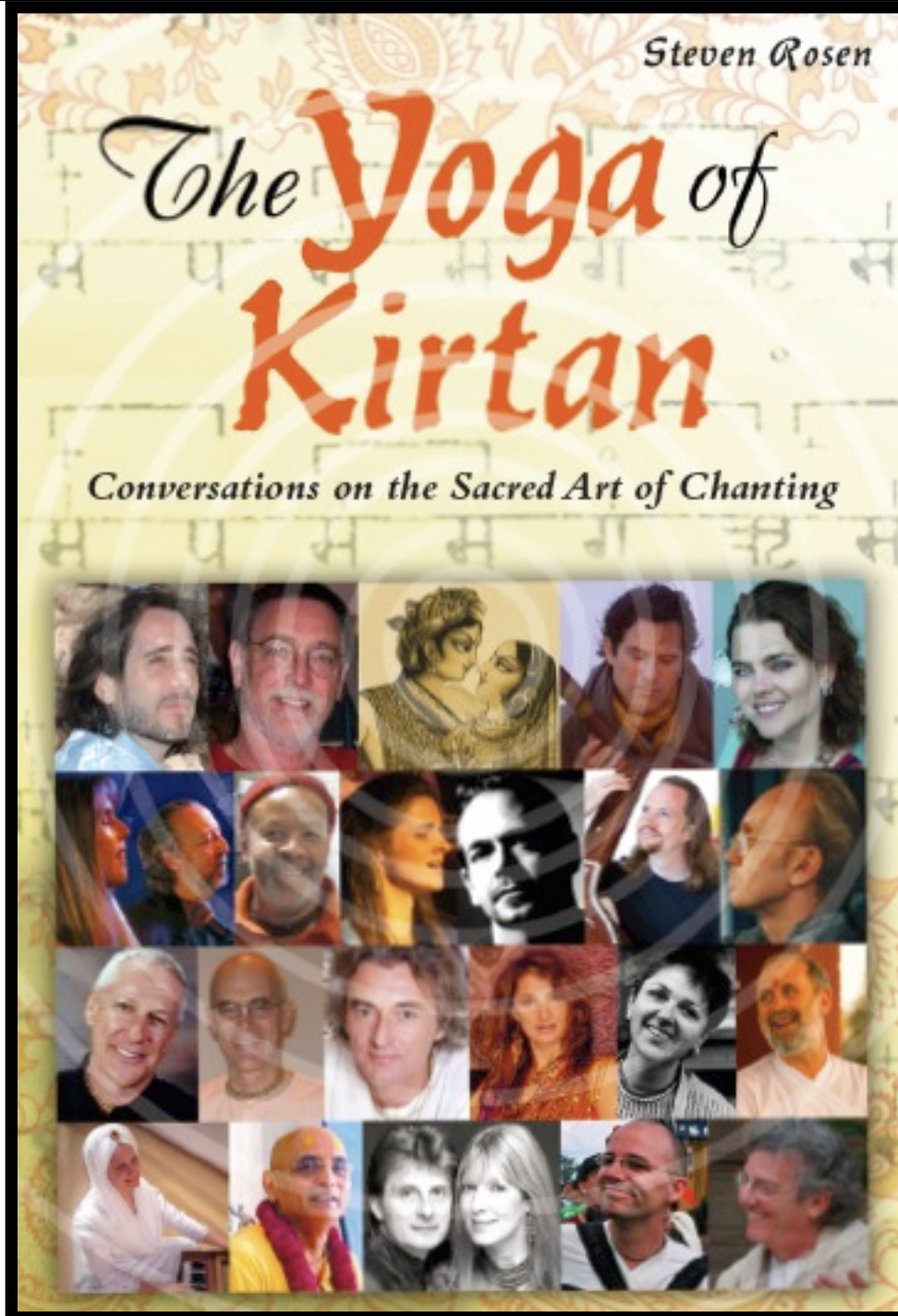


The Yoga of Kirtan



Mantra Meditation

Yoga Asanas



- Flexibility
- Posture
- Strength
- Energy
- Calmness

Health Concerns

- Elevating & positive lifestyles
- Vegetarianism, animal rights, ecology
- Enriching music



