



Asia Voight
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Meditation: Your Pathway to Connection

Call 2

Asia: Good evening everyone. Welcome to the call tonight. I am Asia Voight and we are here on Meditation: Your Pathway to Connection. I am so excited to assist you with this. The whole reason for doing this meditation series is to help those of us who want to create more of a connection with our animal companions, with ourselves, with our spirit guides, with angels, with the divine and awaken another level of our intuition. This is the pathway, definitely one of the pathways, that I used to reawaken that connection I had as a child. I turned off that connection for ten years during my teens and then had my car accident 25 years ago, my near-death experience that started the process awakening, being able to hear the animals and my spirit guides. Chanting and meditation were definitely a very strong path that assisted me.

I'm so glad that I can teach you. Most of you are brand new to this. Even when I was saying the name – I'm going to want to giggle every time I say this – the alternate nostril breathing, it's funny. It's something that in our culture, so many of us are unfamiliar with. A lot of these terms are brand new. I'm looking at the Q & A section from those of you who are listening on your computer and literally, I'm hearing new, new, never done this before, brand new, new to chanting and singing, new to both types, new, new. Fantastic.

I'm going to make sure and take the time. My assistant Patty and I were doing some practicing this afternoon of how we were going to run things. I was running some ideas by her and I'm reeling off all this information and she's like, what? What is that? I'm like, oh my gosh, okay, I need to take ten steps back and that's why I needed to definitely get the feedback. She's like, this is brand new for me. I want to give you all the steps and make sure you have the words in front of you and the steps we are going to be doing.

This whole series is an introduction. The first week, we worked with Mary Preuss Olson who was awesome. She talked about leading us in guided meditation. She didn't have a lot of rules to how you were sitting, crossing your legs or not. A lot of people think of meditation and she's like, you know, get comfortable and listen and let your heart open. Some of you reported to me later that during that you were crying, you had insights, you saw things you never did before. So that is fantastic. That's what we are doing. For some of you, you fell asleep. Okay, you know even if you fall asleep, your higher self and your energy body is still learning. Don't give up on that and that is why we are going to be doing and showing you many other techniques. You are going to find that, oh, these chants, this is what I need to do because then I'm not falling sleep. Or the alternate nostril breathing, that is my thing.

I wanted to awaken you to all these other avenues out there. It is going to lead you to being able to talk to your dog, to talk to your horse and your cat and your gerbil and your spirit guides. This is what I did and worked on 25 years ago when I started. There are many different kinds of chants. The more formal name of the chants we going to be doing is called Kirtan. It is repeating certain sounds, certain words, or songs over and over again to produce your heart opening. To produce certain vibrations in your body that open your chakras. Certain breathing techniques will spontaneously create this opening. I'm going to speak some more about that in a moment. I want to tell you story how I found this.

Eight years ago, I went to yoga training. It is with the Shiva Nanda Yoga Retreat Center. The one I went to was in the Bahamas. It's gorgeous and beautiful. I went many years before that as a guest. Then I went to be officially trained in Yoga and meditation and the chants. Initially, when I started singing at these chants, I was completely unfamiliar with the words, with their deities. I had been raised in a Christian home or at least surrounded by that. At first when I felt some of these names and these deities, I felt kind of strange, like is this going against the original God that I connected with as a child? Where do I stand with some of these different words? What does that mean? Really, what I felt that they were sharing is another form of the divine. We are not here going for some kind of a church thing. I want to say that and understand that using these words that have been chanted for hundreds if not thousands of years, every single day for opening and becoming one with the divine. That's what we are going to be using these words and chants for.

I have to tell you that the very first few times I sang it, I was mumbling and I was quiet and I wasn't sure if I was pronouncing it right. Once I finally got past that and felt the emotion and the energy and how this went back centuries and centuries throughout the world, so many people are singing this, it brought tears to my eyes. And actually, almost every single time I sing these chants, I cry. I wasn't raised on it. I don't always understand some of the words. Maybe I'm not even pronouncing them perfectly. I'm sure if you are looking at the email I sent you, you are like, what is that word? How do I say that? It opens my heart and I forget about little me. I forget about can I do this? Can I connect with the divine? Am I a spiritual being? All those things you are questioning, you stop questioning it. You stop wondering and you step into that space of unity. That's where this has taken me and I hope that, with a little time and practice and you continue to practice this, that you will make that connection for yourself.

