A man with a beard, wearing an orange robe, is seated and playing a veena. He is looking down at the instrument. The background is dark with a subtle pattern.

“Music doesn’t
merely reflect a state
of consciousness:
It also generates it.”

Swami Kriyananda



JOY

Magazine

Change your music Change yourself

When it comes to music, we often think about the kind of music we enjoy. We look for music we like. We talk about music that moves us, but seldom ask ourselves which direction it is moving us in! Swami Kriyananda puts it quite bluntly when he says, "Music is not a matter of taste, it is a matter of consciousness." Now what does that mean exactly? Well, let us ask you a question - which is that one song on your playlist right now, that you keep on constant repeat? Try to impersonally classify that song into a quality - romantic, emotional, heavy, restless, energetic, uplifting, expansive, sad, needy (and the list goes on). Now here's the rub: Your taste, reflects your consciousness.

But fortunately for us, our consciousness can be changed (phew!). And how? Well... through music itself! For as Swamiji also counsels us, "Music not only reflects, but also generates consciousness." The very same tool that shows us where our consciousness is right now, can be used to uplift us into higher realms. Change your music, change yourself. Could it really be that simple? Let's hear it now from a higher authority, Paramhansa Yogananda - "Sound or vibration is the most powerful force in the universe, and music is a divine art, to be used not for pleasure but as a path to God-realization. Vibrations resulting from devotional singing lead to the contact of the Cosmic Vibration or the Word."

It is no small thing when the Guru referred to chanting as "half the battle," yet the highest use most of us seem to derive out of music is pleasure, relaxation, distraction. When we could be half-way to God's heavenly adobe, we choose instead to remain firmly rooted to earth.

Swami Kriyananda, in composing 400 pieces of music, showed us just how vital he considered music to be, in our quest for freedom. If he haven't awoken to this great truth yet, we hope through this month's issue, each of us may awaken together.

We will sing Thy name, we will drink Thy name, and get all drunk oh with Thy name.

Narayani & Shurjo



Contents

<i>What Is Ananda Music?</i>	02
<i>Chanting is half the battle</i>	04
<i>Chant your way to Bliss</i>	06
<i>Ananda Choir</i>	08
<i>Living in the Light</i>	11
<i>Art as a Hidden Message</i>	12
<i>Love is a Magician</i>	14
<i>When to Use the Cosmic Chants</i>	15
<i>Ashram Diaries</i>	17
<i>Fun with Games</i>	18
<i>Contact Us</i>	19



What Is Ananda Music?

Words are thoughts crystallized. Melodies are the resonance of the heart's aspirations. Harmonies deepen the emotional power of those aspirations. And rhythms ground those aspirations in the present. Combining thought, melody, and rhythm in a spiritual discipline can provide a powerful force for awakening.

***Awaken to Superconsciousness
by Swami Kriyananda***



Is it simply beautiful music written by Swami Kriyananda that is pleasant to listen to, or does it have underlying power that can change our consciousness?

Upon first hearing, Ananda Music seems slightly different from mainstream music. The melodies are gentle, yet deeply moving. The harmonies are richly satisfying, yet always uplifting. The rhythms are unagitated, yet energizing. Most striking, however, is the overall effect: this music is not meant to stir up one's emotions, but to take the listener into states of calm feeling, where intuition and other soul qualities such as bliss, love, power, calmness, peace, and wisdom can blossom and grow.

Many admirers of Ananda music can attest to its power to take one into deep states of awareness, touching the hem of Swami Kriyananda's consciousness and his attunement to Yogananda.

How is this transformation of consciousness possible? How can some melodies lead us to joy, and others to grief? Music, in itself, is only a collection of sound frequencies – there are no “best notes” to use.

Swami Kriyananda's music consciously channels divine inspiration with the sole purpose of uplifting human

consciousness. To sing and listen to Kriyananda's music with divine attunement puts one in touch with the divine source that inspired the music.

Swami has never written music from a personal perspective, but rather has expressed different states of consciousness in a very impersonal way, so that we, can make them our own more easily.

Swami, has composed music with Divine Inspiration and, not narrowed in personal expression, but presented in its true and fullest essence.

Swami said, "If you want to get to know me, listen to my music". It is here simply as a direct conduit to higher states of consciousness. In listening to this music, we begin to meet not the personality of Donald Walters, but the consciousness that this extraordinary human being has been able to reach.

Excerpts from What Is Ananda Music?

