



The Yoga of Sound with Russill Paul
Mantra, Meditation and Music for Healing

THE YOGA OF SOUND IMMERSION (Sacred Sound For Tantra & Healing)

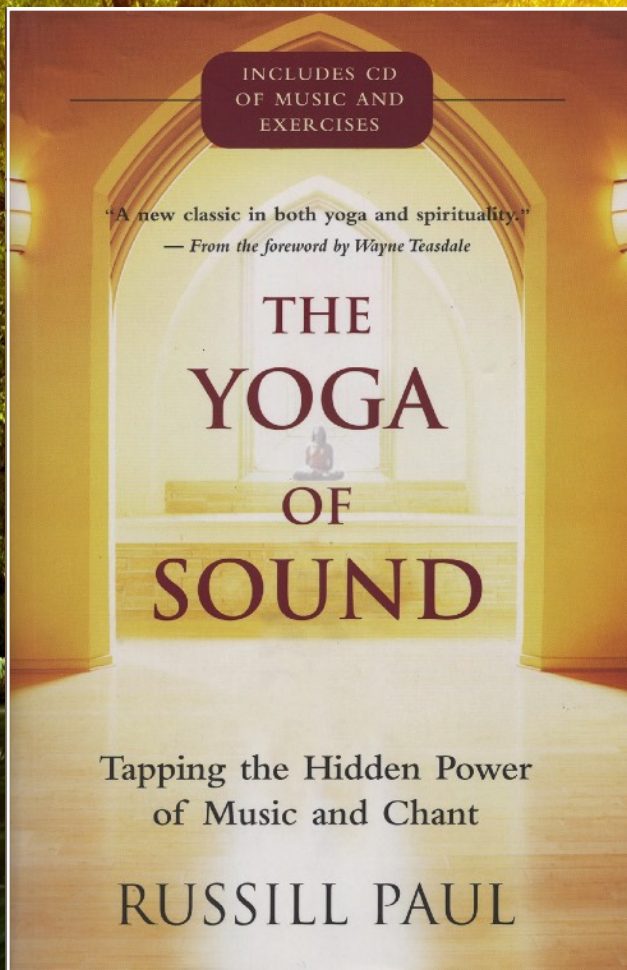
The Yoga of Sound Immersion offers a foundation in the four streams of sacred sound. Yoga practitioners, healers, therapists, Tantra practitioners, musicians, singers, and mantra chanters can discover the scope of sacred sound for healing and enlightenment through the core modules. “Yoga of Sound” is an umbrella term that features four distinct traditions and sacred sounds students learn in the four Core Modules.

This online immersion introduces students to distinct streams of sacred sound developed in India within the Hindu spiritual tradition, namely the Vedic, Tantric, and Bhakti traditions. These streams are governed by specific rules that can help practitioners develop particular qualities in their voice and consciousness. A fourth stream, “Nada Yoga,” combines these three streams with sophistication and can be viewed as a form of advancement of the other three.

The online immersion provides students with tutorials accessible 24/7. The Core modules build the student from the ground upward, starting with simple and easy-to-understand methods. This approach is helpful to the student who is just beginning any of these streams of sacred sound (Vedic, Tantric, Bhakti) and for teachers, guides, and workshop leaders who may wish to use these streams in their work.

The core modules comprehensively introduce each stream of sacred sound with easy-to-learn tutorials. The objective of the immersion is to develop a foundation in the four streams of sacred sound.

VEDIC SOUND HEALING	TANTRIC SOUND HEALING	BHAKTI SOUND HEALING	NADA YOGA TANTRA
What is this about?			
The study of Vedic mantras with their precise pronunciation and phonetic qualities for enlightenment.	The study of bijas mantras (seed syllables) that can also be combined with movements and touch.	The study of mantras, ragas (musical scales) and devotional expression for a love connection with divinity.	The study of kundalini in relationship to mantras and music drawn from the ancient Carnatic tradition.
Historical And Theoretical Reference			
1500 BCE–500 BCE	500 CE TO 1500 CE	1500 CE TO PRESENT	1 CE TO PRESENT
<p>These historical details are provided to inform students that we are drawing from authentic and recorded traditions of sacred sound.</p> <p>However, the program is designed to be useful to the Tantric practitioner and therapist of today. You will learn mantras and techniques that you can use yourself as well as with your clients.</p> <p>The program will not offer academic theory. For technical information, you are asked to refer to Russill Paul's <i>The Yoga of Sound: Tapping The Hidden Power Of Music And Chant</i></p> <p>Most students do not require an academic process for online programs. Instead, they want the program to be user-friendly, easy to engage, and in which the content is useful and interesting.</p> <p>This is course is designed to teach and focus on practice and experience. Keep in mind though that since four different streams are being presented, they are all at the foundational level.</p>			
Mental, spiritual and therapeutic benefits for each stream			
Clarity of mind	Cleaning the chakras	Clarity of the soul	Purify energy channels
Improved Memory	Improved Energy	Improved Emotional Life	Ecstatic spiritual states
Opening the mind to spiritual enlightenment	Balancing the nervous system and chakras	Satisfying the spiritual needs of the heart	Ability to transform complex trauma
Precision of pronunciation	Slowing down the mind and thinking process	Softening the heart and structures of self	Technical manipulation of the voice
Knowledge of linguistics	Knowledge of our energy infrastructure	Knowledge of singing and musical intervals	Knowledge of all streams of sound
Extended Breath Control	Intense vocal expression	Ability to express beauty in the voice	Complex vocal and listening abilities



“Sound may well be the undiscovered red realm for the salvation of our wayward human species. The sages of India have known this for millennia. In The Yoga of Sound, Russill Paul presents a comprehensive and accessible summary of this ancient tradition and shows us how we can incorporate those time-honored practices into our overly visual and busy Western lives. This book is a vital gift for our times.”