What I want to start with is the Om. I want to talk about the meaning of Om. What the theory is and the history of Om is that it was the very first sound that was ever uttered. The divine said initially, I am only one, may I become many. This caused a vibration which eventually became the sound of Om. So, creation itself was set in motion by the vibration of Om. The closest approach we can get to the divine, and now you can use God, you can use Jesus, you can use Brahman, any kind of word that works for you as that divine. The closest that we can get to that light is by Oming. There is also the sacred symbol some people like to also look at, the symbol of Om. For now we are going to stick with the sound.

The vibration produced by chanting Om in the physical universe corresponds to the original vibration that first arose at the time of creation. Isn't that profound, really? I love that. The sound of Om is also called Pranava, meaning it sustains life and runs through our actually prana or our breath. There are the four states of the Om, also called the supreme being. It's Om but actually when it is chanted, it is chanted A U M. The three sounds. The A is pronounced like an accounting. This they talk about is kind of the dream state of the consciousness, live between the awaking and the deep sleep states. We move into the sound of the U sound and that is pronounced like wood. The last state of consciousness is the deep sleep state represented by M, pronounced as in the word 'some'. The closest pronunciation of Om is AUM and it is the different states of sleeping and awake that your consciousness goes through.

There is always going to be a silence. I love this part because this is what I talked about in my Breaththrough to Unity class. There is that silence, that fourth state, the perfect bliss, when the individual self recognizes her identify with the supreme. So, you are chanting the Om. You are going to have to take a breath in and that space of no sound and becoming of the breath again is the fourth state or that place of expansion. Stepping into that pause is what I call it. Stepping into the deep center of the Om.

The power of chanting Om is that it can move or drive away all worldly thoughts, removes the distraction and infuses new life in the body. So when many people are feeling sad or depressed, the second point here, they believe that you can chant Om 50 times and you will be filled with new life and strength. It is that powerful of a tonic. It is so pure and pervading in light and consciousness. So, whenever you are feeling down or sad, chanting Om, you don't even have to chant it out loud. Maybe you are at work and it might not quite be productive for some people around you. They might not appreciate that you are chanting away out loud. You can do it inside your mind, or when you are walking.

The third point is anytime of the day, you can chant Om and become serene in your mind and awaken to self-realization of your higher self, of your God self, your spirit self. Those who do chant Om daily will feel power, their intuitive power, absolutely grow. The recommendations for chanting – we talked about this before – is having a quiet place. Usually sitting down is the best. Closing your eyes and relaxing and then concentrating on the space between your eye brows, which is your third eye, your chakra energy center for intuition. So, you will be focusing as you are chanting Om, the space between your eye brows. You are saying to your conscious mind to be quiet. It's important not to be going Om, Om, Om, very mechanically. You want to have the mental association with the ideas of infinity, the eternal energy, immortality, that you are connecting with the infinite universe.

You don't necessarily have to chant Om 50 times, maybe only if you are feeling very depressed. But, even if you are chanting Om a few times you are going to notice the difference in your body. Every part of your body should feel this powerful vibration go through your bones and your muscles and your organs and realigning the vibration of who you are. That is the words to help you understand about why chanting Om. Where does this information come from? I am not a strict follower of you have to sit a certain way. I want you to sit comfortably.

I know there are a few questions that came in. People are asking, I can't sit in a cross legged position. And that is okay. We aren't going to focus on specific techniques here. I want to put this forward so you can start to practice and try these out for so many of you who need to quiet your mind, to step into that place of your intuition. Here are some more techniques. Also, there are many people, probably around

your home town area, who have either weekly or monthly chanting gatherings, usually called Kirtan. I know here in Madison Wisconsin where I live, you can pick up the Isthmus and you can find on a regular basis many chanting groups and most of them are free or \$5, \$10, \$15. Some of them have live music. There are going to be other places, but many of you are saying, I have no idea about this. So, now you know you have another avenue to awaken your intuition and to start a whole new pathway of connecting to your animals.

