

PRACTICAL EXERCISES • NUTRITION • MINDFULNESS • LIFESTYLE & WELLNESS

YOGA

MAGAZINETM

www.yogamagazine.com

ISSUE 269/OCTOBER 2025

SACRED. STILLNESS. WITHIN

Sunrise Yoga

Understanding
Ojas

Healing Power
of Yoga with
Ravi

Honouring
Victor
Parachin



UK £6.00

USA \$11.25 CANADA \$14.99

BELGIUM, FRANCE, CYPRUS, ITALY, AUSTRIA, MALTA, SPAIN,
LUXEMBOURG, NETHERLANDS,

PORTUGAL €11.00 JAPAN ¥1572.00 UAE AED58

Nada
YOGA



CONTENTS

ON THE COVER

10

76



08

46

28

On Cover: Ravi Dixit

<https://ravi.yoga/>

Instagram: @raviyoga_goa

Photo Credit: Mosalik Studios

Instagram: @mosalikstudios

Photo location: Polem Beach, Goa

FEATURES

46 THE HEALING POWER OF YOGA: RAVI DIXIT'S JOURNEY FROM TRADITION TO TRANSFORMATION

Ravi Dixit shares his journey of authentic yoga, healing, and transformation, emphasizing breath, mindfulness, and accessible practice for all.

42 A NEW ERA OF ROOT CAUSE HEALING

Lena Franklin explores integrative healing that unites science, psychology, and quantum energetics, guiding a transformative shift from symptom management to root cause restoration.

76 GUARDIANS OF THE GLOW: TRADITIONAL WISDOM TO REBUILD LIFE'S SUBTLE ESSENCE

Exploring Ojas, Dr. Desikachar reveals how Ayurveda and Viniyoga restore vitality, resilience, and wellbeing through diet, lifestyle, breath, and mindful practice.

PHILOSOPHY

60 YOUR ENERGETIC SIGNATURE: HOW THE CHAKRAS AND ELEMENTS MAKE YOU UNIQUE

Yoga and Chakra awareness reveal your unique Energetic Signature, guiding personal growth, balance, and alignment of body, mind, and spirit.

32 ALIGNING WITH NATURE: RECLAIMING THE SACRED RHYTHMS OF LIFE THROUGH THE 13 SACRED NIGHTS

Lara J. Day invites us to reconnect with seasonal rhythms through the 13 Sacred Nights, restoring vitality, balance, and spiritual renewal.

16 PRACTICE AS A PLACE OF REFUGE: HOW MINDFULNESS AND COMPASSION CAN TRANSFORM OUR PRACTICE

Anna Taylor explores how mindfulness and self-compassion transform yoga into a safe, nurturing space for inner awareness, care, and presence.

PRACTICE

52 MANAGING STRESS | THE VEDIC WAY

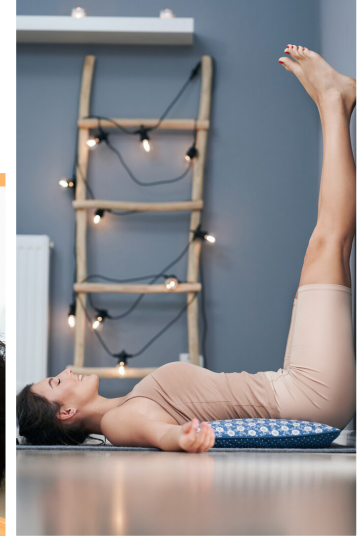
Ashwini Guru Ji presents Vedic techniques—breathwork, asanas, Yoga Nidra—to realign energy, relieve stress, and restore inner peace and balance.

22 BREATHE, MOVE, CONNECT: USING YOGA TO ENHANCE COMMUNICATION

Umbrella Yoga shows how breath, movement, and sensory awareness can enhance communication, resilience, and connection for individuals with additional needs.

56 FIND YOUR FLOW: HOW YOGA IS THE SECRET TO LONGEVITY AND A HEALTHY SPINE

Yoga supports longevity and spinal health by improving flexibility, mobility, circulation, posture, and mental wellbeing through mindful movement and breath.



INTERVIEW

68 COMING HOME: JONATHAN SATTIN ON COMMUNITY, CONNECTION AND REIMAGINING WELLNESS
Jonathan Sattin, founder of triyoga, returns to Primrose Hill with HOME—redefining wellness as belonging, authenticity, and community in modern times.

64 BEYOND THE ALGORITHM: RAFIE FARUQ ON THE SPIRITUAL SIDE OF AI
Genie AI's Rafie Faruq reveals how spiritual practice shapes leadership, weaving mindfulness, compassion, and sacred wisdom into technology's future.

BWY SPECIAL

28 CONSCIOUSNESS IS SOUND: THE ANCIENT ART OF NADA YOGA
Rajesh David explores Nada Yoga, where sound reveals consciousness itself—bridging Vedic wisdom, music, and meditation for inner transformation.

YOGA STUDIO SPECIAL

10 SUNRISE YOGA PRACTICE
Eva Kristlova explains the physical, mental, and spiritual benefits of practicing yoga at sunrise, aligning with nature's rhythms.