What Is Ananda Music?



Read Now

The Spirit Within Music



Read Now

To learn more about Ananda Music join the Ananda Mumbai choir WhatsApp group:



Join WhatsApp Group

If you want to get some or all of 200+ pieces of Swami Kriyananda's music write to us at



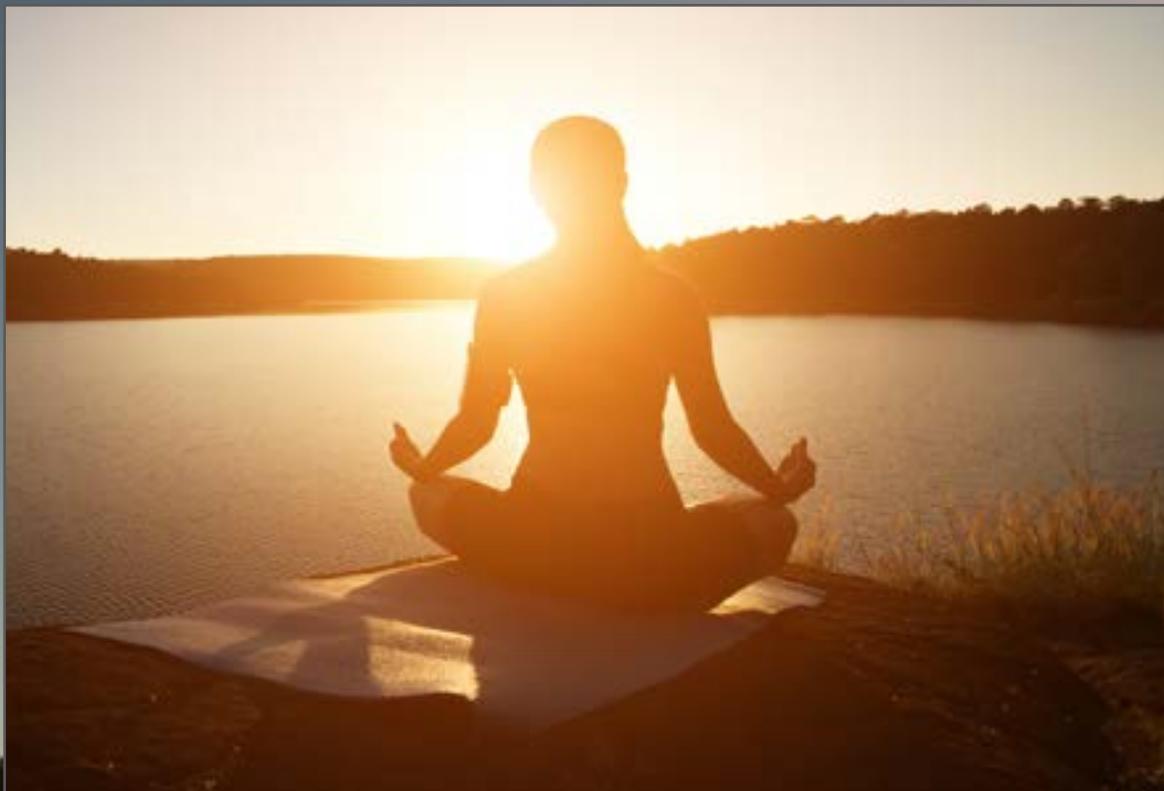
mumbai@anandaindia.org



Chanting is half the battle

Constantly to revolve a chant or an affirmation in the mind helps to create a positive vortex that draws all of one's thoughts and energies to a spiritual centre. Yogananda told us to chant mentally all day long such words as, "I am Thine; receive me!" or, "I want only Thee," or, "Reveal Thyself!". . . . Yogananda spiritualized his chants . . . they were born of his own deep Self-realization.

Hindu Way of Awakening: Its Revelation, Its Symbols
- Swami Kriyananda



Excerpts from the Ananda Chants book

Devotional chanting is one of the most powerful tools on the spiritual path for transforming consciousness by opening the heart and increasing receptivity. The subtle vibrations of chants literally change and uplift the very thoughts that arise in our minds. Swami Kriyananda has stated that "chants consist of simple sentences repeated over and over again, each time with deeper concentration and devotion. As buildings and places develop vibrations according to the consciousness of the people frequenting them, so music also develops vibrations beyond those of the actual sounds.