Wonderful. I want to play for you a short music of a group of people chanting Om so you can get the idea of what it sounds like. Then we are going to do that. It goes kind of fast. I want to do it together more slowly. So, I'm going to play this first part for you about the Om. So you can know, hear what that is going to sound like. It's going to start off a little quiet at first.

(plays music and Om chanting)

Okay, there you go. You can get an idea and that is with a large group of people. So, the pause, the space between the Oms isn't quite as obvious because some people are starting at different times. You find that more when you are singing on your own. Normally, the Om is chanted three times. I want us to dive in and we are going to chant the Om. I have debated whether I'm going to unmute everybody or not. But, I think we heard earlier that there is a lot of activity going on in the background of some of your homes. So, I'm going to keep it muted. I want you though to visualize a lot of people and we are going to be singing this together. I want you to not only hold in your mind about the intention of how powerful this Om is at the beginning of creation, but that there are people from all over the world, right here with us, right now we are going to be chanting this together from Wisconsin, Minneapolis, Tennessee, Illinois, Canada, Georgia, Italy, France, that are on the call with us. We have about 45 of us here right now. I want you to know that. Feel them with you, feel my energy around you and supporting you and allow your heart to open and your voice to open and to sing this out in the space that you are.

Again, you are going to be sitting as comfortably as possible. If that for you is crossing your legs, or maybe you have your meditation cushion, go ahead and prepare that. You can set your hands on your knees. You can hold your hands together over your heart and then close your eyes and take a deep breath. In your mind, visualize the universal light and energy. Now, together, we are going to chant Om three times. Take a deep breath.

(Om chanting)

Good. Notice how your body is feeling from doing that three times. Notice the vibration changing. Maybe you are feeling a little tingling. Oxygen coming in and the new vibration. I invite you to practice that every day. That is your homework.

Take another deep, energizing breath and open your eyes. We are not going to move on to more about the chants. I want to read a little bit from the book of Kirtan, from the Shiva Nanda chant book. It says the Shiva Nandra centers, these chants are sung every single day and they include all aspects of God and are very powerful to open our heart. The three important factors are the correct pronunciation, and again, we are going to do the best we can. Number two is the devotional attitude and number three is awareness of the meaning. I'm going to go over the meanings here. If you are looking at the email I sent you, the first one starts after Om is Gia Ganisha. That is repeated. Then Shri ganisha. The other two words that are very special is Pati man and roch sham on.

Gia means hail or victory to. Gamisha is an elephant headed deity. We love elephants, right? This is perfect for us. The elephant deity is called upon to remove obstacles. Pati man means to save me. Roch sham on means to protect me. You're asking your elephant friend to come forward with all of her power and to assist you in moving through your life with the challenges and the jungle of your life, to easily remove any obstacles that may be blocking your path. On this adventure, we are asking Ganisha, the great elephant to remove all obstacles in your path. Sounds great. That is what the first chant means.

We are going to go through them here and then we will actually have an opportunity to sing them. We will have that great choir you heard a minute ago joining us.

The next part, now these are some big long words here. This is pronounced Saravanavaba, okay? So spit it out and do the best you can. That is the lord and he is the leader of the army of all the gods. His job is to destroy all demons or any kind of evil influence. What they believe for evil influence is things like lust and greed and to insure the victory in both our inner and outer worlds. You know, things like jealousy or bitterness or pain. In this chant, we are asking for assistance that that pain inside of us may be removed, that those fears, that lust, that greed, may be removed.

The next one is, again, it is the same words of Patimom, which means save me and then rochsham on which means protect me. Moving on, is Gaia. We know that word from early, which is hail or victory to. The next word is sarasawati. She is the patron of arts and wisdom. Invoking her name is intelligence, self-control, the ability to succeed in any kind of project, and she also helps with love, beauty and harmony and good will. That is the chant for bringing her in to help us with our goals, help us to succeed.