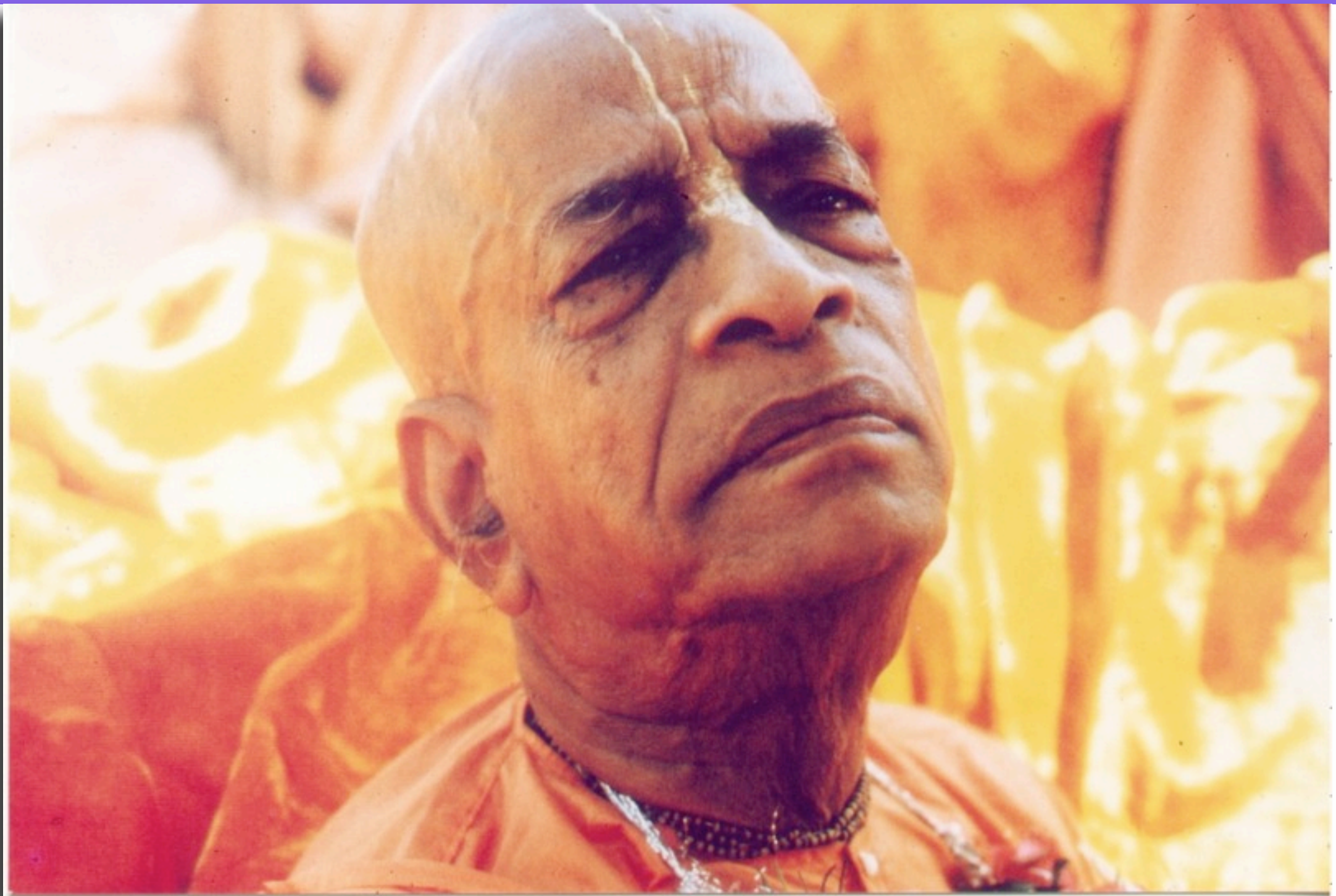
Thursday, April 21, 2011

New age music, world music, ocean sounds, classical...kirtan

Kirtan - Wikipedia

[Paramhansa Yogananda](#) was an early proponent of kirtan in the west, chanting [Guru Nanak](#)'s *Hey Hari Sundara* ("Oh God Beautiful") with 3,000 people at [Carnegie Hall](#) in 1923.^[5] Kirtan became more common with the spread of [Gaudiya Vaishnavism](#) by [ISKCON](#)'s founder [A. C. Bhaktivedanta Swami Prabhupada](#) in the 1960s.^[6] Kirtan is currently growing in popularity in the West, with singers of Western kirtan including [Krishna Das](#), [Bhagavan Das](#) and [Jai Uttal](#) as well as [Snatam Kaur](#), [Lokah Music](#), [Deva Premal](#), [Wah](#) and [Gaura Vani & As Kindred Spirits](#). Yoga centers report an increase in attendance at kirtan. According to Pure Music's Frank Goodman, kirtan is everywhere now and there is a growing number of people flocking to the kirtan scene

Prabhupada



Mangalcarana

om ajnana-timirandhasya jnananjana-salakaya caksur unmilitam yena tasmai sri-gurave namah

“I offer my respectful obeisances unto my spiritual master, who has opened my eyes, which were blinded by the darkness of ignorance, with the torchlight of knowledge.”

namah om visnu-padaya krsna-presthaya bhu-tale
srimate bhaktivedanta swamin iti namine

“I offer my respectful obeisances unto His Divine Grace A.C. Bhaktivedanta Swami Prabhupada, who is very dear to Lord Krishna, having taken shelter at his lotus feet.”

namas te sarsvate deve gaura-vani-procarine
nirvisesa-sunyavadi- pascatya-desatarine

“Our respectful obeisances are unto you, oh spiritual master, servant of Sarasvati Goswami. You are kindly preaching the message of Lord Caitanya and delivering the Western countries, which are filled with impersonalism and voidism.”

(jaya) sri-krishna-caitanya prabhu nityananda
sri-advaita gadadhara srivasadi-gaura-bhakti-vrnda

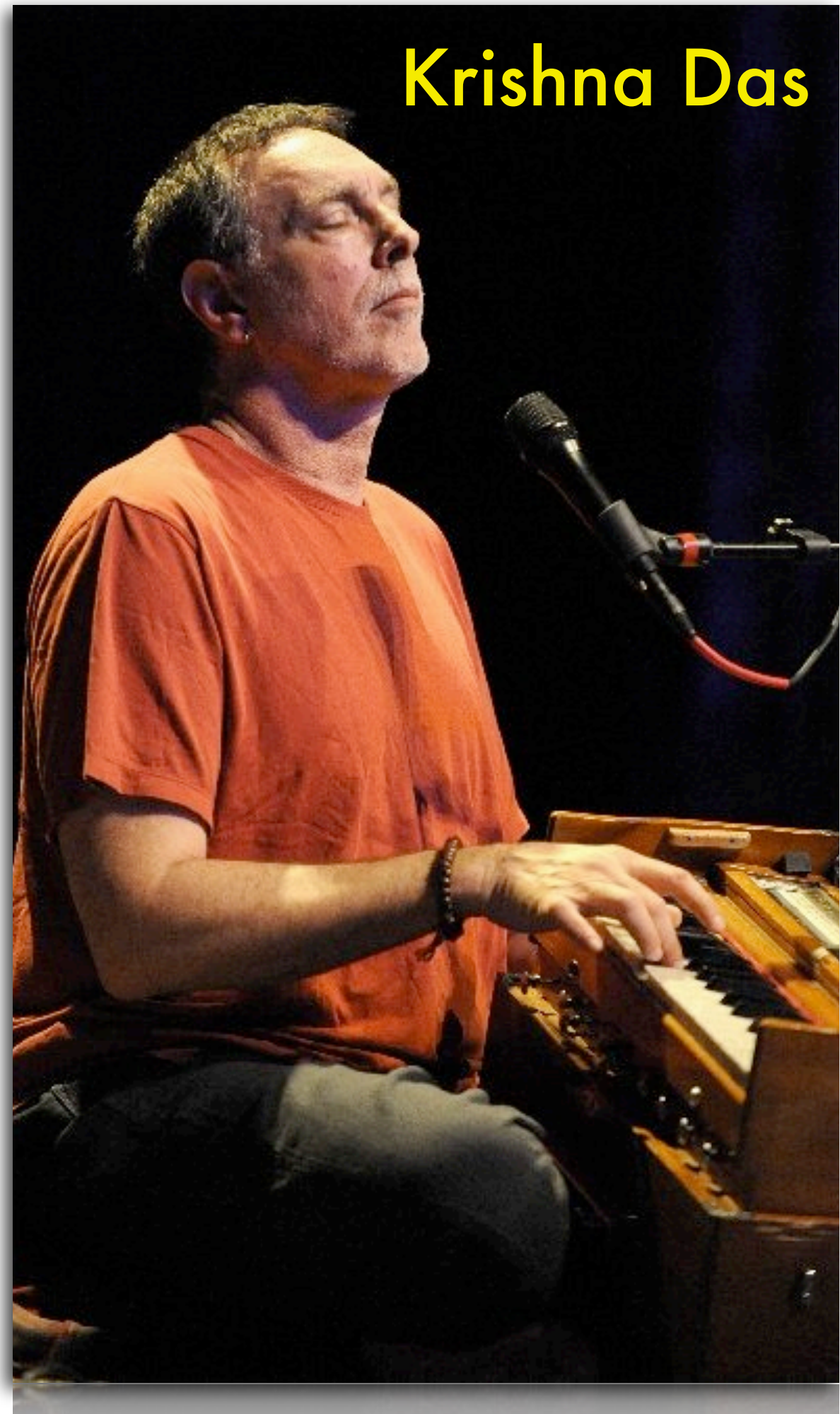
“All glories to Lord Caitanya, Nityananda, Advaita Acarya, Gadadhara, Srivasa, and all the Vaisnava devotees of the Lord.”

**Hare Krishna Hare Krishna, Krishna Krishna Hare Hare
Hare Rama Hare Rama, Rama Rama Hare Hare**

Krishna Das

Kirtaniyas

Kirtan ([Sanskrit](#): "to repeat";[\[1\]](#) also Sankirtan[\[2\]](#)) is [call-and-response chanting](#) or "[responsory](#)" performed in [India's devotional traditions](#).[\[3\]](#) A person performing kirtan is known as a kirtaniya. Kirtan practice involves chanting hymns or [mantras](#) to the accompaniment of instruments such as the harmonium, the two-headed [mrdanga](#) or pakawaj drum, and karatal hand cymbals. It is a major practice in [Vaisnava](#) devotionism, [Sikhism](#), the [Sant](#) traditions, and some forms of Buddhism, as well as other religious groups.