Paul Winter, renowned jazz musician and founder of the Paul Winter Consort

Four Core Modules

These modules are the foundation of this Yoga of Sound Immersion. Their main focus is helping the student develop a solid foundation in the four streams of the Vedic, Tantric, Bhakti, and Nada.



VEDIC STREAM OF SACRED SOUND

The Vedic stream of sacred sound is the quintessential mantra tradition.



TANTRIC STREAM OF SACRED SOUND

This stream of sound helps bridge the physical with the psychic and subtle body.



BHAKTI STREAM OF SACRED SOUND

This is the stream of devotion, of love and surrender in a sacred relationship.



THE NADA STREAM OF SACRED SOUND

This is the flow of sound as Nada, the convergence of all streams of sacred sound.

THE VEDIC STREAM AND ITS BENEFITS

The first Yoga of Sound Immersion module introduces several easy-to-learn mantras that help tap the spirit of Vedic chanting. Unlike classic Vedic mantras, these mantras are somewhat lax on the precise tonal melodies required by tradition. Instead, they warm up to traditional Vedic chanting, a gentle approach to the precision of Vedic Sanskrit. These mantras also allow for musical accompaniment and are great for groups of yoga, mantra, meditation, and Tantra practitioners.

Students also learn an authentic Vedic mantra for daily morning practice to tap the benefits of Vedic sound. A quick and easy approach to pronunciation is taught for these mantras. Students can also arrange the order of the mantras in different ways for their daily practice. In other words, there is room for creativity.

Apart from the core tutorials on Vedic mantras, there are bonus tutorials on the advantages of Vedic mantras that also introduce important aspects of Vedic chanting, such as pronunciation. These tutorials are optional for study and meant only for those curious about traditional Vedic chanting.

The purpose of the Vedic stream module in the Yoga of Sound Immersion is to help students new to Vedic chanting and those who assume they know Vedic chanting to develop a foundation in Vedic mantras. Those who wish to advance in Vedic chanting should consider the Mastery of Mantra, a next-level program beyond the Yoga of Sound.

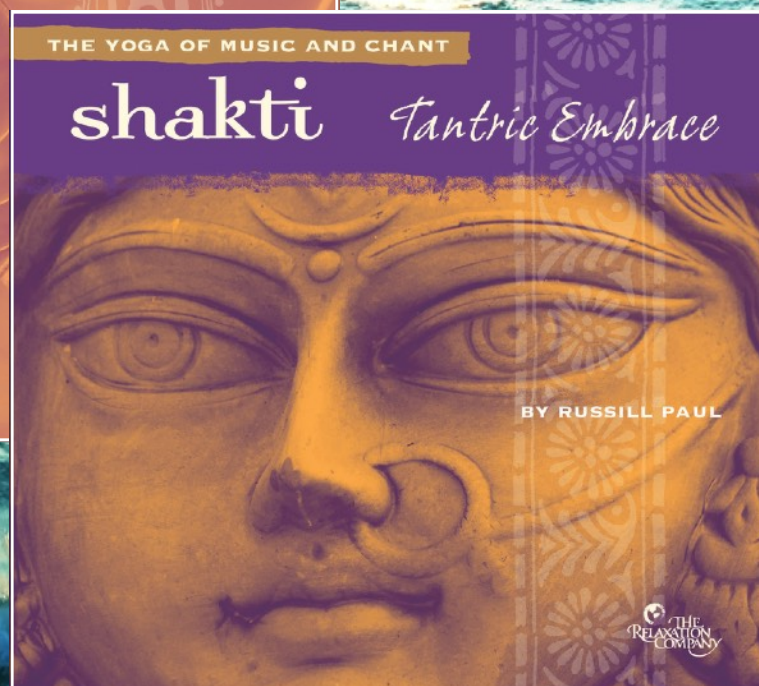
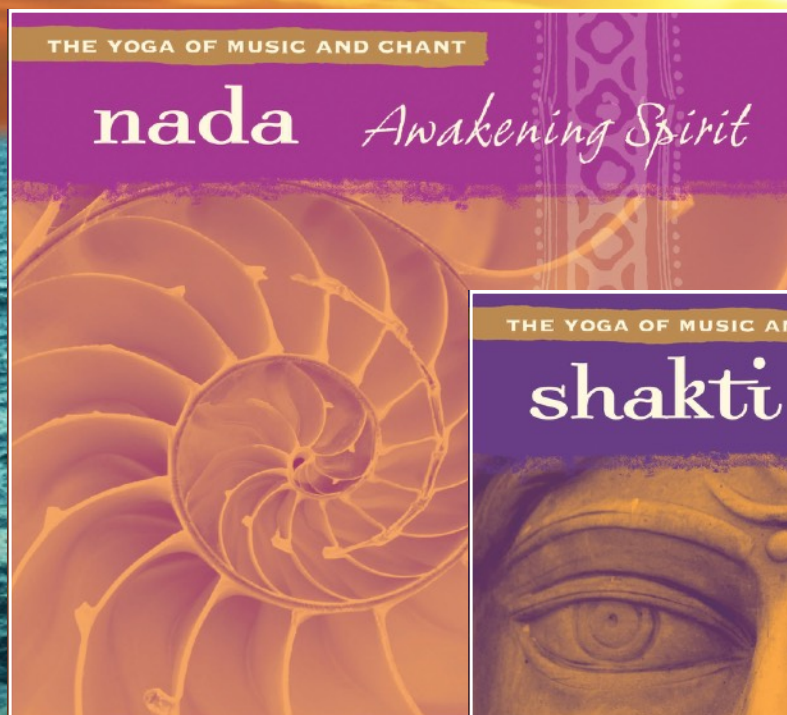
During the Yoga of Sound Immersion, some students may realize that they wish to learn to chant Vedic mantras properly as they need to speak more clearly and communicate more effectively. Or perhaps they enjoy the sound of Vedic mantras immensely.

