

mantra

YOGA + HEALTH

**SARAH
McLACHLAN**

SHINE ON
FORGIVENESS
BEYOND SURVIVAL

**SPIRITUALITY
OF FITNESS**

**PARENTING
+ YOGA**

SHIVA REA:
movement
meditation

LEANING INTO PAIN
BEING WITH BROKENNESS

**YOGIS OVER
50**

**ROBERT STURMAN
ART + YOGA**

**ERYKAH
BADU**

MOTHER
DOULA
NATURAL BIRTH
VEGETARIAN

RAM DASS

▶ love everybody

SEANE CORN:

ACTIVISM +
SUSTAINABILITY

NYC:

HEALING AFTER 9/11

**ORGANIC
EATING**



MUSIC & MANTRA FOR HEALING

AN INTERVIEW WITH DR. ROBERT MIRSHAK

ROBERT MIRSHAK has a Doctorate of Musical Arts in Vocal Performance from The University of Michigan. He represents many of the world's finest classical singers, conductors and stage directors. He is currently researching music and meditation, including rhythm, mantra and meditation practices. He also analyzes particular mantras, why they work and their effects in the brain.

Q [Mantra]: How did you develop your interest in researching music and mantra?

A [Dr. Robert Mirshak]: After receiving my Doctorate in music, I moved to New York City. My wife took me to my first Naam Yoga class. In that class, the founder of Naam Yoga, Dr. Joseph Michael Levry, led us in chanting Naam mantra. I was a total skeptic, but that night, after that class, my digestion improved literally overnight and I slept through the night for the first time in a year. The healing effects were so powerful that I've been analyzing the science behind it ever since (12 years).

Q: What sets Dr. Levry's development of this music apart from other mantra music?

A: Dr. Levry follows a line of wisdom called psychotherapeutic mathematics used by great thinkers, such as the Greek philosopher, mathematician and mystic, Pythagoras. He believed the universe was comprised of sounds and numbers.

There are many well-respected classical musicians who used the same philosophy when structuring their music. For example, Bach, Mozart and Beethoven used the diatonic scale of a piano keyboard and numerous applications of what is known as the Golden Section (aka, the Golden Ratio, or 1.618).

Q: And now Dr. Levry is applying these concepts to mantra music?

A: The process of researching music and mantra helped me to understand why I was so drawn to Dr. Levry's music. Each note of the diatonic scale, every pitch, frequency and rhythm, corresponds to a different part of the body, much in the same way the bottom of the foot contains reflex points for the entire body. This healing meditation music can be used as an audio version of reflexology therapy for the brain and body. The fact that Dr. Levry uses exact pitches, vowels and consonants that correspond to energetic frequencies is a revolutionary concept.

Q: What is Naam?

A: The Naam (the "Word") Dr. Levry uses is set to music with a precise mathematical formula. A strategically constructed vibration is produced with specific pitch, repetitive consonant use, vowel sounds and rhythm, and mixed with heart-opening music. It has an incredibly healing impact on the mind, body and spirit.

Naam changes the cells of the body and the brain waves. It creates positive change, helping move our thoughts from duality to unity, from negativity to positivity. This is the power of Naam.

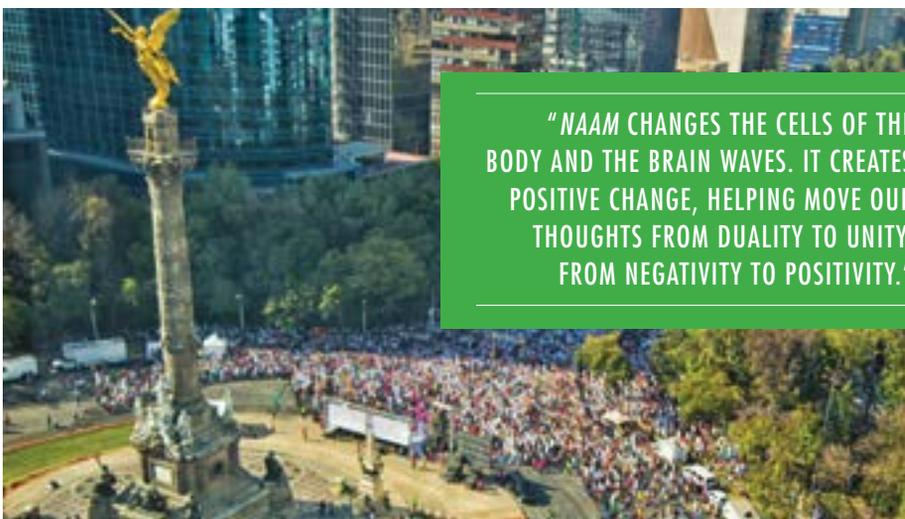
Q: What are some of the ways that Dr. Levry has applied this musical science for world healing?

A: When 21,000 people came together this year [January 26] in Mexico for the Naam Yoga Superclass led by Dr. Levry, a massive healing vibration of love, peace and light was generated. The only intention was to do something positive and good for the earth and all human beings. The event has grown from 1,500 people in 2010 to 21,000 this year. I was there. It felt like a miracle.

Q: What is the benefit of so many people participating together?

A: The Institute of Noetic Sciences states, "There is data to suggest that it takes only the square root of one percent of a population to align their thinking for mass consciousness to change." This means when 21,000 people meditate together, it affects approximately 17.5 billion people, which equates to the world population approximately 2 ½ times over. **m**

Naam Yoga, headquartered in Los Angeles, CA, has facilities around the world teaching Naam Yoga and Dr. Levry's methods. For more information, please visit www.naamyoga.com.



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