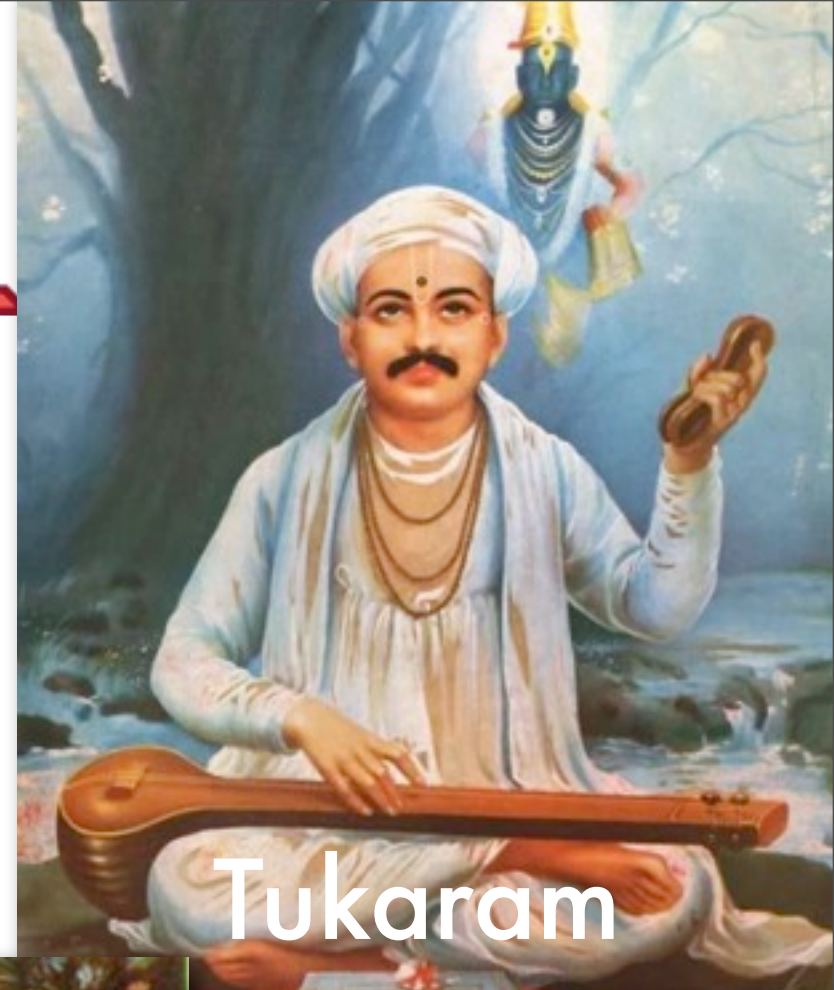


Thursday, April 21, 2011

Heard on sound tracks in Health food stores, new age centers, yoga studios, live artists on yoga retreats, even, live during yoga classes, Rap, MC Yogi, Sean Johnson, New Orleans, Jai Uttal, east west fusion,