Others may be interested in the experience of spiritual enlightenment and find Vedic mantras stimulating such states, which they do when we chant the mantras a certain way. For these students, a bonus module in the YOS Immersion offers an introduction to the Mastery of Mantra.



"The music of Russill Paul is not only distinctive, it is extraordinary and brilliant. His fusion of the sounds of India with the energy and technology of contemporary Western music produces a sound unequalled since George Harrison collaborated with Ravi Shankar in the late 1960's."

Arlo Guthrie. Legendary folk musician and Singer-Songwriter



THE TANTRIC STREAM AND ITS BENEFITS

In this module, students learn about Tantric sound and sound healing at the foundational level. The core of Tantric sound healing is through bīja mantras (seed syllables). Students will learn how bijas mantras are constructed. They will also learn the core bijas for the chakras and how to pronounce these syllables correctly.

Since Tantra involves mudras, students will learn mudras for each chakra. And they will also know each chakra's devata mantras (deity mantras). In this context, they will discover a way to construct Tantric mantras as the body of a deity in a way that simulates the human body.

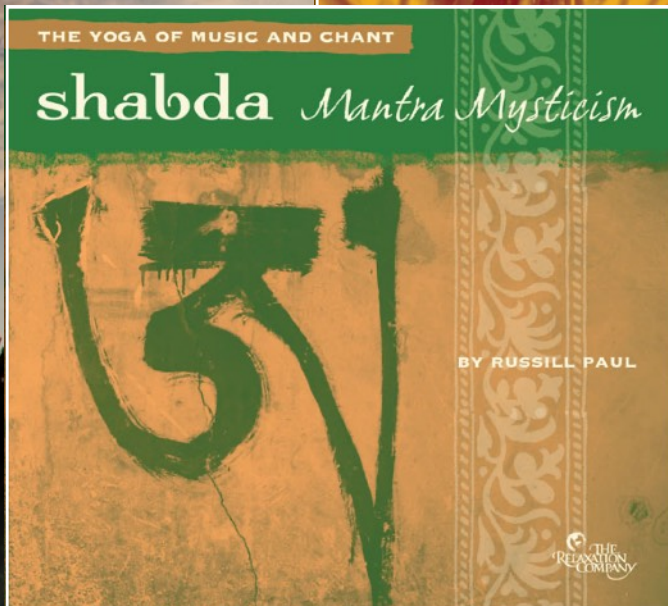
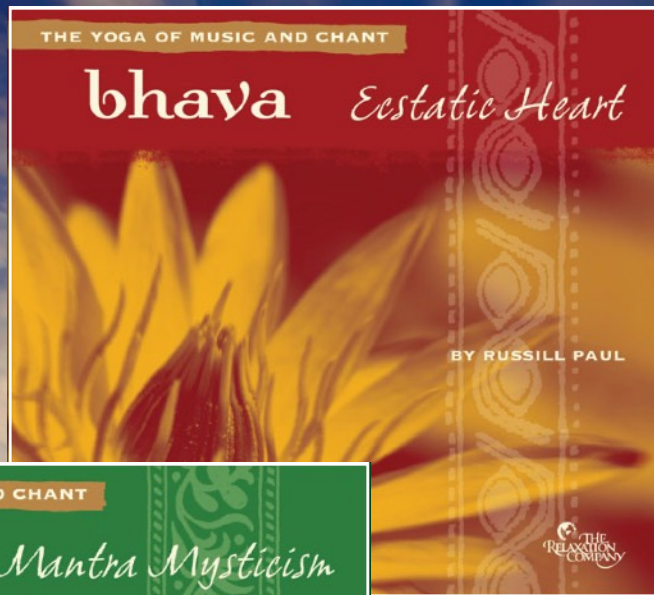
There is also a module on getting started with Tantric sound and sound healing, showing how mudras are combined with mantras in Tantra. In particular, a mudra and mantra to remove fear are presented in this section.

Tantric sounds offer a powerful way to release repressed and reactive energies while at the same time offering powerful ways to infuse energy. We can, for instance, infuse energy into our chakras.