Chants that have been spiritualized, particularly by great saints, have a heightened power to inspire whoever sings them...."Paramhansa Yogananda said, "Chanting is half the battle!" With this statement he was referring to the battle that each individual must face to overcome egoic tendencies and to find God. Chanting effortlessly lifts us above the realm of negative emotions and self-preoccupation. As we lose ourselves in the joy and freedom of the music, we transcend our little selves in our devotion for God. While the harmonium is the traditional instrument used to play chants, an electronic keyboard, piano, or other instrument

can be used as well. The British originally brought the bellows organ to India, the Indians adapted the organ so that it could be played while seated on the floor. And the harmonium has been widely used for devotional chanting ever since.

Musical experience is unnecessary to begin playing the harmonium. Simply learn the basics and you will find a whole world opening to you. The natural yearning of the soul for the Divine finds full expression through chanting, and the heart's love soars.

*Never chanted before?
Find below special videos for Chanting and
specially curated Kirtans*



Listen to Chanting



Listen to Kirtans

Want to play the Harmonium?



Learn Harmonium Basics



Chant your way to Bliss

By Yogesh Thakur – Devoted Kriyaban

When the Mumbai work was just beginning, Nayaswami Dhyana (Spiritual Director of Ananda India), gave me a harmonium. She said “Yogesh, Mumbai needs a harmonium.” I replied I don’t know how to play. She promptly gave me the Ananda chant booklet and said “so please learn.” Thus began my journey trying to play Master’s and Swamiji’s chants. I still play on the same harmonium and there have been days when I’ve chanted for 4 to 5 hours, without realizing how time flew by. I have to say, chanting regularly has taken my Sadhana and Devotion to a much deeper level.

I cannot say I’m an expert harmonium player, however, I would like to share my experience. It may be of help to those who share a similar interest. I’m also sure, the same results can be obtained if one learns chanting with the guitar. But I can only speak of the harmonium since my experiments have been with it.

If a devotee wants to experience the deep joy of chanting, the first thing to do, I think, is to take the plunge and invest in a harmonium. If it’s there, it will be used. The pure vibrational quality of harmonium notes helps in “feeling” the chants deeply. It is possible that you may not be confident of using it correctly and may need some beginner lessons. I shall be happy to help.

The devotee could then start the learning journey with simple chants that involve 4 to 5 keys. “I will Drink Thy name.” and “I am the Bubble Make me the Sea” are good chants to begin with. Both involve only five keys. Initially, it is good to practice only two or three chants and allow the fingers and wrist to get a feel of the movements across the keys. We have a wonderful chants booklet that has the notes.

The key to deep chanting is – repetition. Depth is achieved by practicing repeatedly till such time that the chant can be played with eyes closed. This also allows the music to be absorbed subconsciously. You may often find the chant playing in your mind the next day even as you go about your duties. This is a sign that it has been absorbed to a deeper level of consciousness.

The last stage involves ‘feeling’ and hence is often a challenge to describe. In this stage, we try to channel the attention to the Spiritual Eye (Ajna chakra). At the same time, try also visualizing energy rising from the Heart centre (Anahat chakra) going to the Spiritual Eye. Start chanting normally and after a few minutes, continue chanting with closed eyes, while fixing the gaze and attention deeply at the spiritual eye. You could even visualize any of our Gurus or your favourite deity at the spiritual eye. The devotee then offers himself completely in love and devotion to the visualized Guru.

Try to feel the energy rising from the heart centre and going all the way up to the spiritual eye and then beyond to the visualized deity/Guru. At this stage, you are hardly aware of the keys or bellows. The fingers are moving and playing the chant through muscle memory. The lyrics too flow without effort as a means of being one with the Divine.

Enjoy that state of devotion while chanting. Follow it up with your meditation practice/Sadhana. As our great Guru has said “Chanting is half the battle.” Going into meditation with half the battle won, is always a good thing!



Order the Ananda Chant Book

Ananda Choir



Srinivas Abrol



Before I found Yogananda in this life, before I came to Ananda, I had never imagined how music can actually act as a powerful doorway to the Guru's consciousness. When I first heard the chants, they were indeed melodious and deeply attractive, and yet it took a while for me to get even a surface level understanding of how they really work.

My understanding is growing, and no matter how much time it takes, I know a day will come when I'll be able to internalise the chants the way they are meant to be. Also, joining the choir group has really helped in so many ways. Not only is it giving me so much fun and joy, but it's also helping me get slightly better at singing, which is a miracle considering how bad I usually am when I sing any other song.