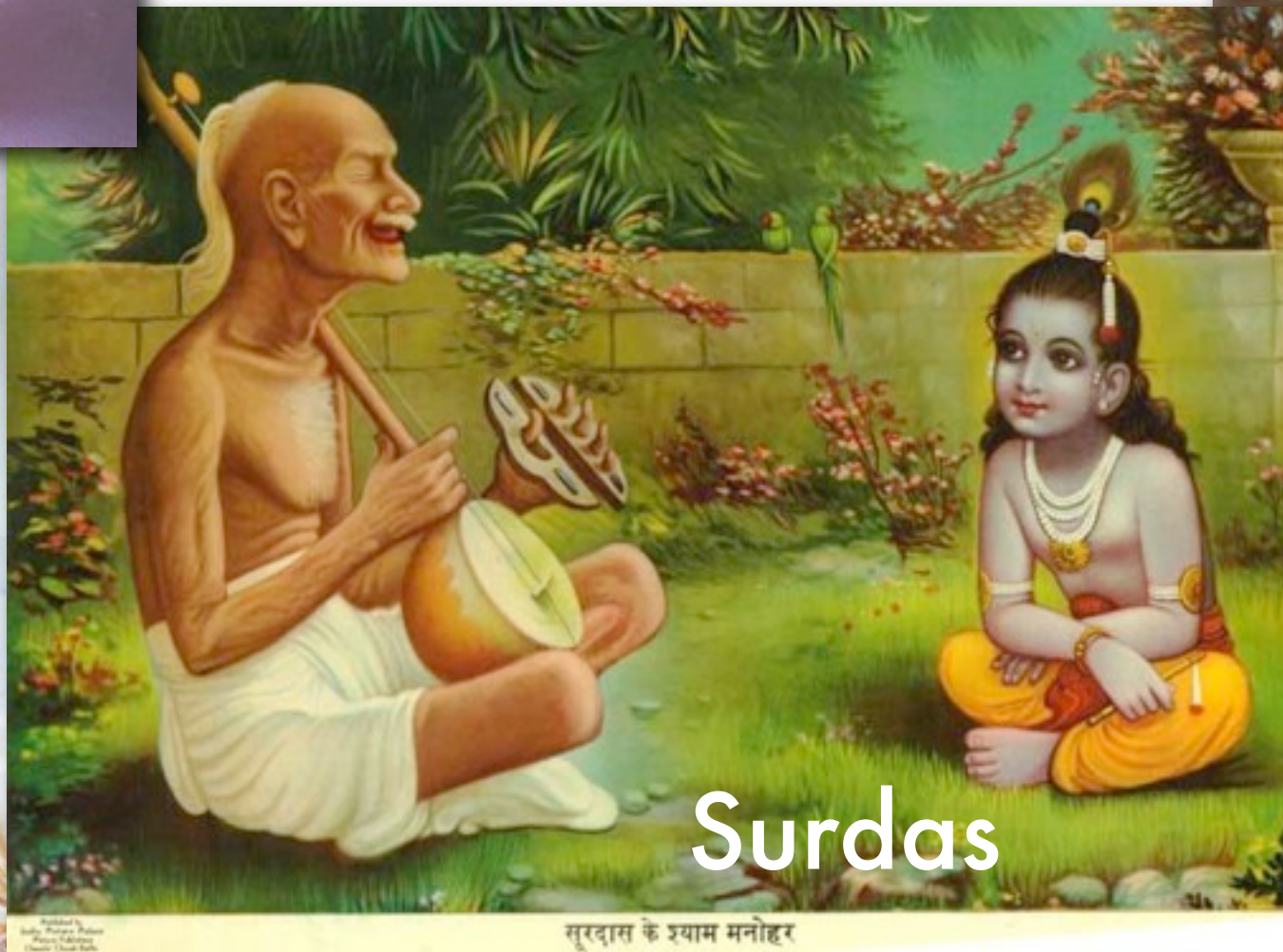
Namdev



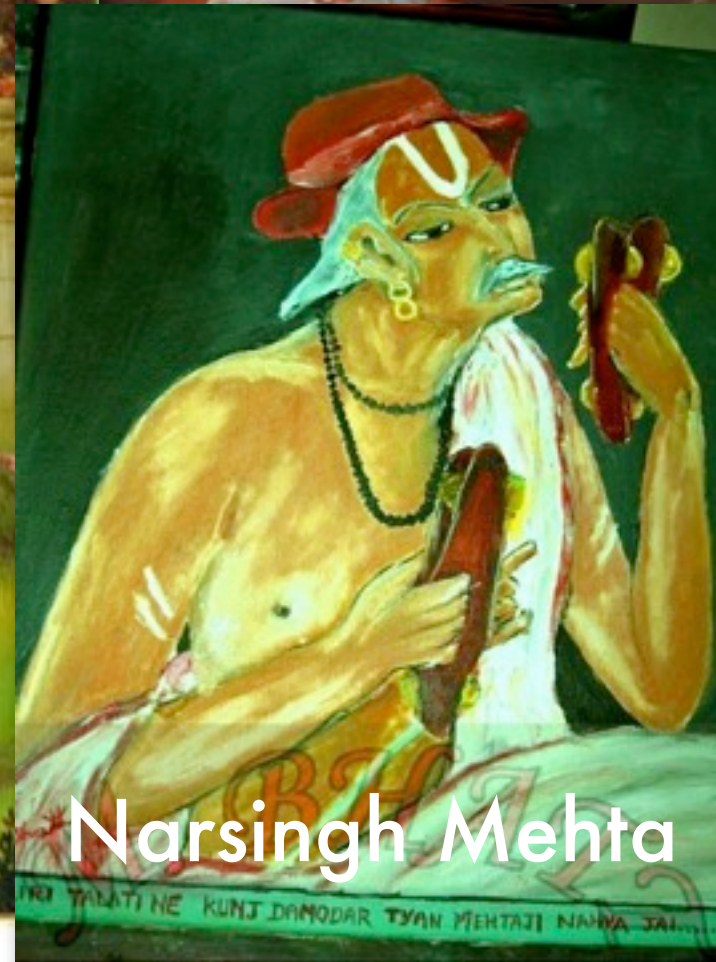
Tukaram



Mirabhai



Surdas



Narsingh Mehta

TK & Nirantara



Larisa Stow & Shakti Tribe



gaurā vāñī &
ās kindred spirits

Keshavacharya →

MC Yogi ↓



Shantala

Benjy & Heather Wertheimer



Kirtan
SACRED CHANTING



Thursday, April 21, 2011

Kirtaniyas

featuring
MC YOGI

**Yoga Toes Studio
Point Reyes**
Organic Vegetarian
Indian Food
by Arti Cafe

**Fri. July 2nd
8-10pm**
Live Music
\$10 presale
\$15 door

www.YogaToesStudio.com
11250 Highway One, Point Reyes, inside Tobys Feed Barn

KIRTAN CONCERT

with **Sean Johnson & The Wild Lotus Band**
On Tour from New Orleans
Mantras Merge with Rock, World, Funk, & Trance Grooves

Partnerships:

DEVALOKA
Sean Johnson &
The Wild Lotus Band

"A joy to listen to whether you're a yogi, or anyone who appreciates wildly creative music." - Yoga Journal

"Their music will ignite the world...a hybrid of East and West that will bring joy to your heart and get your body boogieing." - Yoga Chicago

New Orleans' world music trio Sean Johnson & The Wild Lotus Band is celebrated as one of the leading voices in western kirtan music. The band appears on Putumayo World Music's recently released compilation Yoga and is signed to Netzwerk/Nutone Music, home of Sarah McLoughlin, Barenaked Ladies, Krishna Das, and Jai Uttal. They headline festivals and conferences worldwide and are the first kirtan band to ever play The New Orleans Jazz Festival. Don't miss this rare treat!

www.SeanJohnsonAndTheWildLotusBand.com

Sikhs



Thursday, April 21, 2011

Kirtan Rabbi



H E B R E W M Y S T I C A L C H A N T



Non Stop Kirtan

Aindra Prabhu



sri ram jai ram jai jai ram
sri ram jai ram jai jai ram, sri ram jai ram jai jai ram

sita ram sita ram, sita ram (jaya) hanuman
sri ram jai ram jai jai ram, sri ram jai ram jai jai ram

raja ram raja ram, raja ram (jaya) raja ram
sri ram jai ram jai jai ram, sri ram jai ram jai jai ram

hanuman hanuman, hanuman (jaya) hanuman
bhajarangi hanuman, bhajarangi hanuman
sri ram jai ram jai jai ram, sri ram jai ram jai jai ram

ragu pati raghava raja ram, patita pavana sita ram
sri ram jai ram jai jai ram, sri ram jai ram jai jai ram

radhe shyama radhe shyam, radhe shyam (jaya) radhe
shyama

**hanuman (jaya) hanuman hanuman, hanuman (jaya)
sri hanuman**

**bhajarangi hanuman, bhajarangi hanuman,
bhajarangi hanuman**

**"All glories to Sri Hanuman, with the strength of a
diamond, who is determination and devotional
service personified and the admirer of Lord Rama."**

Maha Mantra

**Hare Krishna Hare Krishna, Krishna Krishna Hare
Hare**

Hare Rama Hare Rama, Rama Rama Hare Hare

My First Kirtan Experiences



Thursday, April 21, 2011

Salvation Army Hostel 1969, Bali Kuta Beach 1970



Kirtan

Nam Kirtan,
Lila Kirtan,
Sankirtan,
Nagara
Sankirtan



Available in stores and online
www.mayapuris.com | www.mantralogy.com | www.mayapuris.com

Thursday, April 21, 2011

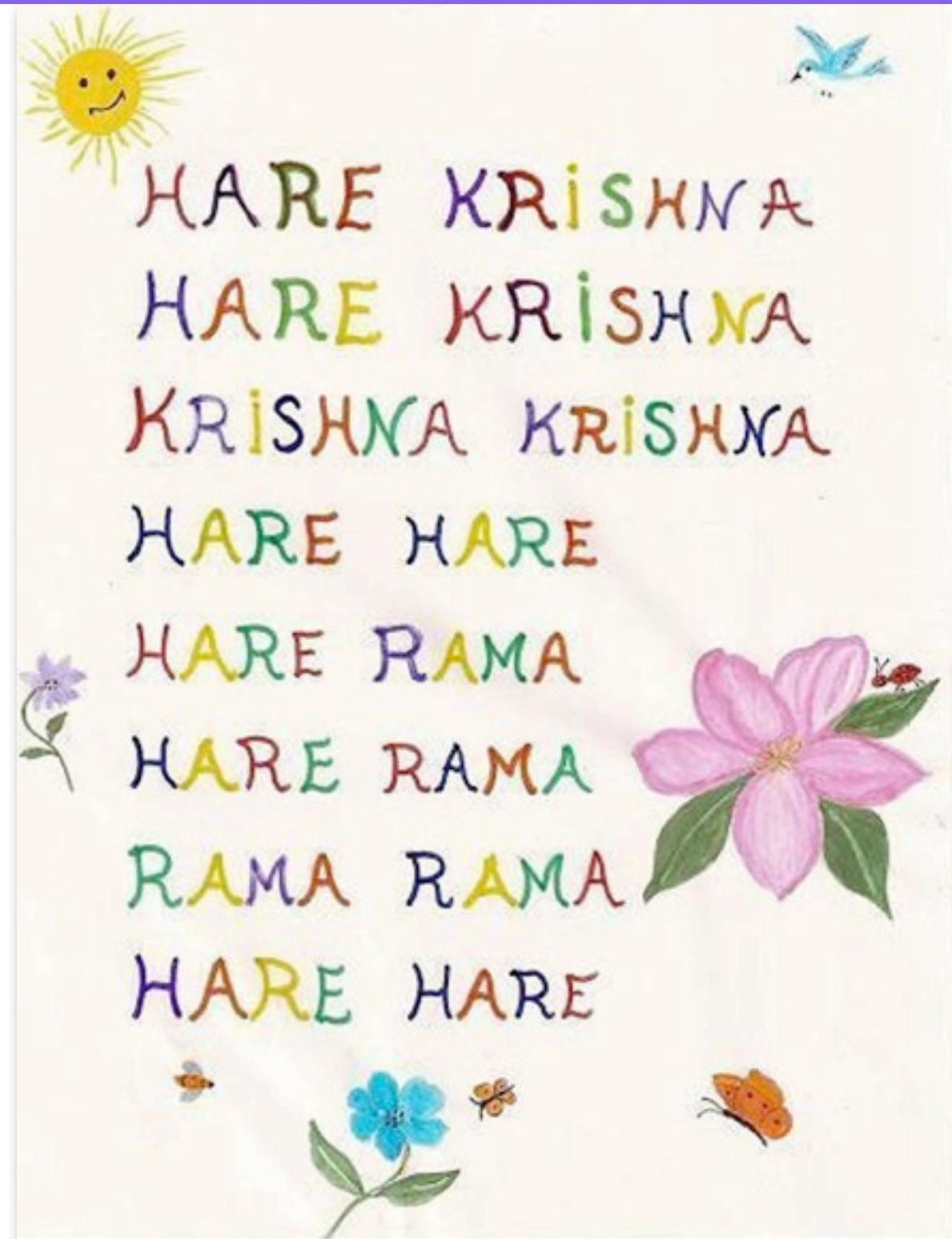
Praise or glory, call & response

Meaning of Mantra

Harā refers to "the energy of God" while Krishna and Rama refer to God himself, meaning "He who is All-Attractive" and "He who is the Source of All Pleasure"

