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00:05

Welcome to sound medicine mantras music Podcast, where you will hear from various healers, musicians, visionaries, and educators. Get ready to experience transformational and inspiring storytelling, songs, chants and interviews that will uplift your spirits, mood and health.



00:30

Welcome back to sound medicine mantras and music. Today we have a special guest brijesh buddy Gretchen Carmel, also known as Raji ma or Raji. She is an entrepreneur, a yoga instructor and she leads yoga teacher trainings and mantra. She is also a professional dancer and teacher and leads a



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yoga studio is known as the yoga space, as well as teaching yoga therapy and as a Reiki Master, so she has a rich background and the healing arts and mantra as a path of yoga. And she is here to really express and guide us on how we can best utilize these tools in our life and explains us about the path of yoga as it pertains to mantra. Her spiritual teachers have been nama Deva, as was Sadhguru Rama Mata and Santa Keisha does, and she has been initiated as a Sanskrit mantra teacher, and a certified pujari. ordained as a Vedic priest by nama Deva and the lineage of sauna time.



02:00

Dharma satsang, which she explained during our interview, and she leads teachings at the yoga space. And she is just a wonderful person, a compassionate being holding healing and peace for the planet, facilitating this at a very high level with a dedicated commitment. And I think you will really love the interview.



02:24

Raji, welcome to sound medicine podcast. It's great to have you here.



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For those listeners that don't know much about you, can you just give us a history on how you got introduced to this world of mantras and yoga? And I think it's always fascinating to hear people's life path. Sure, absolutely. Yeah. It's interesting how many different stories I'm sure you hear, but um, let's say well, I, I was I've been dancing all my life so I was a professional dancer for the teenage years and in my 20s and dancing professionally and being



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In the tri state area, so I was really attuned to my body. But unfortunately, it's not the healthiest career. So lots of injuries. Not a very long career either. And I really wanted to dive into something that was physical, but I had a really healthy lifestyle. And I had been dabbling in yoga, just a little bit like a class here and there, and decided to go to propeller center in Massachusetts, and just go ahead and do a month long training. So I did in 1993, I was still an ash from back then, as a yoga teacher training. It was a Yeah, it was that like the 200 hour yoga teacher training, beautiful way. So that's how I kind of stepped into the yoga world and in the fall on the physical level, and really enjoyed it. And when I graduated, I really started teaching full time and have been teaching yoga since 1993. So I went along my path and was teaching a lot of physical yoga and really enjoying



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And in 2006, I met nama Deva Acharya and I had opened I've been running the yoga space that's a studio, a yoga studio in Keene, New Hampshire, and we just celebrated our 17th year. So thank you. So in 2006, I met nama Deva, Acharya Thomas Ashley around and that completely shifted my world and my path. So, right now it's mantra meditation is my

full time war.



04:36

And the lineage of nama Deva. Acharya is my full time work at the moment. And so that's kind of how I got into it. I met I met nama Deva, at propeller center actually for workshops and myths and mantras of Ganesha. Oh perfect. Yeah, it was beautiful and I just I had this like relationship with Ganesha. I love that day. It's a



04:59

yeah



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And when I met him, you know, there are a couple things that that kind of happened that week. And that felt to me like an initiation. And one thing led to the next I became good friends who was my spiritual teacher and I mentor, and I was able to work closely with him for four years.



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So I feel really blessed. I'm really grateful for that time, and became certified mantra teacher and pujari, Vedic priests under his lineage and, and yeah, I'm still practicing the physical practices of yoga, but really moving into the more esoteric practices of Vedic ceremony, mantra and mantra in his his way, his lineage and his mantra therapy. So it's different from other kind of Yogi's coming from the east. He's really known for the therapeutic benefit of mantra and how you can use



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mantra for every day suffering or everyday problems. And I kind of took his war. So I was really excited about his work. And I could see the benefit in it. So I just kind of dove right in and beautiful. Beautiful. Can you you hit on a number of subjects that are fascinating. One is that you've been a yoga teacher for about almost 30 years, is that correct? That's right. And then you've been integrating mantra for about 20 years or so 1520 years? And how does it when you're teaching these days? How has it shifted since in the last few decades since you started it? And what is it Pratt? What is a class or a practice look like

for you both in a group and a one on one? Okay, so that's a lot of a lot of information. There's Let me see if I can tap into that. So yeah, as far as my teaching goes, I mean, I feel like just my my emotion and the ceremony and mantra has changed.



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May I, in a way that I'm more centered and focused and I can really step into the teachings maybe in a way that feels more confident, I suppose. So I feel like my yoga teaching has definitely incorporated more confidence in men also. So I feel like I we have a lot of mantra, and philosophy in my yoga classes now, which I didn't before. So, a typical yoga class would be a meditation, the beginning, some chant, just some call and response, simple, simple chant, and maybe a little mantra jhapa repetition of mantra, and then going into yoga class with the warm ups and the seated poses and moving into standing poses, etc, etc. And then at the end, we would repeat some mantras as well, maybe even some visualizations and Shavasana little philosophy, maybe some quotes from nama Deva at the end.



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Or even I like to quote from the radiant sutras a lot. Yeah. So I feel like it's just really deepened my overall experience of what Yoga is and how profound it is and how it really is this ancient science of purification. Whereas before it was a workout for me. And so it's kind of broadened my base. Completely. Yeah. So you're, you're defining yoga now is more of a science of purification, as opposed to a workout. Exactly.



08:36

And what does the yogic path look like for you For you individually right now? We're what is the path? And if there's a path, there's always a path. There's always a journey. Yeah. Do you mean what does it look like? When you say individually Gee, man, what do I see from my future or what I how do I feel like I'm moving now into it? Yeah.



