

sky to the earth. However, it cannot manifest the word that it represents. Just like if you are very thirsty and say the word water, your thirst will not be quenched as water will not manifest. But with spiritual sound vibration, there is no difference between the word and what it represents. It exists beyond our earth and reaches the spiritual world. When we say Krishna, the Supreme Lord is right there, present with you.

The nature of the soul is to be the servant of God. Try chanting and dancing for the pleasure of Krishna instead of the pleasure of your material senses and you will feel the difference immediately. By spiritual sound vibration, you will see and realize Krishna in all His glory. Chanting can be done softly as a personal meditation or loudly for the benefit of all living entities. As your soul becomes cleansed by this process; you will feel great joy, become fearless and understand everything in truth.



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Spiritual SOUND



We all experience different sounds on a daily basis. What if I told you that you could see and realize God with sound vibration?

Music, song and dance form a huge part of everyone's lives from songs on the radio to pulsating music in night clubs. Subtle music plays in restaurants and loud music powers gym workouts. The effect of all this music is that it gets our feet shuffling, our fingers drumming, our heads bobbing and our bodies moving.

Songs evoke a wide range of emotions in us. They make us feel happy, sad, upbeat, melancholic, loving, romantic, lusty, empowered, motivated or aggressive. Different songs fit into different facets of our lives. Sometimes our minds and consciousness soar with our music or they wallow in feelings of great sadness and loss. It's a grand rollercoaster ride provided by music, songs and sound.

Have you seen or heard of the Hare Krishna devotees singing and dancing on the streets? Or maybe, you've visited them at their temples, spiritual gatherings or some festival? They are a

vision to behold and a concert for the ears. Colourfully dressed people are swaying in dance and singing aloud in ecstasy. The sound of hand cymbals and drums playing in symphony accompany them. They appear to be transcendently elevated by spiritual sound. That sound is the grand singing of God's Holy names.

Hare Krishna, Hare Krishna, Krishna Krishna,
Hare Hare / Hare Rama, Hare Rama, Rama Rama,
Hare Hare.

These names of God constitute a *mantra*. By reciting this mantra, one can re-awaken his lost relationship with God, advance spiritually and become self-realized. Krishna (God) is fully present in His name. By saying His name aloud, the spiritual sound enters your ear and purifies your heart. Mundane sound cannot satisfy the soul. So, no matter how many songs we listen to out there, we will continue to feel distressed, temporarily satisfied and miserable.

Our hearts are always yearning for transcendental sound vibration. Material sound is all pervading, in the sense that it exists from the