Finally, students also learn about primary sounds and their energy movement, which is helpful for therapists and Tantric practitioners new to sound yoga methods.

While this module on the Tantric stream of sacred sound helps students develop a foundation in this methodology, advancing in Tantric sound is developed in the Mastery of Tantra, a next-level program beyond the Yoga of Sound. At this stage, it is not about specialization or mastery but being able to know the differences between the four streams of sacred sound and being able to compare these streams side by side while at the same time developing a solid foundation in each of these sound streams.





“Music is woven throughout nature from our own DNA to the galaxies, and that is why it is a source of transformation and wisdom. Russill Paul is a master guide in this domain. His work is clear evidence that music is much too powerful to be used as mere entertainment.”

Larry Dossey, M.D., eminent physician and author of “Healing Beyond the Body”.

THE BHAKTI STREAM AND ITS BENEFITS

In this module, you learn six elements of devotion. Bhakti is devotion. The first is understanding the difference between Japa mantras and Archana mantras. Since we are studying the Yoga of Sound from the Tantric perspective, this difference is quite significant. Next, students will learn practices with each of these types of mantras for Bhakti.

Students will also learn the difference between kirtan and bhajan and how these two forms of musical vocal expression aid in the expression of bhakti. An example from each of these forms will be taught.

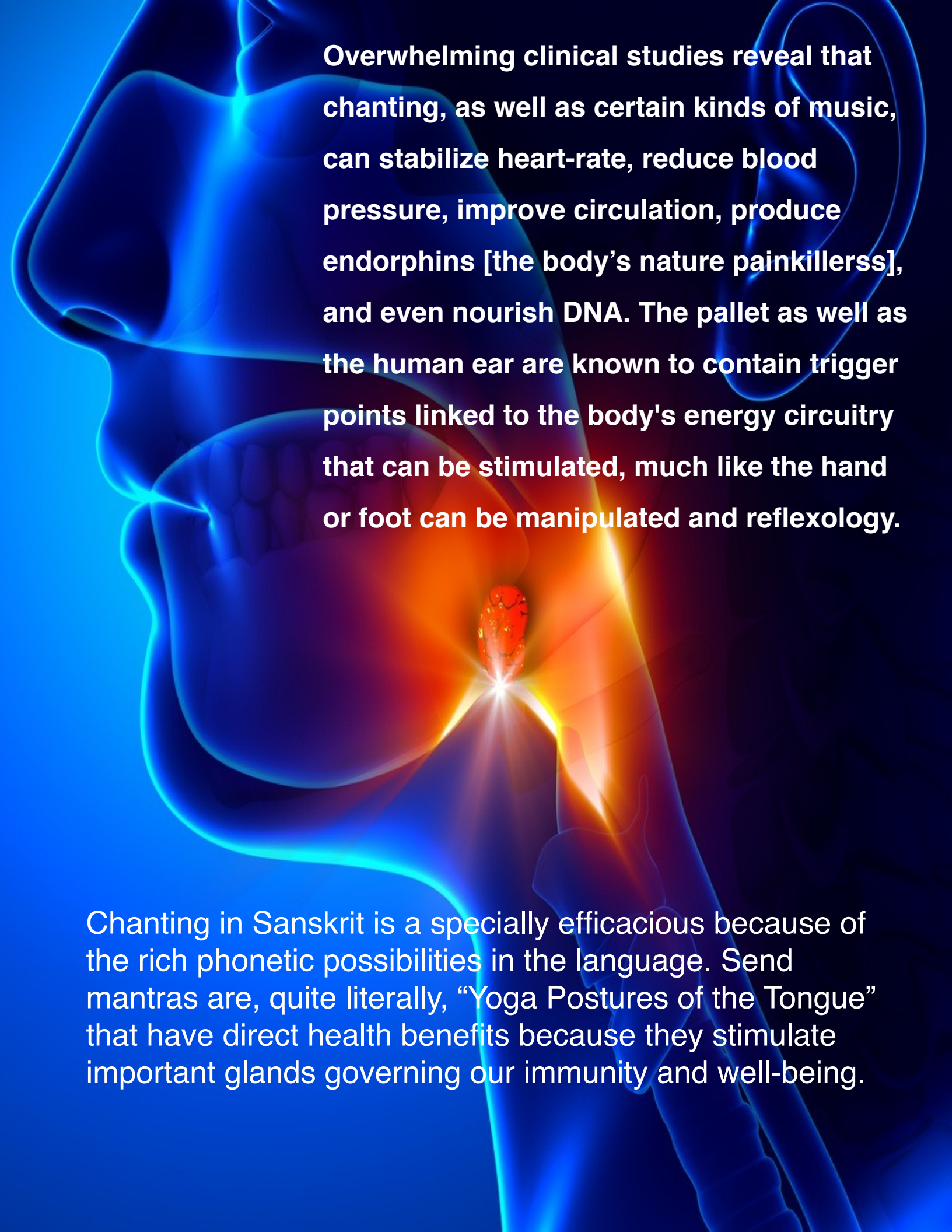
Finally, students will be introduced to Raga vidya and Rasa vidya. Ragas are musical scales. Rasa is feeling or sentiment. This process is quite involved, so we use just a few ragas to get started on this knowledge. Vidya means knowledge.

