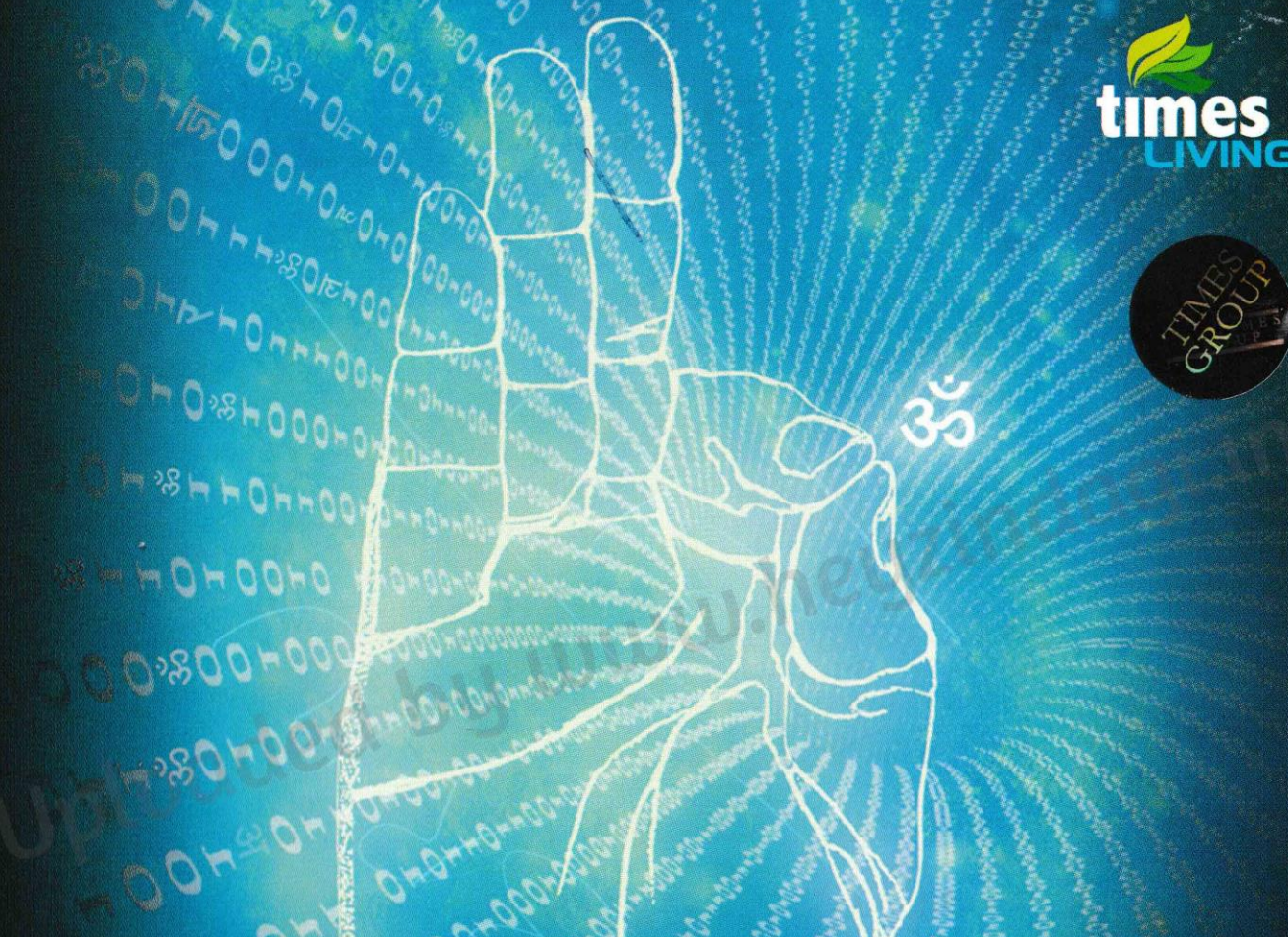




times
LIVING



COMMUNICATION WITH THE SELF

SANTULAN OM MEDITATION

by Dr. Balaji Tambe

About The Tracklists

1. Sit comfortably. Let us start with Sanskrit prayers. Simultaneously, practise lamp gazing for a few minutes while listening to the morning prayer. Ghee lamp, oil lamp or a candle with natural wax may be used. The height of the flame of the lamp corresponds to the tip of your nose. Light the lamp and look at the flame for 5 minutes continuously whilst you listen to the prayers and primordial sound 'Aum'. The Sanskrit prayers and Aum chanting not only make the functional centres of the brain work together but also pacifies any centre going astray. Lamp gazing balances the entire hormonal system in the body.
2. Practise your daily routine of Pranayama and Yoga whilst playing the music in the background. Focus on deep breathing along with the music and positively affirm with body and mind that this routine is going to help my body with very good digestion and excellent functioning of lungs, kidney, heart, spleen, pancreas and all body organs. The healing music will also rid your mind free of negativity and stress.
3. Give yourself a few minutes break at mid-day around 2 or 2:30 pm to listen to this music. Any material including the human body develops tension as a resultant effect of physical, intellectual or psychological work. The unique design of the human body helps to absorb the tension up to a certain point. If stretched beyond the limit, the tension gives rise to a certain deformity or causes a break.

This mid-day music break dissolves the accumulated stress and helps to prevent the body from coming to this state, so one can begin again, refreshed. The short healing music session in the middle of the work day works effectively to serve this purpose.

4. Make yourself comfortable in the sitting position to begin with the prayers in Sanskrit. Light the lamp and practise lamp gazing for a few minutes while listening to the music simultaneously.