The next chant is about saluting the guru. Again, Gaia to the guru, we salute you. Then, Shiva, we've all heard of Shiva, the goddess Shiva. She is the destroyer. We are acknowledging that aspect of us too to destroy things that are not suiting us anymore. Is this working for my life? No. We are going to call on her to help clear that. We are also calling on Hari, this is the preserver. We are also speaking of Jaga the teacher and prmam and sat. They have it pronounced sat but they also have sad. That is the truth that is in us. It's calling on all of these aspects to come to us and acknowledge them within us.

The last we are going to end with is – this one I always heard, some of you when you were younger and traveling in airports, at first I thought, oh my gosh, not Krishna, not the Krishna groups. When I was younger, my family would see them and run. Literally pulling me through the airport. It was bad. But this mantra actually is called the Great Mantra. The words are Hari Rama, Hari Rama, Rama Rama, Hari, Hari, Hari Krishna, Hari Krishna, Krishna, Krishna, Hari Hari. You are going to see how beautiful it sounds with the music. This mantra can be chanted to help bring about peace in the world, which obviously my family didn't realize. It also brings purity to your mind and your heart. This is what we are going to be chanting. I'm putting the music on now. It is maybe a little fast at first, but I want you to hear how this is done with this group that I sang with when I was at the ashram. You are going to hear my voice in the background too but you will mainly be hearing them.

Once again, go ahead and get as comfortable as possible. Those of you who want to get in the cross legged position on your cushions, please do that. Those of you on your computer, you may want to turn the volume up as high as it goes. It is going to be about 5 minutes that we are going to be chanting. If you don't want to chant, that's okay, you can listen and feel the energy and the words moving into your

heart, into your chakras. Because each of these sounds are connecting with your chakras. They are vibrating and opening them. Each of these notes has their own corresponding channels to the energy centers of the chakras. I want to read this last part. The music vibrates opening these channels, purifying them and awakening your spiritual and intuitive power that has been dormant in them. I want you to think about that when you are listening. So, here we go and enjoy.

(Plays chanting recording)

Okay, everyone take a deep breath. Be with that energy, feel the vibration opening your chakras, opening your third eye, opening your heart. Move into that universal space, the all-knowing. Good, beautiful. I encourage you to listen to this again, to practice. I was not able to find this exact music for you. I do have other CDs on my website that I also love that are chants. Please replay this, over and over again and feel the beauty and connection grow over time.

I need to move us along to the last part of what we are going to be doing today. This is called alternate nostril breathing. I also first learned about this at the yoga center during my training. When I first started doing this, I thought I was choking. So, if you have any sensations that you are gasping for air or that you are choking, know that is very normal. That's what I did. I always tend to be a little towards the dramatic side of things. I cheated constantly. By cheated, you will find out what that means in a moment, so if you need to do that, do it. Eventually, that will change for you.

However you need to do this to make it work and keep practicing, I encourage you to do that. I want to read a little bit for those of you who like more science. I have it for you. This is from the Department of Clinical Physiology from the University of Prague. They studied the effects of alternate nostril breathing. They studied 18 trained subjects. Some of them started with the left nostril first, some of them started with the right nostril first. They found that didn't make any difference but what they did find out is that the alternate nostril breathing had a balancing effect on the functions of the left and right hemispheres of the brain. That is from this university and it's a Dr. Kuna who shared this study.

What we are going to focus about here, and also in the email I sent you, there is a You Tube video embedded that you can watch. There are many videos on You Tube about this. Also, you may see it be called Amaloma Valoma. That is the Sanskrit word for alternate nostril breathing. I used this the very first time – my little story here for you – the first time that I spoke at the Midwest Horse Fair. This was about 10 years ago. I was terrified. First of all, I thought if 5 people showed up at my talk I was going to be thrilled. I was hoping that the cowboys wouldn't show up and taunt me that I was an animal communicator. I cried for weeks before. Really, I was that scared about going. So, anyway, I'm there. I'm doing it anyway. I'm working through my fear. It's time for me to talk. I go from by booth and head down. Those of you who have been to Madison Wisconsin at the Midwest Horse Fair, it is this huge venue. I walked down there and literally, there is a mob of people in front of my door. Like, a peaceful mob, like a large, 350 people to be exact and I was saying to somebody, What are those people doing in front of my door? That's where I'm speaking, what are they doing there? They are like, they are here to see you Asia. I'm like, oh my gosh. I started to have a panic attack. I looked at my watch and I had 10 minutes before I had to be in there. So, I went around the corner. There was like this stone wall and there was a little knook and I went into the little knook, like, ahh, I can't do this. So what did I do? Alternate nostril breathing and I calmed down. I thought nothing would have calmed me at that point. But I did and it worked. This is absolutely how powerful this is. You will see the benefits. It does have a marvelous calming effect on the nervous system. It helps to overcome insomnia, relaxes, refreshes the