But as we all know; miracles tend to be a common occurrence wherever the Guru's presence is strong. It all seems like a new life altogether. Or maybe I was just in the womb before I found Yogananda, and now I'm finally born.

Sharmila Chakravarty



Swami's music is ethereal. It uplifts my consciousness magically and helps me attune to the greater reality. The lyrics are amazingly simple yet deep with profound truth and the joy felt is very spontaneous. Love listening to them.

Neena Shah



Joining the choir has brought me closer to Swami's music. Life has become more joyful, loads of healing has taken place. Singing for the Divine & with Guru bhai's is like living in an uplifted consciousness where I can feel God within me.

Sejal Vashi



In February this year I was hospitalised for Covid and on round the clock oxygen support. One evening a pulmonologist was called in to examine me and I was asked to count till 20. My lungs were so distressed and in pain that I stopped after every 2 or 3 counts. I had no energy and was miserable and depressed. Despite all the treatment I did not seem to be getting better. Doctors had asked me to stay away from the phone but I anyways reached out to my Gurubhai Niyatti. She and I had attended the Divine Will Healing classes together. I requested her to send healing to my lungs. She promised she would and also sent me a link to Ananda Radio and Swamiji's slide show where he sang my favourite song "Brothers". I had it on my playlist too but this link had his photos as well. I played it for hours on repeat, Swamiji's cheerful voice was like therapy. I felt inspired to sing along but hardly a whisper came out. I continued listening the next day and the next. When I attempted to sing, I could manage just a few words. Next day I chanted a few lines and third day a few more. I felt a surge of energy when I sang with Swamiji, as if my lungs were opening up. I felt relaxed and positive and hopeful. A few days later my reports also showed considerable improvement and I was weaned off oxygen and was soon back home healed. Even Covid couldn't help but surrender to Swamiji's soulful and divine melodies and his rapturous voice.

Arko Ganguly



Music is so important to us; the role it plays in shaping our consciousness is very fascinating. To put in simple words, a song is the vibrational representation of our thoughts and expressions. The feeling that we most resonate with, shows itself in the music we make. That being said, we directly deal with emotions of a person while listening to their music.

Swami Kriyananda's music is an example of joy and happiness flowing through sound. Repeated hearing and singing along to the same acts as affirmations and causes that energy to manifest in our lives. I personally feel uplifted and calmly energized while hearing his sweet melodies.

Swami's music has made me realize the importance of consciously choosing the music we listen to and how it can have a deeper bearing on our consciousness.

Sarvottama Nigam



Swami's Music is a blessing for those who want to grow fast on the spiritual path.

As a novice I often recited chants and/or mantras and tried to focus on the words. However, I realized that it was the melodies alongwith the words that made a huge difference in my experience and not the words alone.

The first chant that deeply touched me was: "Lord I am thine". In practice, I first focused on the melody, then the powerful words, and then as I repeatedly chanted it, my experience was beyond words. The feeling of surrender sank in so deep, that I realised the true essence of the chant.

Now, after all these years, I can say that when the words are chanted or sung with a particular melody or tune, makes a lot of difference in the entire experience.

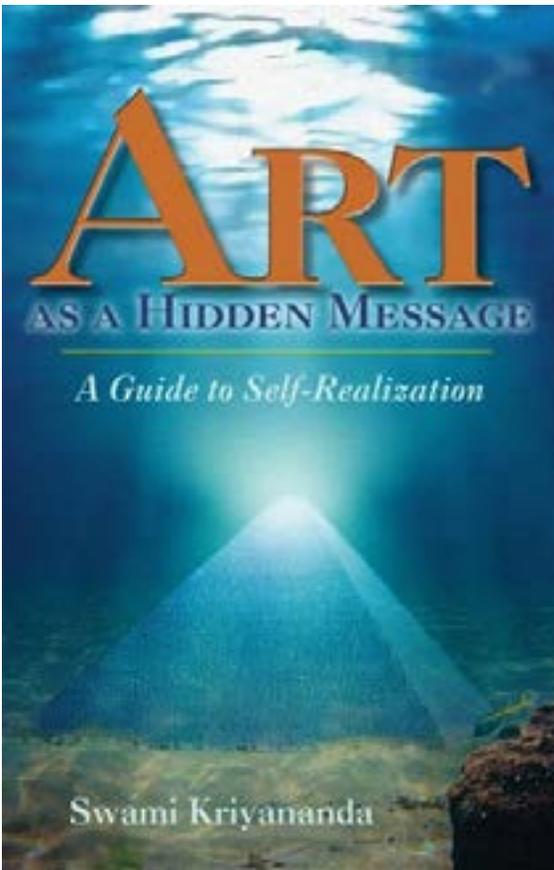
And on a very happy note: I wanted to share that after 10 years on the path and having had many such beautiful chanting experiences. Now I reap the results by inculcating that spark in my kids who are 8 and 6 years old. The fact that they also have their own playlist of Swami's music gives me a different level of satisfaction and I feel blessed that I could pass on something so profoundly beneficial for their soul journey.



