



ANAHATA – THE UNBEATEN SOUND

There are many rivers inside a human body, thousands of miles of blood vessels. That is just on the physical level. On the level of the pranic body (energy body), there is a similar intricacy. Listen often to the flow of life within. There is a sound of your own heart centre vibrating. You may hear it if you are tuned into the subtle sound. It is the song of you, the vibration of you having this adventure in existence. It is always there, rushing like a river, singing like a bird, rustling like a whisper. Occasionally you may hear it while meditating, especially in the quiet early hours of the morning before dawn. No matter what your technique, sometimes the quiet roar will just be there. There is nothing you did that caused it. When this happens, simply listen and be with it.