In this context, students will learn the difference between mantras and ślokas. Ślokas are verses in praise. They are a quintessential form of Bhakti. And they are often expressed in ragas (musical modes).

The essence of Bhakti is beauty, which can be expressed through qualities of the voice, such as softness. Bhakti can also be expressed through vocal music. For those who are musical, Bhakti can be developed through vocal music expression. On the other hand, those who are non-musical can cultivate their sense of Bhakti through speaking mantras.

The purpose of this module is to expand the student's notion of Bhakti beyond kirtan, which is not Bhakti's only expression in India's sacred sound traditions.





Overwhelming clinical studies reveal that chanting, as well as certain kinds of music, can stabilize heart-rate, reduce blood pressure, improve circulation, produce endorphins [the body's nature painkillers], and even nourish DNA. The palate as well as the human ear are known to contain trigger points linked to the body's energy circuitry that can be stimulated, much like the hand or foot can be manipulated and reflexology.

Chanting in Sanskrit is a specially efficacious because of the rich phonetic possibilities in the language. Send mantras are, quite literally, “Yoga Postures of the Tongue” that have direct health benefits because they stimulate important glands governing our immunity and well-being.

THE NADA STREAM AND ITS BENEFITS

Nada Yoga means "sound-yoga." We begin this module with early forms of Nada Yoga that developed about 2000 years ago. Four practices are essential to learning for the authentic sense of Nada, which has a solid connection to yoga, pranayama, and meditation.

Shravana and Nadi Sodhana: Shravana is listening. And it involves learning to listen without thinking. Nadi Sodhana is a practice to purify the nadis, the psychic sound channels of the subtle body.

Shanmukhi and Brahmari: This practice, Shanmukhi, is a mudra practice associated with Nada Yoga's origins. Brahmari is a sounding practice related to the roots of Nada Yoga.

Those students who wish to advance in Nada Yoga can learn two more components: Swara Vidya and Tala Vidya. Swara is the musical note (the Do, re, mi). Students learn to use these mantric syllables to affect the kundalini shakti, central to Tantra.

Tala is rhythm. In the ancient Carnatic music of South India, the hands and fingers are used to keep time. This element brings the whole body into the music-making process, which is also a Tantric practice.

At this stage, the study of Nada Yoga is introductory but involved. For example, recognizing musical intervals and developing the ability to involve one's body in the sound-making process takes skill and coordination of the brain's hemispheres.



INSPIRATIONAL MODULES

These inspirational modules teach the student to integrate the four streams of sacred sound, which requires a lot of skill and knowledge. The student is not expected to learn or master the techniques in this section as the purpose is to inspire, not teach.

The integration of all four streams is offered as a reference for energy healers and teachers who are musicians and vocalists who might aspire towards integrating the four streams, which is a considerable advancement.

Nevertheless, the practitioner is offered an introduction to the connection between Nada Yoga and the Kundalini experience through the Group Intensive archived in this section. We suggest you begin with it.



NADA YOGA & KUNDALINI INTENSIVE

This module features our all-day interactive intensive training our students in group.



NADA YOGA, KUNDALINI & MUSIC

This module is for those who wish to begin to aspire to the scope of Nada Yoga.



INTEGRATING THE FOUR STREAMS

This module is a reference on the full scope of Nada Yoga, integrating all sfour treams.

Kundalini—Nada Yoga Group Intensive

Experience the power of our Tantric kula coming together for interactive training and perspective development.

This section features a "Basic Raga Training" e-book Russill uses to train his students privately. A robust set of tutorials prepares you for the live, interactive sessions archived for your leisurely replay and systematic study.

During the live training, you can witness Russill's innovative ear training and vocal training techniques firsthand.



Nada Yoga, Kundalini and Music

Students interested in using sacred sound, particularly vocal manipulation, to assist the Kundalini and Tantric practices will find this module fascinating.

While the opening lessons help the student understand and get started on the basics, this module is designed to inspire, not teach any advanced techniques. The additional tutorials demonstrate the scope of what one can aspire towards in the future, not achieve in the present.



Integrating The Four Sound Streams

Those who wish to gain a sense of advanced Nada Yoga practice will be able to view sample tutorials on how to combine all four streams of sacred sound, which is Nada Yoga Tantra.

The essence of Nada is flow, which is what the word means, apart from sound, tone, river, and channel. In Nada Yoga Tantra, the classic yoga experience comes alive with Tantra.

Students begin this module with some simple tutorials that explore the relationship between the mantric syllables of the octave and the flow of Shakti. Then, some exercises teach how to enhance the kundalini experience flow in the chakras.

Students also witness how to combine the musical experience of note ascent and descent with mantra chanting, Nada Yoga Tantra: a compelling combination.





“As a musician and composer, Russill Paul's work is creative, deeply original, and also highly unusual in its synthesis of various sacred traditions, especially his ingenuity in adapting Sanskrit to his sacred music.”

Dr. Thomas Byron. Guggenheim Fellow. Fellow of Exeter College and St. Catherine's College, and author of "The Ashtavakra Geetha".