The mantra is repeated, either out loud ([kirtan](#)), softly to oneself ([japa](#)), or internally within the mind. A.C Bhaktivedanta Swami describes the process of chanting the Maha Mantra as follows:

Krishna consciousness is not an artificial imposition on the mind; this [consciousness](#) is the original energy of the living entity. When we hear the transcendental vibration, this consciousness is revived ... This chanting of '**Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare / Hare Rama, Hare Rama, Rama Rama, Hare Hare**' is directly enacted from the [spiritual](#) platform, and thus this sound vibration surpasses all lower strata of consciousness - namely [sensual](#), [mental](#), and [intellectual](#). As such anyone can take part in the [chanting](#) without any previous qualification.





“The Name of the Lord is a strong tower; the righteous runs into it and is safe.”

Proverbs .18:10

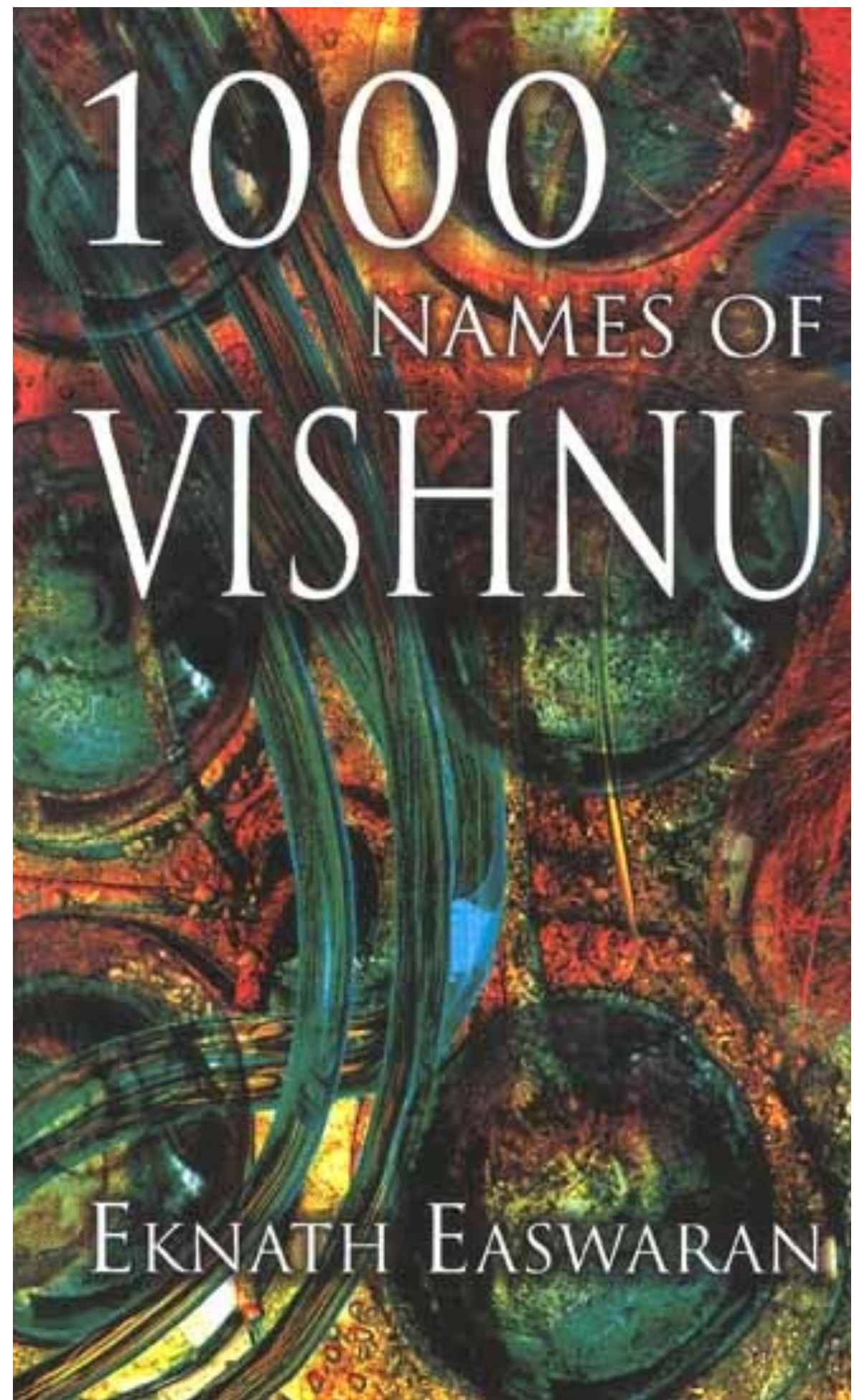
- Rohi: Shepherd
- Jehovah: Savior & Sanctifier
- Adonai: Lord of All
- Sammah: Ever Present
- Elohim: Powerful & Mighty
- Rapha: Healer
- Jireh: Provider
- Shalom: Peaceful
- Nissi: Our Banner
- El-Elyon: Most High