NEWS

72 UPWARD FROG: TAKING YOGA WHERE IT'S NEEDED MOST
Upward Frog CIC brings accessible yoga to diverse communities, improving health, wellbeing, and social connection through inclusive, compassionate programs.

08 TRIBUTE-VICTOR PARACHIN
Honouring Victor Parachin's life, writings, and legacy—his wisdom, compassion, and teachings continue to inspire spiritual seekers worldwide.

90 WILD SWIMMING FOR MENTAL HEALTH: TOP UK WILD SWIMMING SPOTS REVEALED
Wild swimming offers mental and physical health benefits, connecting participants with nature and mindfulness while revealing the UK's top scenic spots.

READERS' STORY

86 LISTEN TO YOUR BODY: BE AWARE AND BE CAREFUL
James de Albuquerque guides seniors in practicing yoga safely, emphasising body awareness, respecting limits, and preventing injuries for longevity.

READERS' ASHRAM

84 ASK YOGI MAHARAJ DR MALIK

98 VEDIC ASTROLOGY

SERIES

36 THE KUNDALINI: MEMOIRS OF A YOGI (CHAPTER 34)
Yogiraj Muni recalls a sacred Pali mantra, temple restoration, and lessons in compassion, peace, and Kundalini's transformative blessings.

WHAT'S HOT

94 NEW BOOKS, ACCESSORIES AND PRODUCTS





BWY

AT
THE
HEART
OF YOGA

Join us. Train with us.
Develop with us.

bwy.org.uk

Words: Rajesh David
Renowned BWY tutor and musician



CONSCIOUSNESS IS SOUND

The Ancient Art of Nada Yoga



The Universe as Sound

Nada Yoga interprets the cosmos through the medium of sound. But here, 'sound' means far more than what we might ordinarily think – it represents consciousness itself. This idea is captured in the Sanskrit phrase from the Oxford Encyclopaedia of the Music of India – Nada Brahma: consciousness is sound.

This understanding has deep roots in the ancient Vedic texts, particularly the Upanishads, which point to sound as both the beginning and essence of the universe. We find similar concepts

elsewhere: the Bible's declaration that "In the beginning was the Word", and the ancient Egyptian belief that the universe sprang from the voice of God. Such parallels unite ancient wisdom with modern scientific understanding.

In Indian music, Nada refers to the very essence of musical vibration. Since Pythagoras established the connection between musical notes and mathematical ratios, it is not fanciful to recognise music everywhere in the universe – from the tiniest atoms to the movement of planets, and within our own bodies. Musical proportions are literally written into our DNA,

making our physical form a supreme musical instrument.

The entire fabric of the universe vibrates and Nada Yoga explores this fundamental vibration. Though our hearing is limited, Nada extends beyond audible sound to embrace wider concepts of harmony, balance and rhythm.

The Practice and Its Effects

Nada Yoga techniques gradually refine our perception. The resonance of vocal sound can energise body and mind while heightening awareness of the chakras, the body's energy centres. A simple practice is to focus on each chakra while chanting its bija mantra (seed sound) on a musical scale. These single-syllable mantras hold an entire teaching within them; when voiced, the vibration of the sound is said to awaken and embody the meaning it contains. This can be very effective at sensitising the chakras, calming the mind, and helping pull our attention away from outside distractions.

Recent research supports these ancient claims. A study at the National Institute of Mental Health and Neurosciences in Bangalore, India, investigated Nada Yoga's immediate effects on energy levels and chakra alignment in healthy volunteers. Using electro-photonic imaging (EPI), researchers found significant increases in energy levels at various chakra locations after just 45 minutes of Nada Yoga meditation.*

The Inner Journey

Nada Yoga practices are designed to create *Pratyahara* (withdrawal of the senses) and guide us smoothly inward toward *Dharana* (concentration) and *Dhyana* (meditation). The practice starts with making audible sound – *ahata nada* – but changes into *anahata*

nada, an inner vibration with no outside source. Importantly, the heart chakra itself is called the *anahata* chakra, making it the doorway to our inner world. As the practice gets deeper, the heart becomes the main focus as we are naturally pulled inward.

As we practise, we learn to appreciate the fundamental role of rhythm. It binds us and the cosmos together through synchronicity – different individual parts beating with the same pulse, where individuals become part of a greater whole. We experience this in orchestras, in the murmur of starlings or when we chant together. By letting go of our individuality, we become part of something larger. This phenomenon, called entrainment, can draw us into a deep meditative state.

Though our journey may begin with audible sound such as mantra and song, it must lead us to deeper realms of being, just as chanting the mantra *Om*, the perfect symbol of *Nada* or sound, is followed by the silence from which the manifest universe emanates.

The Wisdom of Om

The true nature of the mantra *Om* is revealed in the *Mandukya Upanishad*, one of humanity's great philosophical

gems. In just twelve verses, it condenses the entire wisdom of the *Upanishads*, expressing profound ideas about consciousness through the lens of the mantra *Om*. The great teacher, *Adi Shankaracharya*, declared that seekers of liberation need no other text.