BONUS MODULES

These modules are for specialistic interests, that is, for energy healers and those teachers of mantra or Tantra who are also musicians and vocalists. And they are provided as a reference, not as a training, for these special interest groups and individuals. We recommend them as a supplement to your study of the core modules and not as an agenda in themselves.



BONUS 1: SOUND YOGA WORKSHOPS

This module helps students understand the four streams of sacred sound as Nada Yoga.



BONUS 2: SPIRITUAL VOICE COACHING

Students interested in voice coaching and therapy can benefit from this bonus section.



BONUS 3: EVERY DAY SOUND HEALING

This bonus section reveals how Russill uses sound for his daily personal healing.



BONUS 4: GUITAR & VOICE TUTORIALS

This module demonstrates vocal and guitar techniques for Bhakti and devotional singing.



BONUS 5: MASTERY OF MANTRA INTRO

Students interested in the Mastery of Mantra section can benefit from this bonus section.

Bonus 1: Yoga of Sound Workshops

Learn how The Yoga of Sound is presented to the public integrating the sound streams thematically.

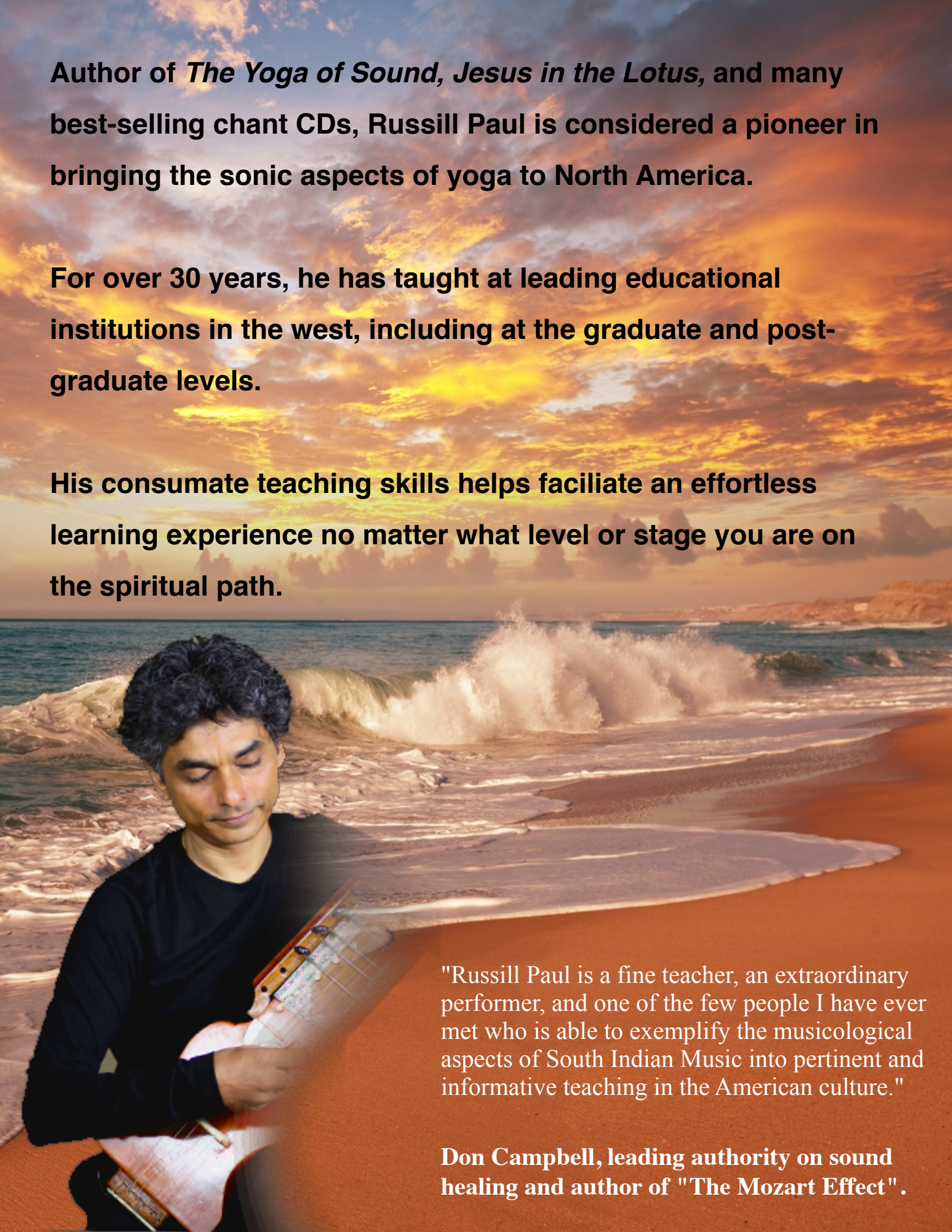
Workshop 1: HEALING POWER OF MANTRA focuses on the different sound streams for healing.

Workshop 2: THE AUTHENTICITY OF YOGA shows how mantric sounds add to one's yogic authenticity.

Workshop 3: MANTRAS AND MODERN LIFE shows how to integrate ancient mantras into contemporary living.

Workshop 4: THE POWER OF MANTRA explores the scope of sacred sound for spiritual awakening.