- El Roi: Who Sees Everything
- El Olam: Everlasting

Bible Scripture Quotes

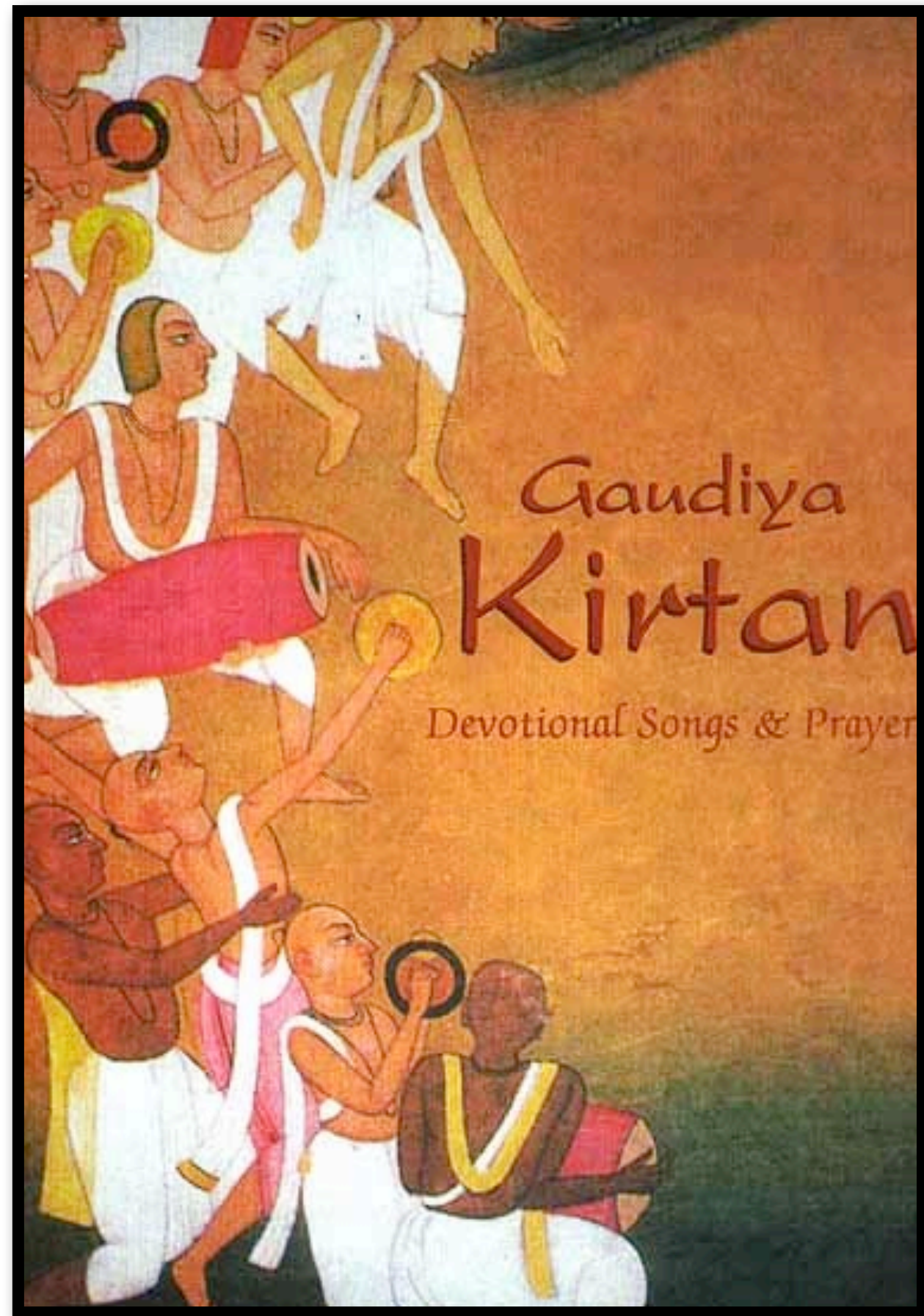
- **“Praise ye the Lord. Praise God in His sanctuary: praise Him in the firmament of His power. Praise Him for His mighty acts: praise Him according to His excellent greatness. Praise Him with the sound of the trumpet: praise Him with the psaltery and harp. Praise Him with the timbrel and dance: praise Him with stringed instruments and organs. Praise Him upon the loud cymbals: praise Him upon the high sounding cymbals. Let everything that breath praise the Lord. Praise ye the Lord.” (Psalms 150.1-6)**
- **Praise ye the Lord. Praise, O ye servants of the Lord, praise the name of the Lord. Blessed be the name of the Lord from this time forth and for evermore. From the rising of the sun unto the going down of the same the Lord's name is to be praised.” (Psalms 113.1-3)**
- **“For where two or three are gathered together in my name, there I am in the midst of them.” (Matthew 18.20)**
- **For whosoever shall call on the Name of the Lord will be saved. (Romans 10.13)**

Sufis:
Qawwali
Shinto:
Norito
Buddhism:
Shomyo
Muslim:
Tajwid



Linking with God

“God respects me when I
work, but He loves me
when I sing.”





“O Krishna, the system of
yoga which you have
described appears
impractical & unendurable
to me, for the mind is
restless & unsteady.

Gita 6/33



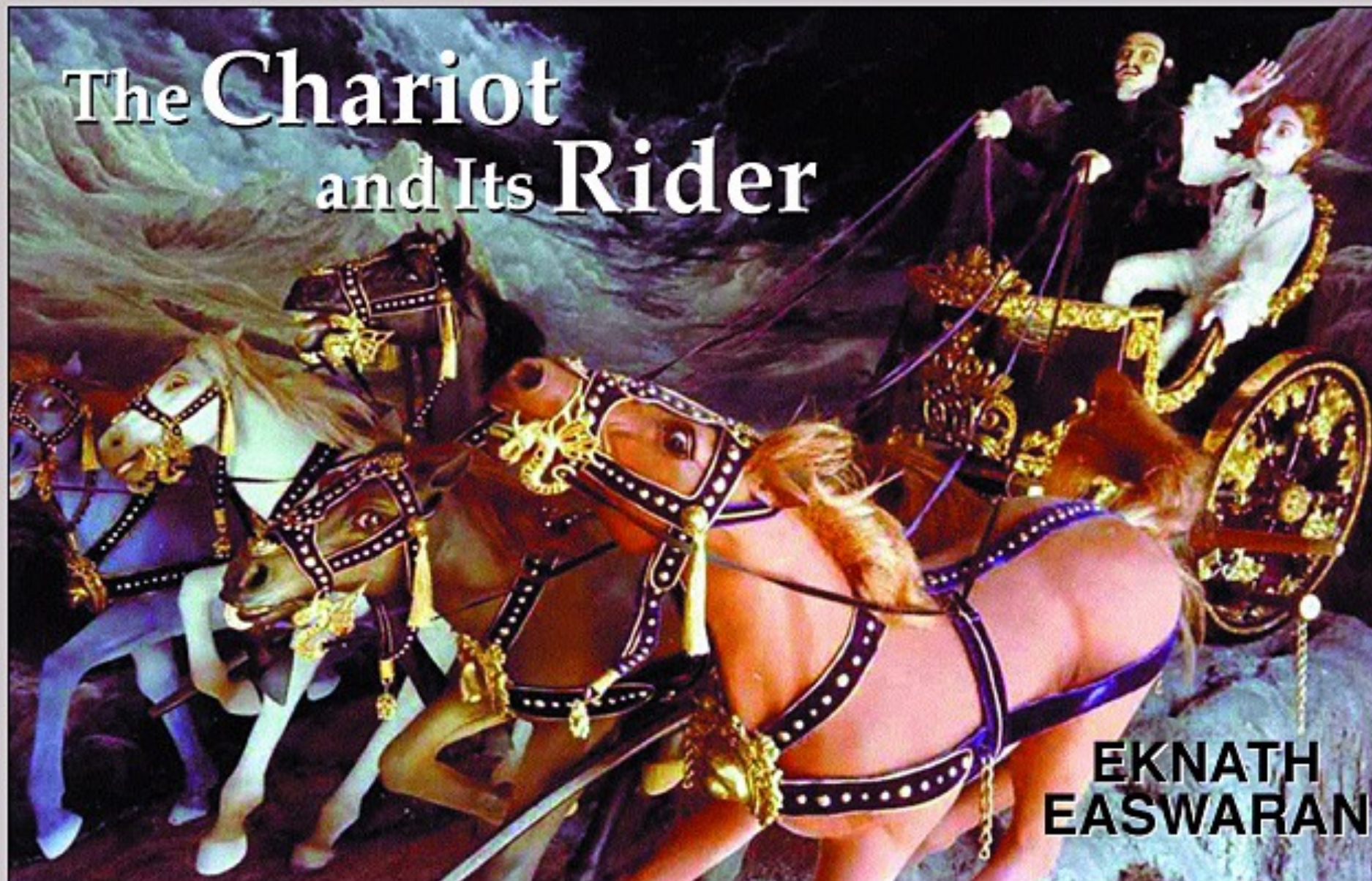
Yoga of the Supreme

“He who abides in Me with great faith, worshipping Me in loving devotional service, is most intimately united with Me in yoga, & is the highest of all.