The first verse boldly states: “*sarvam Omkara eva*” – Everything is *Om*! The very essence of the cosmos is revealed through this mantra. *Upanishadic* wisdom makes no distinction between cosmic and human consciousness – consciousness is one, expressed as many. This creates a pathway to contemplating absolute consciousness through understanding our own human awareness.

The sound of *OM* is made up of three vowel sounds: A, U and M. The *Mandukya* considers consciousness in four parts corresponding to the vowel sounds of *AUM* plus the silence that follows. The first three states – waking, dreaming and deep sleep – are what we experience daily. The fourth state, called *Turiya*, flows through all three and represents pure, complete awareness.

Think of it like this: if the first three states are individual notes, *Turiya* is the entire symphony playing through them.

A = Waking State Consciousness (*Jagritsthana*) This is our everyday physical world. When we wake up, everything around us comes alive too – our thoughts, what we see and hear, our relationships and feelings. In today's digital world, this gets much bigger. We can access endless information instantly, and we're connected to everyone else's thoughts and ideas online. This includes everything we experience in time and space, but there's a deeper, unlimited consciousness that sits beneath all of this everyday awareness.

U = Dream State Consciousness (*Swapnasthana*) This is the subtle realm of the mental plane, including dreams, imagination and creative thinking – what yogis call *Chid-akasha* or the space of consciousness. In this state, we can go beyond the normal rules of the physical world and tap into pure creativity.

Think of Einstein imagining himself riding alongside a beam of light – this mental experiment led him to discover groundbreaking truths about physics. The dream state gives us access to this same creative power, where thoughts and images can reveal deep insights.

Like the waking state, this is still just one glimpse of complete consciousness, but it's an incredibly valuable one.

“AUM in its sounding is the manifest universe; in its silence, it is the Absolute.”





M = Deep-Sleep State Consciousness (Sushuptasthana) In this subtlest realm, our experience of consciousness is inferred rather than direct. The ego switches off, the body completely relaxes, and consciousness transcends both dream and waking states. The Upanishad describes this as "*a mass of consciousness*" (*prajnan ghanam*), – ever-blissful yet totally unaware. Meditative practices can awaken awareness in this realm, leading toward *Turiya*.

Silence = Turiya – The Fourth Transcending the three everyday states is *Turiya*, the Absolute. The Mandukya describes it as *adrishtam* (unseen), *avyavaharam* (unlike anything), *agrhanam* (ungraspable), *alakshanam* (un-inferable), *achintam* (unthinkable), *avyapadesham* (undefinable), *ekatmaprataya saram* (one with the Self). All phenomena cease – there's no 'you' separate from everything else. It's described as eternal, blissful and completely whole.

The final verse describes the fourth state as *amatra* – "without measure or metre" – unlike the three sounds A, U, and M, which have rhythm and sound-wave qualities. Thus, *Turiya* is pure silence.

AUM in its sounding is the manifest universe; in its silence, it is the

Absolute. Just as sound originates from underlying silence, absolute consciousness is the foundation of all manifestation.

We use the sound form of the mantra *Om* as a symbol of absolute consciousness. *AUM* represents our true nature at every level of being.

The *Yoga Sutras* emphasise the importance of meditating on *Om*: "*The word which expresses Brahma is OM. This word must be repeated with reflection upon its meaning. Hence comes knowledge of the Atman and removal of ignorance.*" – *Yoga Sutra* 1.27 – 1.29

A Living Wisdom

The Mandukya Upanishad made a bold statement thousands of years ago: "Everything is *Om*!" As we learn more about the universe through science, this ancient wisdom still holds true. Modern discoveries have yet to disprove it!

When we think deeply about *Om*, we discover it exists both everywhere around us and beyond everything we know. When we hear the sound of *Om*, it represents the physical universe we can see and touch. In the silence after the sound, it represents pure

consciousness – unlimited awareness itself. This *Om* is our true Self.

Learn more

Experience this practice firsthand when Rajesh David leads a Nada Yoga session at the SOAS BWY summit on 1 November at the Brunei Gallery, University of London. The summit brings together yoga experts and scholars to discuss and experience how yoga and ayurveda can support modern minds in the age of overload. Tickets: £75 in-person; £45 online. Book here: <https://portal.bwy.org.uk/user/events/996>



Rajesh David is a certified yoga teacher who trained at The Yoga Institute in Mumbai, India. As a composer and singer with training in Indian classical music, he brings a rich musical background to his yoga teaching. He spent four years as a resident at Mandala Yoga Ashram in Wales, where he led kirtan and chanting sessions, gave concerts and taught Nada Yoga courses. He now teaches internationally and serves as a guest tutor for the BWY. <https://rajeshdavid.com/>

References

Rajashekar Veerabrahmachar, Suman Bista, Ram Bokde, Nishitha Jasti, Hemant Bhargav, Sujana Bista. *Immediate Effect of Nada Yoga Meditation on Energy Levels and Alignment of Seven Chakras as Assessed by Electro-photonic Imaging: A Randomized Controlled Crossover Pilot Study*. PMID: 37119541)