A man with dark, curly hair, wearing a black long-sleeved shirt, is seated on a sandy beach. He is playing a veena, a traditional South Indian stringed instrument. The background features a dramatic sunset over the ocean, with waves crashing onto the shore. The sky is filled with orange and yellow clouds, and the sun is low on the horizon, casting a warm glow over the scene.

Author of *The Yoga of Sound*, *Jesus in the Lotus*, and many best-selling chant CDs, Russill Paul is considered a pioneer in bringing the sonic aspects of yoga to North America.

For over 30 years, he has taught at leading educational institutions in the west, including at the graduate and post-graduate levels.

His consummate teaching skills helps facilitate an effortless learning experience no matter what level or stage you are on the spiritual path.

"Russill Paul is a fine teacher, an extraordinary performer, and one of the few people I have ever met who is able to exemplify the musicological aspects of South Indian Music into pertinent and informative teaching in the American culture."

Don Campbell, leading authority on sound healing and author of "The Mozart Effect".

Bonus 2: Spiritual Voice Coaching

In March 2021, we invited students into the process of discovering their healing voice. Our goal was to examine the mantra's role in developing the voice.

This module presents the videos and lessons leading up to the live training session featured at the end with commentary.

In this module, you can learn how to use the streams of mantra (Vedic, Tantric, Bhakti) to develop aspects of the voice within spiritual coaching.



Health, we are fast realizing, is not simply the absence of disease: it is a condition of soul that invigorates our being enabling us to derive the most from life. Today, as we look to holistic methods and spirituality to boost our immunity and raise our consciousness, two powerful approaches to improved health and spiritual well-being have garnered enormous credibility and attention: Yoga on the one hand; music and chant on the other. The Yoga of Sound bring the two together most effectively!

"Russill Paul is one of the most exceptionally gifted musicians in the world today. His genius is multifaceted, and his musical scope extends to all parts of the planet, combining a comprehensive knowledge of numerous musical genres, East and West, with a profound contemplative capacity that then expresses itself in a unique and unrepeatable creativity: a rare being in these universal times."

Wayne Teasdale, author of "The Mystic Heart."