Gita 9/14



Sensual Engagement



Speaking
Hearing
Seeing
Smelling
Touching



Jaya Radha-Madhava
by Srila Bhaktivinoda Thakura

(jaya) radha-madhava (jaya) kunja-vihari
(jaya) gopi-jana-vallabha (jaya) giri-vara-dhari
(jaya) jasoda-nandana (jaya) braja-jana-ranjana
(jaya) jamuna-tira-vana-cari

**Krsna is the lover of Radha. He displays many
amorous pastimes in the groves of Vrndavana, He is
the lover of the cowherd maidens of Vraja, the holder
of the great hill named Govardhana, the beloved son
of mother Yasoda, the delighter of the inhabitants of
Vraja, and he wanders in the forests along the banks
of the River Yamuna.**

Chaitanya Mahaprabhu



Kali Yuga - Only Means

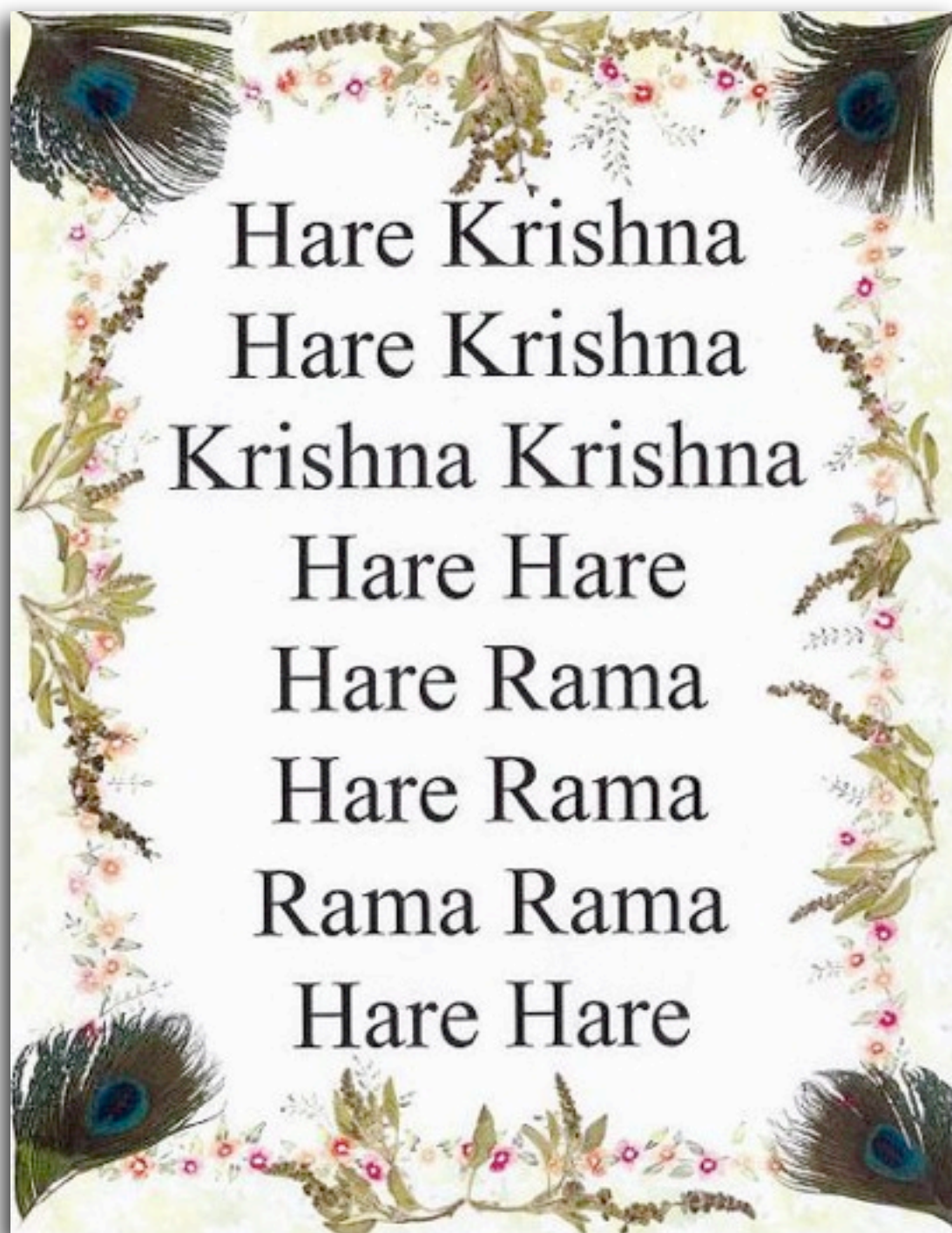
" harer nama harer nama harer
namaiva kevalam kalau nasty eva nasti
eva nasti eva gati anyatha"

*A Sanskrit verse from **Brhan-naradiya**
Purana which means*

*"In this age of Kali, there is no
alternative, there is no alternative, there is
no alternative for spiritual progress other
than the chanting of the holy name, the
chanting of the holy name, the chanting of
the holy name of the Lord."*



Maha Mantra



HARE KRISHNA TREE Tompkins Square Park

One of Tompkins Square Park's most prominent features is its collection of venerable American elm (*Ulmus americana*) trees. One elm in particular, located next to the semi-circular row of benches in the park's center, is important to adherents of the Hare Krishna religion. Coming to the United States in September, 1965, A.C. Bhaktivedanta Swami Prabhupada (1907-1977), the Indian spiritual leader, founded the International Society for Krishna Consciousness in New York. He worked from a storefront on nearby Second Avenue that he used as the Society's New York headquarters. Prabhupada and his disciples gathered in Tompkins Square Park in the fall of 1966 to introduce the East Village to the group's distinctive 16-word mantra:

Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare
Hare Rama, Hare Rama, Rama Rama, Hare Hare

On October 9, 1966, Prabhupada and his followers sat beneath this tree and held the first chanting session outside of India. Participants chanted for two hours as they danced and played mridangas, tambourines, and other percussive instruments; the event is recognized as the birth of the Hare Krishna religion in the United States. Prabhupada's diverse group that day included the Beat poet Allen Ginsberg (1926-1997). Krishna adherents continue to return to the tree to celebrate its significance.

American elm trees are known for their towering canopies, which provide abundant shade in spring, summer, and fall. It is rare today to find such a collection of American elms, since the mature elms planted across the country have been killed by Dutch Elm Disease. This disease, a fungus carried by bark beetles (*Coleoptera Scolytidae*) which colonize on the trunk of the elm tree, swept across the United States in the 1930s and remains a threat to the collection of elms. Despite having lost at least 34 of the trees, Tompkins Square Park still has a large assemblage of elms, which continue to this day to enchant park patrons. The East Village Conservancy, a volunteer group, raises significant private funds for the ongoing care and maintenance of the American elms and other historic trees in Tompkins Square Park.