body, purifies the blood stream, aerates the lungs, soothes headaches, improves digestion and appetite, helps free the mind of anxiety and depression.

Here is the technique. Sit in a comfortable position - you can sit cross legged or not – with your back as upright as possible. Sit in a chair or sit on your butt. Lean against a wall if you need to. What you are going to do is raise your right hand and place your ring finger against your left nostril, closing it off. You are going to inhale deeply and slowly through your right nostril to the count of four. One, two, three, four, close off the right nostril with your thumb and hold your breath for a count of anywhere from one to four. One, two, three, four, open the left nostril and exhale to the count of four, five, six, seven, eight. Some of you may be longer. The better you can exhale the better. Concentrate on completely emptying your lungs.

Now, breathe in through the same left nostril to the count of four. One, two, three, four, close off the nostril with your ring finger again and hold. One, two, three, four, exhale through your right nostril, four, five, six, seven, eight. You did it. This makes up one round. Normally, you will repeat these rounds of alternate nostril breathing five more times or even up to ten minutes, especially if you have insomnia. Then you can start changing the ratio. See, here is the ratio four, four, eight, if possible eventually increase to eight, four, eight, eight, eight, eight after some time. Some of the yogis even go longer than that.

Let's do it again one more time. Get comfortable and your finger is ready. Raise your right hand and place your ring finger of your right hand against your left nostril, closing it off. Inhale deeply and slowly. We want to do this as a rhythm. Inhale deeply and slowly through your right nostril, one, two, three, four. Close off your right nostril with your thumb and hold, one, two, three, four. Open your left nostril and exhale, four, five, six, seven, eight. Try to concentrate on emptying your lungs. Breathe in through the same left nostril, one, two, three, four. Close off the nostril with your ring finger and hold, one, two, three, four. Exhale through your right nostril, four, five, six, seven, eight. Good.

I want you to practice this and it is about breathing in through one nostril, closing off and holding your breath. I know initially that is where we get so panicked. Eventually when you work through that panic and that angst and what that helps you do – you have to dig in, you have to dig down inside of yourself and go to that peaceful place. That's where the bliss is. That's where your animal's voices are. Yes, and then letting it out. This is a rhythm of helping you concentrate on your breathing. You have to do something here don't you? Those of you who tend to fall asleep, you aren't going to fall asleep. You have work here. Yes, in a meditative, relaxed way.

We have a few minutes left and I'm thrilled because I would love to get some feedback. Any questions or comments or how was the experience for you of either the chants or the alternate nostril breathing.

It says here, wow, I had tears rolling down my cheeks during the chanting. I love it, thank you so much.

From Tracy, is it common to feel pressure over the third eye, almost like pain but definitely like pressure? I'm going to say absolutely yes I'm going to say that this is fantastic because what that means is that during the breathing or the chanting you are awakening that area. For some people when I first started doing that, mine was like there was a door there. The pressure for me was I was aware how closed it was. This was 25 years ago but I'm remembering that again. It was like, ouch, every time I was doing the meditation. You have to keep at it and when you are doing the chanting, you are letting that vibration or the Om, the M, let that part go out longer. You will feel the vibration in your head and feel

that popping off over your third eye and opening it. That will absolutely relieve the pressure. Tracy, thank you for that question. That is what you can do.