Join the Choir WhatsApp group

A photograph of a forest path with sunlight streaming through the trees, creating a bright, hazy atmosphere. The text "Living in the Light" is overlaid in the center in a white, serif font.

Living in the Light



Art as a Hidden Message

A Guide To Self Realization

Excerpts from the book

Art serves an important purpose in the refining process of civilization. I don't mean to lay too heavy a burden of responsibility on artists; it might deprive them of the fun and delight of creative self-expression. Still, they should also recognize that they do have a duty – not only to society, but to themselves. The function of art is more than helping us to “get in touch with our feelings,” as the popular expression goes. It is to help us to refine those feelings.

Where Is Art Headed?

There is no shock value in saying that we live in a time of moral and spiritual confusion; it is common knowledge. For most of the Twentieth Century, art has been wandering about in a state of bewilderment. Nowhere in the field is the problem more pronounced than in music.

Classical music, which ought to be in the vanguard of meaningful expression, has lost touch with melody. How? The explanation is best stated poetically: The fountain of melody is situated in the valley of the heart. It is fed by streams of inspiration, but vulnerable to the desiccating winds of intellectuality. When these blow unremittingly, the valley becomes an arid desert: Faith is then lost; hope is lost; love is lost. And the fountain of melody ceases to flow.

The chords also in classical music have tended toward dissonance, signalling inner tension and nervousness. The rhythms are jagged, as a person's speech is when he is mentally confused. And the supportive instrumentation is heavy with self-importance, pride, and callousness to the suffering of others.

What does this trend connote, if not a collective mind bent on self-destruction?

Wherever one travels in the world nowadays, the same maniacal beat assaults the ears. Cars pulsating with “heavy metal” or “rap” music make their presence felt long before they are even seen. What this “music” does to the minds of the occupants – to say nothing of their hearing – is serious cause for concern.



One wonders if our planet is not gathering force to purge itself of this epidemic of human confusion by some global cataclysm. Mankind seems to be actively courting disaster. The bullying beat of rock music and its increasingly rowdy descendants is inviting a grand finale of devastation: a massive explosion of some kind, whether by world war, or worldwide depression, or natural cataclysm – or a terrible combination of all three.

After every storm, fortunately, there ensues a time of calmness. Whatever disaster we attract, I believe it will, in the end, prove a blessing. Nor will it necessarily be an unmitigated evil even during its occurrence. For too much ease is always an impediment to progress. Hardship, like the grain of sand in an oyster around which a pearl is formed, affords us wonderful opportunities for inner growth.

And the first sign of this inner growth will appear, I believe, in the arts – especially in music.

Order the Book



Love is a Magician

From the book “I’ve Passed My Life as a Stranger, Lord” by Swami Kriyananda.

Swami Kriyananda: “I have a confession to make: This song, which is probably my favorite of the many songs that have come to me, evolved quite by accident. The very fact that it did so is, to me, proof sufficient that none of my songs are really my own.

The day before I wrote it, I had finished (as I thought) writing melodies for my album, “Secrets of Love,” to accompany a little book I had written by that name. I sent these melodies from Italy to a dear friend of mine in America, David Miller, who wrote a sensitive arrangement of them for several musical instruments.

The next day, still uplifted in the mood that had drawn those melodies to me, I sat down at my keyboard, placed the fingers of my right hand on the keys, and simply allowed my fingers to move as they would. I went along consciously with whatever melody emerged. Almost before I knew it, the melody of this song appeared. I repeated it over and over, and found that it moved me deeply.

A few nights later, unable to sleep for the constant repetition of this lovely melody in my mind, I got up and wrote the following words. For a long time I wasn’t able to sing this song out loud: It moved me too deeply. Even recently, when recording it in the studio for the companion album for this book, I had to make two or three attempts before I could get through the song without a break.”