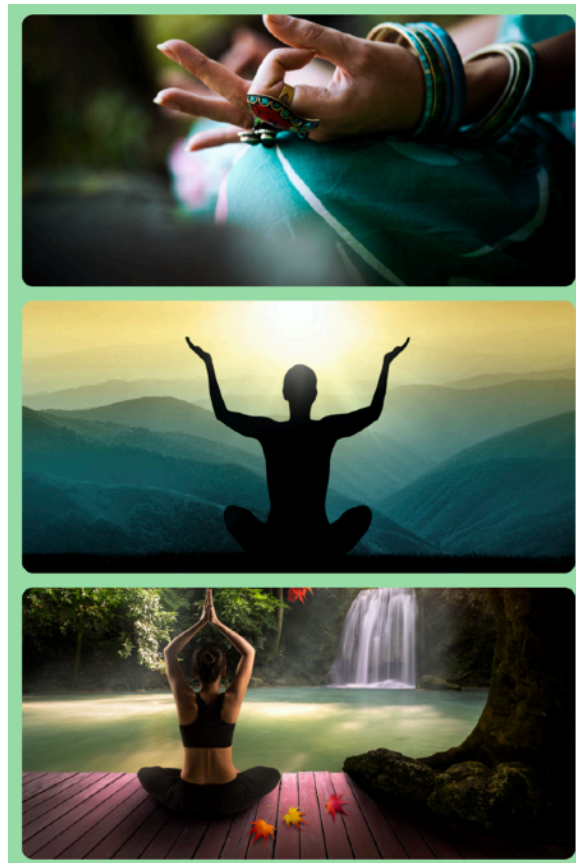


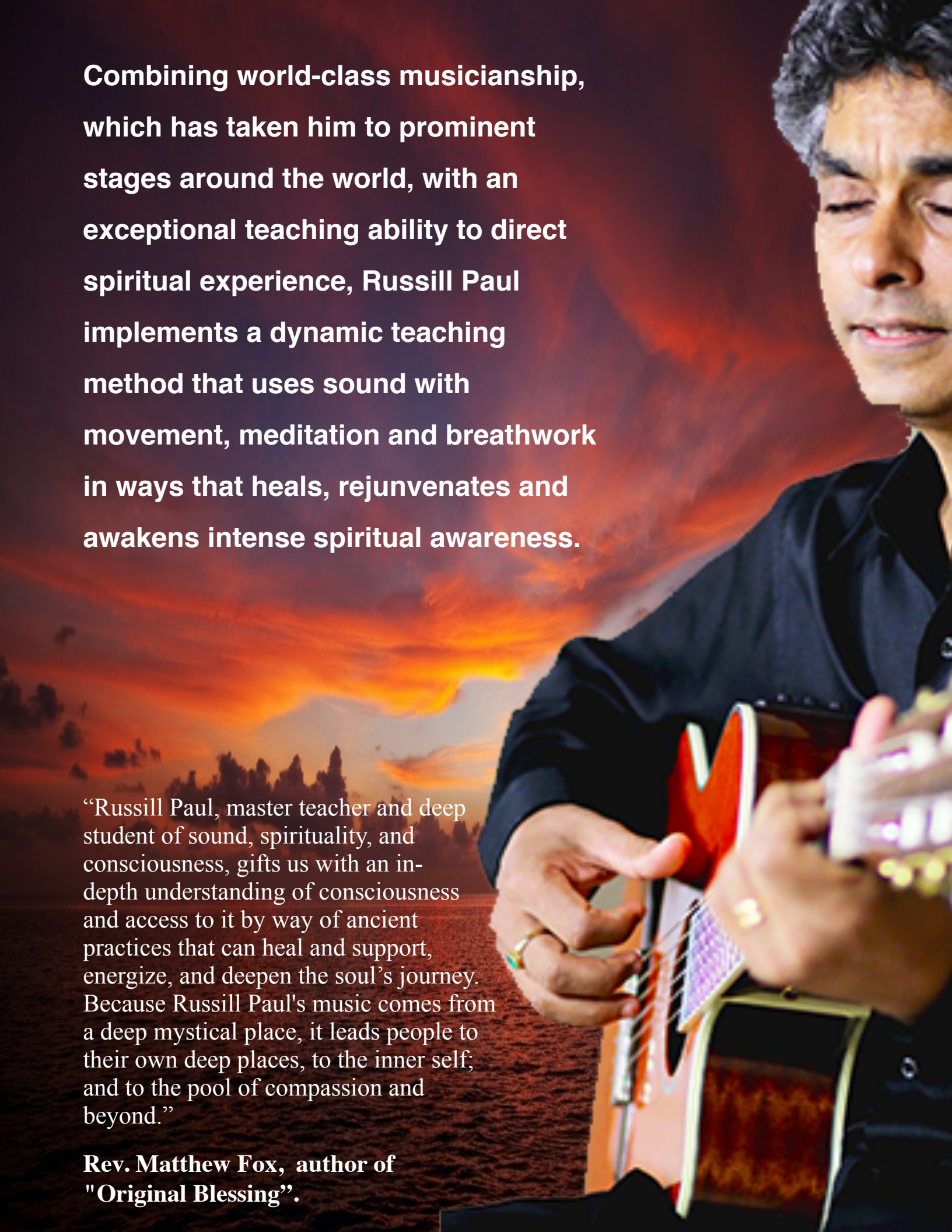
Bonus 3: Everyday Sound Healing

This section is based on Russill's everyday spiritual practice when he struggled to cope with traumatic memories.

Each episode reveals the quality of the voice before the process, the practice of sacred sound utilized, and the change in consciousness that resulted.

Here, you can observe how to use the power of sacred sound for therapeutic applications administered to oneself. This discovery helps in how we use sound to affect others.



A man with dark hair, wearing a black shirt, is shown from the chest up, playing a red and white electric guitar. He has his eyes closed and a focused expression. The background is a dramatic sunset or sunrise over a body of water, with a silhouette of a forest on the horizon. The sky is filled with warm, orange and red clouds.

Combining world-class musicianship, which has taken him to prominent stages around the world, with an exceptional teaching ability to direct spiritual experience, Russill Paul implements a dynamic teaching method that uses sound with movement, meditation and breathwork in ways that heals, rejuvenates and awakens intense spiritual awareness.

“Russill Paul, master teacher and deep student of sound, spirituality, and consciousness, gifts us with an in-depth understanding of consciousness and access to it by way of ancient practices that can heal and support, energize, and deepen the soul’s journey. Because Russill Paul’s music comes from a deep mystical place, it leads people to their own deep places, to the inner self; and to the pool of compassion and beyond.”

Rev. Matthew Fox, author of "Original Blessing".

Bonus 4: Guitar and Vocal Lessons

This section is designed especially for kirtan singers and musicians, and mantra chanters who play instruments. It is also for those who wish to develop their vocal music capability in combination with an instrument.

We offer a set of lessons explaining the basics of South Indian ragas and their corresponding western scales.

Guitar players can learn these scales on their instruments and learn how to combine their vocal expression with fretboard support.

This section features dozens video lessons that offer a close up view of the instrument and vocal technique with high quality audio.





Carolyn Myss:

"His music is delightful – a spiritually uplifting experience."

From the solitude of a classic monastic life, to stages around the world, Russill Paul channels the power of high states of yogic consciousness and ecstatic states of spiritual awakening through his music and chant. Using sophisticated musicianship and complex sound engineering, he is able to take the audience on profound shamanic mantra journeys of healing and transformation.



Bonus 5: Mastery of Mantra Introduction

For those wanting a glimpse into our Mastery of Mantra training, a separate program, we offer a general introduction to this spiritual process.

This bonus section also features six full-length webinars introducing various aspects of the Mastery of Mantra.

Finally, we present several ancient texts that students in our Yogic Mystery School study in various programs that require the foundation of the Mastery of Mantra.



NEXT LEVEL PROGRAMS

We assume that this immersion helps you develop a broad foundation of the different streams within Yoga of Sound. And that you have discovered at first the hand which flows you feel most affinity. Remember, this course is not about developing mastery but building a solid foundation in the four streams of sacred sound.

To develop skills, we recommend the Mastery of Mantra for improved knowledge and capabilities in Vedic chanting; and the Mastery of Tantra for abilities and knowledge concerning the Tantric stream of sacred sound, particularly the technology of bijas and sophisticated understanding of chakra sounds.