Kristin says, the chants were beautiful but I couldn't do both sides of the alternate nostril breathing because one of my nostrils is congested. Great, thanks for typing that out. That happens. There actually is a whole study of this. I remember learning this when we were at the ashram, that at certain times of day, for certain people, one nostril can be blocked and the other will be open. It's not even like you have to blow your nose or anything. There is a rhythm to your body that is resting. It's quieting so it is closing down a little. What that means is you need to try the alternate nostril breathing at different times of the day and find out what time for you that both of your nostrils are open. Or, if it is congested, that is when neti pots come into play. I love my neti pot. There are different kinds. There is one that looks like a genie's lantern and you put the right amount of sea salt in there. Others look like a soft water bottle that you squirt the water up into your nose. I can feel some of you gagging here. But, if you have any sinus challenges, like run to the store, 911 and get it. I'm going to look to put that up on my store because I don't have that up there. To clean the sinuses and you will be able to do that. You will be able to clean your sinuses on a whole new level you didn't even know could get cleaned.

Let's see, we have someone on the phone. This is from Canada.

Asia: Hi, Joanne. What would you like to share?

Joanne: My question is for the alternate nostril breathing. I'm left handed and I'm wondering if that makes a difference? Is there something to do with the brain, if I need to do the opposite side or not?

Asia: I would go ahead and use your left hand. Again, it is still the ring finger and the thumb and you can really, you know in this, you can start with either side like the doctor suggested. Really, it doesn't matter which side you start with. You are going to get the benefits of both, or what hand. That is a great question.

Joanne: I can do it with the right hand, I wondered. Okay, thank you.

Asia: You are welcome. Thank you. Okay, let's see any other questions? We were talking with Kristin saying, love the info about the resting nostril. You are never going to think about your nose the same way. I love that. If anything, I am waking that up for everybody who is listening to this. She is going to pay attention to that throughout the day. P.S. she loves her neti pot. Good job.

Debbie says, I loved the chanting. She said, I couldn't totally understand all the words but I loved it. Also, she had a hard time during the alternate nostril breathing pinching her nose and holding her breath. Even for the count of four, that felt like too long. She's also had in the last year some problems singing. Even the second time she did it, she felt like she could hold it longer. Perfect. Really, it doesn't take long with that kind of panic feeling, like oh, I can't breathe. Even though you are the one holding, you have all the control at any given time and you can open and breathe or breathe through your mouth. Like I said, I was in these classes and I'm like pinching my nose but I'm breathing through my mouth because I thought, I can't do it. I can't even do it for one second, which is silly. We know we can but it's a whole different feeling and vibe when you are holding it shut. What your mind has to go through and your energy system in your body, you are kind of panicking until you can go again to that deep place inside of your body and find that absolute connection to that expanded space.

We have one more question coming in from Claudia. Claudia says, I loved the chants. She said, I've actually been listening to chanting music for a while not but I will even fall asleep during the chanting music. I'm having a problem pronouncing the words but I still try to sing along no matter what. I listen to them. I'm not sure I understand that part, but, oh, she said some of the chants are a little slow or more simple chants and that seems to work better for her. Perfect, thank you Claudia for sharing that. I'm so glad everybody loved this information about the chanting and an opportunity to hear it, understand a little bit about the words and what I means for us and get another possibility for you.

Next week, we are going to be meeting with Shamrock Holtz. Remember from Breakthrough to Unity, our surprise guest was Sonja Choquette? Shamrock works with Sonja. I met him through a weekend workshop and he is dynamic. He is fun. He's going to do some work about the breath with us, some more practice with using our breath to connect with that meditative state.

Again, why are we doing all of this? To help us find that place of peace, peace in our hearts, peace in our minds, open up our third eye, open up our chakras. These are different techniques. One technique may not work for you, but another one will. As tonight, some of you didn't even know these existed. I'm so glad I could open and expand your world to these other possibilities and this pathway for you to be able to connect with your animal companions.

I want to thank all of you so much for being here and sharing this time. I look forward to next week. Practice your homework of your chants, our alternate nostril breathing, and it doesn't have to be these exact chants. There are other ones on my website that you can look at and listen to and find those exact ones that open your heart and take you to that place of oneness. So, love and blessings to all of you. I look forward to connecting with you again. Have a great evening, much love. Bye now.