[Listen Now](#)

When to Use the Cosmic Chants

By Paramhansa Yogananda, Cosmic Chants, 1938

Each of the Cosmic Chants has been composed to satisfy a special need of mind or life. The devotee's various moods and inner desires can be strengthened or changed by the repetition of one particular chant suitable for that purpose. The chants are classified for use by the devotee, as follows:

Blue Lotus Feet:	For invoking the unconditional love of God as the Divine Mother.
Deliver Us from Delusion:	For invoking the Guru's help for freedom from ignorance, sickness or failure.
Desire, My Great Enemy:	To conquer material desires.
Door of My Heart:	Chant when feeling intense need for the instantaneous divine Presence. Sing this chant immediately upon awakening in the morning.
Ever-New Joy:	Sing when trying to meditate on God and to feel Him as the cosmic endless Joy.
Hymn to Brahma:	Use to invoke the help of the Masters or Guru.
I Am the Bubble, Make Me the Sea:	To expand the little body-consciousness
I Will Be Thine Always:	Sing during bereavement, loss or parting of friends.
I Will Sing Thy Name:	For inspiration; chant before preaching to others.
In the Temple of Silence:	Chant when restless, worried or angered. Interceding for others.

Listen, Listen, Listen:	Sing when feeling far away from God, to strengthen the inner tie with Him.
No Birth, No Death:	For overcoming religious, racial or social prejudice, and for achieving non-attachment to all human ties.
O God Beautiful:	Sing to realize God as visible nature and as all the beautiful sentiments of man.
Om Brahma:	Sing after meditation.
Om Chant:	Invocation to God as the Cosmic Vibration and to the Masters and Great Ones.
Om Song :	Use when meditating on God as Cosmic Sound and Vibration and when meditating on the six spinal centers.
Polestar of My Life:	Sing when experiencing failure in business or failure in trying to contact God. the vast ocean of Spirit.
Thou Art My Life:	To sweeten a sour disposition.
Thousands of Suns:	For wisdom.
Today My Mind Has Dived:	Use after meditation, to go into deeper meditation, or when one does not find God after several meditations.
What Lightning Flash:	Use to visualize God as Cosmic Light.
Who Is in My Temple?:	For divine ecstasy.
Wink Has Not Touched My Eyes:	Sing during spiritual restlessness and anguish for God.

Ashram Diaries

Ananda Sangha Mumbai Turns 3!

Devotees joined hands to curate and celebrate this special day together. Fun-filled day full of chanting, dance, games, conversations and loads of delicious food. As the day progressed the euphoria amongst the spiritual family was simply an outward expression of the inner joy that Ananda Sangha Mumbai has brought into their lives.



If you want to stay connected with our activities and programs write to



mumbai@anandaindia.org

Family Trek

Families that have fun together stay together!

An outdoor nature trail including trekking, waterfalls, meditation, fun and food. We hope to have many more such events where devotees can be accompanied with their families including children.



If you want to be part of similar future activities contact



Rima Sheth +91 97699 81768

Fun with Games

Fill in the blanks to complete the following

Hint: Most of these chants are a part of our daily meditation practice

1. Come out of the darkness, me in thy light.
 2. Fill my, fill my, fill me with the sound of
 3. Lord, when in, Lord, in, always I'll follow
 4. Sri, guide to inner freedom, Steal into my of hearts, banish my..... .
 5. You fill my with....., I dance through with I sing your and gone, in..... I live ever
-

Unscramble the following

Hint: Each one is the name of a popular chant

1. EELAVR SHYETFL
2. TRIISP NAD AUTRNE
3. O DGO ALTUEFIUB
4. NO THBIR, NO DTHAE
5. DRLO, I MA TINEH

***Send in your answers by 31 Dec 2021 to
joymagazine@anandaindia.org***

***and the top 2 winners will receive
a free audio piece by Swami Kriyananda***

We would love to hear from you !

If you would like to join the JOY Magazine team,
or have feedback to share, write to us at
joymagazine@anandaindia.org.

JOY MAGAZINE

ANANDA  ASHRAM

All rights reserved © 2021

anandamumbai.org



joymagazine@anandaindia.org

+91 81696 39790



Support us

@mumbaiananda



Ananda Mumbai

The Yogananda Store



Ananda Mumbai