

## NĀDĀNTA using C & G tuning forks

*Nādānta* is the cessation of sound. As a practice, it is listening to the very end of sound — like the dying out of the last resonance of a struck bell, the end of the energy of sound, the end of energy (if such a state exists). To take this meditative absorption further, the cessation of sound is commensurate with cessation of breath (as in kumbhaka) and the cessation of the pulsating of light that is consciousness. This state is called *turiya*.

Tones C & G are perfect for this, as a perfect fifth, and productive of a natural nitric oxide release in our cells. Strike the two tuning forks and carefully (safely) place them beside either ear, moving the forks progressing closer to your ears as the sounds subside completely.