Ghee lamp, oil lamp or a candle with natural wax may be used. The height of the flame of the lamp corresponds to the tip of your nose. Light the lamp and look at the flame for 5 minutes continuously whilst you listen to the night prayers. The entire body and mind experience calmness and relaxation listening to the Sanskrit prayer. Lamp gazing balances the entire hormonal system.

5. Listen with concentration to the SOM Yoga Nidra music. Deep relaxation and sleep is induced by Yoganidra with a reduction in disturbing thoughts or the REM - rapid eye movement sleep. As soon as the body and brain come into a condition of relaxation together, it becomes possible for the individual to experience the subtle body.

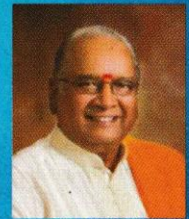


Imagine if you could make the cells in your body listen to you!
Imagine if the answers to life's most stressful problems were simply answered in your sleep!
Imagine if you could be in a good mood always, no matter what the news!

The simple program designed by Ayurveda legend and Spiritual master Shreeguru Balaji Tambe makes all this possible and much more...

The SOM program takes you on a journey through the benefits of the 'biological language' Sanskrit, to the music while performing your daily pranayama and Yoga where message delivers to unlock your brain's potential through music and mantras.

- 1) MORNING PRAYER AND LAMP GAZING
- 2) MUSIC FOR YOGA & PRANAYAM
- 3) AFTERNOON HEALING MUSIC (RELAXATION AT WORK PLACE)
- 4) NIGHT PRAYER AND LAMP GAZING
- 5) YOG NIDRA (MUSIC FOR SOUND SLEEP)



Dr. Balaji Tambe

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Pkd.07/2016

1. ISHQ JANNAT ZAMEEN TE LE AAYA AE 19.03

इश्क जन्नत ज़मीन ते लै आया ऐ

2. HEER DA HUSN BEHISAAB YAARO 05.59

'हीर' दा हुस्न बेहिसाब यारो

3. HEER DA ISHQ HEER WANG

SACHCHA AE 08.24

हीर दा इश्क हार वांग सच्चा ऐ

4. DARAS ISHQ DA KEEJIYE JI 16.19

दरस इश्क दा कीरिये जे

5. ISHQ DE PICHHE BANE

FAQIR AASHIQ 04.43

इश्क दे पिछे बने फकीर आशिक

6. ISHQ DE JANAAZE DA

NAZARA YAARO 05.09

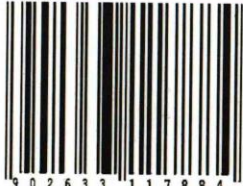
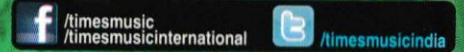
इश्क दे जनाजे दा नज़ारा यारो

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