City of New York



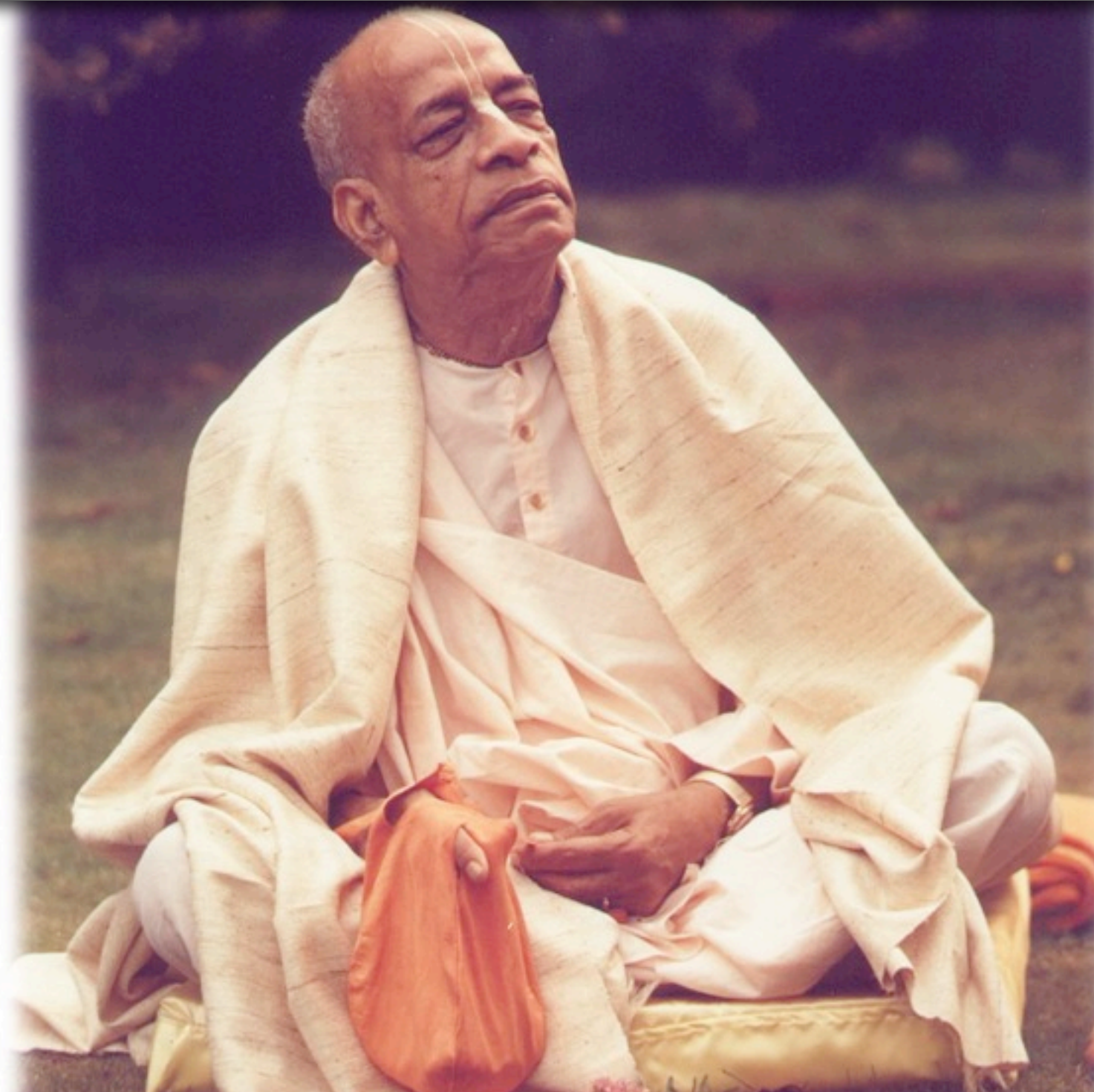
Michael R. Bloomberg, Mayor
John S. Sponberg, Commissioner

Higher Taste

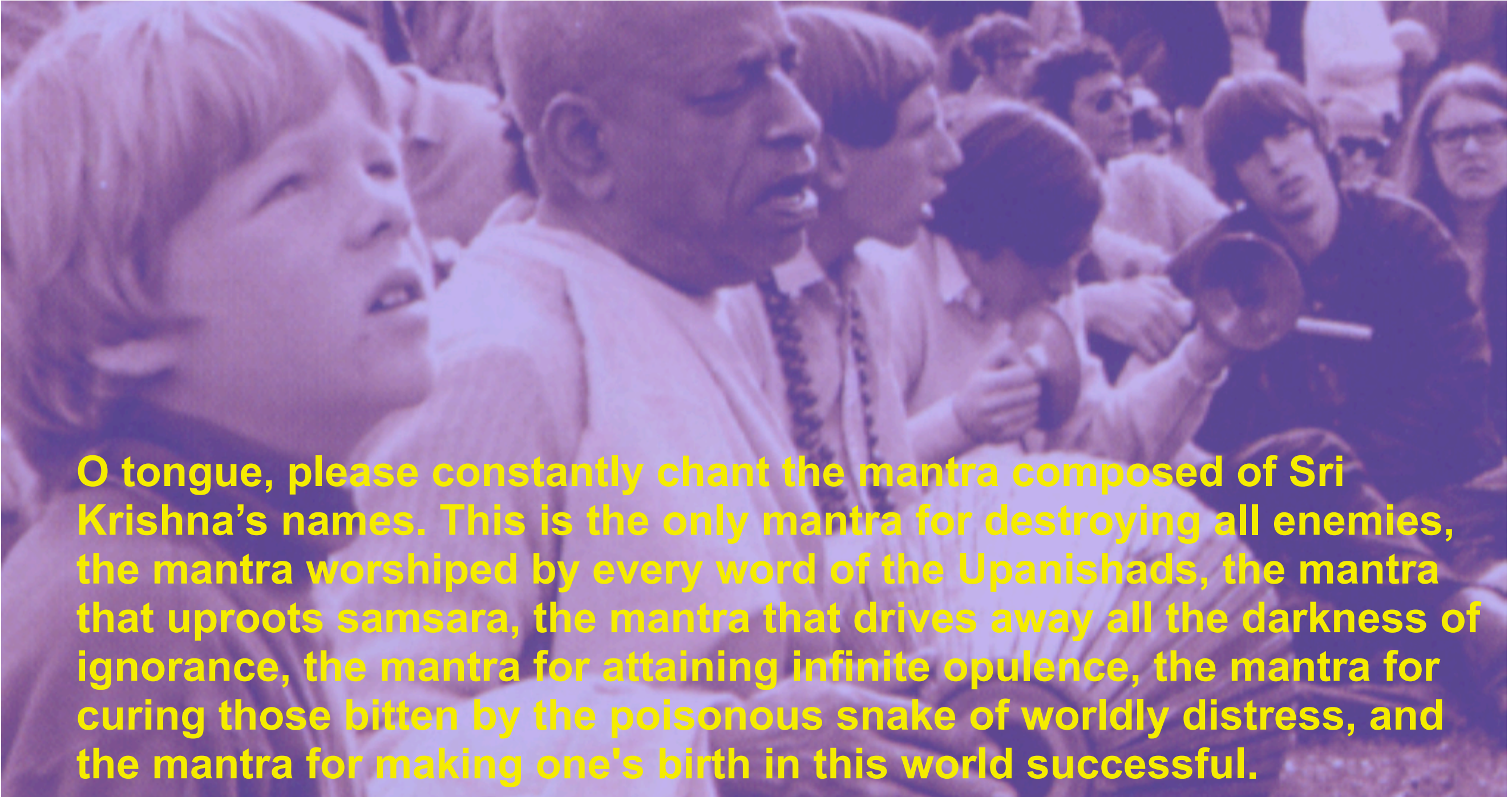


A person who is not disturbed by the incessant flow of desires--that enter like rivers into the ocean which is ever being filled but is always still--can alone achieve peace, and not the man who strives to satisfy such desires. Gita 2/70

**"For any person who is chanting the holy name
either softly or loudly, the paths to liberation and
even heavenly happiness are at once open."
Padma Purana**



Kulashekar Maharaj



O tongue, please constantly chant the mantra composed of Sri Krishna's names. This is the only mantra for destroying all enemies, the mantra worshiped by every word of the Upanishads, the mantra that uproots samsara, the mantra that drives away all the darkness of ignorance, the mantra for attaining infinite opulence, the mantra for curing those bitten by the poisonous snake of worldly distress, and the mantra for making one's birth in this world successful.

*Hare Krishna Hare Krishna
Krishna Krishna Hare Hare !
Hare Rama Hare Rama
Rama Rama Hare Hare !*



DEVOTEE OF LORD ALWAYS UTILIZE HIS TIME BY CHANTING
HARE KRISHNA MAHAMANTRA

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HARE KṚṢṆA HARE KṚṢṆA KṚṢṆA KṚṢṆA HARE HARE
HARE RĀMA HARE RĀMA RĀMA RĀMA HARE HARE

