

INTRODUCTION TO KIRTAN

We bring body, breath, mind, heart and voice together, deepening our connection with ourselves

SINGING TOGETHER brings us into our hearts, deepening our connection to each other

SOUND IS VIBRATION – the vibration of the words and sounds carries the meaning: we sing the names of the deities: humans cannot possibly imagine what God is, so we clothe him/her/it/they in human/superhuman form. The names of different deities bring us into alignment with different aspects of life energy, universal energy or divine energy, whatever that means to you

SOUND is associated with the right brain and with the Divine Feminine, which is connected to fertility, birth, and the cyclical nature of life. It is present in the changing seasons of nature, and the cycles of the moon. This creative energy is not just about biological creation, but how we transform ourselves, our families, and our communities. It is the ability to appreciate the beauty of the universe, and the strength to weather its changes.

Concepts of the Divine Feminine have been around since antiquity, and appear in religions and spiritual practices across the globe. The Divine Feminine allows and reminds us to look within and listen to our bodies, encouraging us to come into presence.

EMOTIONS may come up- let them come, let them go... The feeling that infuses and defines Kirtan is LOVE: can we welcome – offer love to – whatever comes

“The heart is the cauldron of emotion, where sorrow turns to joy and joy turns to sorrow. The cauldron is forever turning.” [Nicola Ley, Qigong teacher]

Kirtan is traditionally practiced CALL AND RESPONSE style, so that we can simply reflect back what we hear, without thought, becoming one with the chant, with each other and with the Divine energy contained in the chant. At the same time, Kirtan is a kind of folk music, and its fine to sing as much [or as little] as feels good, to harmonise, to dance....

SILENCE is important, giving us time to integrate the benefits of the practice.

“Kirtan is a means of finding our way back to the core of our Being, to our heart, and to our connection with each other.” –Ragani [kirtan singer]

“Take whatever gifts of understanding your body and heart and spirit offer, and the quieting of your mind and tending of your heart and breath, and let this wellbeing stay with you even after the bell invites your eyes to open” Jack Kornfield [Buddhist teacher]