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That's exactly sure. Yeah. So a lot of people say they're on they have a purpose or a dharma. Right? So in where where do you Where do you see yourself in terms of your purpose or your Dharma is one aspect of what I'm asking. Okay. That's a really beautiful question. Actually, in this moment, it's really perfect. Because I was, I've been running the

studio for a long time. And and, and there have been daily yoga classes. And we've hosted a lot of very famous musicians and Yogi's from all over the world. And that's pretty much been my role. And over the years, and now and I think it's probably because of COVID which is unfortunate or unfortunate, but fortunate in a way that I've really been diving into more of the trainings that I'm creating and nama Davis lineage and moving slightly. I still have the studio but slightly moving away from those things.



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And moving into mantra teacher trainings that I've started to create actually launched the first mantra teacher training in 2016. And so my Dharma really feels as though it's taking nama devas were among other people in the lineage and making it really accessible to people he passed away in 2010. So I just want to add that he, he left his body in 2010 and left so much more than that. It's just astounding how much there is in his. He has a mantra teacher training. Also, there's so much in that but there's also so much information that he didn't really teach to the general public and he has books but he also has all these workshops that are just saturated with a lot. And so part of my Dharma feels I feel like it's a lifetime work from now on for me. Beautiful. So it



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expanding on the work of what nama Davao is doing and and offering mantra teacher trainings is really what you're called to how you're called to show up right now. Exactly. Yeah. Beautiful. Can you can you can you share for those that are interested in kind of their ears are percolating a little bit when they hear you say mantra teacher training? Can you describe what that is what that looks like? Sure, exactly. So, the mantra teacher training that I'm creating is it's all nama David's work. It's all his lineage. And it's a combination of that we do. We do some physical yoga, we just some of the standard pranayama breath, work and meditation, but we focus on the practice of mantra. So we have a mantra of energetics we talk about the spiritual physiology and the energetics of mantra and the Sanskrit language. We talk about the history of mantra we talk about the history of nama Deva and his lineage



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Then we go on, we actually learn 154 mantras with their meanings and their applications, and how that we can utilize those mantras in our daily life, for healing and for peace, for clarity. There's just, there's so much. And we also learned three hymns. And we learn an invocation and we learn a closing verse. So all of that is incorporated in the training, that

along with learning mantras, we learn how to share it, and how to teach it. And we do some sacred art, actually, as part of the program. And we have presenters that come in that talk about all kinds of things. And so it's a really well rounded program and has a lot of mentorship included in it as well. So, yeah, so that's what I'm doing and it's it, it feels, it's really powerful, and it's changed a lot of people's lives already. And I just look forward to continuing that path.



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Yes, that's that's an incredible offering. I feel very similarly to you in terms of the power of mantra and, and teaching and I think this is really beautiful what you're offering so she incorporating with your history and your background, all the various aspects of yoga beyond just the Asana and, and mantra therapy and itself. I've been part of a number of teacher trainings, teaching anatomy and physiology and very rarely have I seen a focus on montra.



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Exactly. It's unique. It is unique. It's actually the first yoga Alliance certified program that is a mantra teacher training. So it's, it is yoga line certified, if anyone's interested in that as well. So it's, it's I mean, nama devas, mantra teacher training was really the first I believe, and his is still available. It's more of a self study program. And I went through that it's powerful. It is so much information, right. So much information. I wish I had a group together.



14:00

Go through it with like what you're offering, I think the community piece, especially right now in the time of social distancing, and people wanting to connect, and also learning groups is really powerful. It is helpful. It is very helpful and at the support for each other is really powerful. And we also, we offer it in different ways. I offer it online, but I also offer it at my studio in Keene, New Hampshire. So there are different different formats and ways that you can participate. And for those that are more local here, we actually go kind of out in the field and we work, we've gone to the local jail and work with inmates. We work with the recovery centers. And that's been such an amazing experience for everybody involved to bring these mantras, I mean really simple, simple work to folks that can really take the energy and who really feel the power of it. You know, they have



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Time to heal, they want to heal. So that's been a really big part of the program as well. The outreach, that's, that's really beautiful. That's really nice. So, so there's a there's a obviously there's any kind of program like this, you have the self discovery, the self learning, you get value for your own soul path and your own purpose. And then there's the value that's offered that if you're inspired, not everybody that goes to these trainings, go to teach others and a group or a one on one, but many, many do. So there's that opportunity as well. And your, your teaching teachers, is that what I'm hearing part of it? Well, there's lots of different people that take the training. So there are people I mean, there are people that come and say, I want to teach mantra, they don't have to be certified in yoga at all to come take the training so, but some really want to teach mantra or they're already yoga teachers, they want to incorporate it into their work. But there are a lot of people that just come take it for personal transformation. I just want to learn, they just want to learn about mantra and they want to learn about nama Davis lineage



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they're curious, I think curiosity is, is the main ingredient for doing the training. And some people go ahead and teach like they wanted to some turn around and teach even though they didn't want to. And, and some don't teach and just kind of keep it for themselves and that's fine. Yeah. So can you you're part of a lineage you've talked you've used that word a few times can you speak to the lineage that you are part of or that is that you're that you are because it's I think that's important to speak to and also that anybody that's connected with you are inspired to work with you. They in turn are also part of something greater and I think that's so many of us feel alone on the spiritual path and being connected to some some source that feels part of lineages is pretty powerful, but isn't as simple it's an important piece to bring up especially when when I went to Paulo and I met nama Davao and I was like



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not seeking a spiritual teacher I was not. I really didn't even understand the kind of Guru disciple relationship and there wasn't part of my verbiage like, it just wasn't. And then when I met him and we had this energetic connection, and I was so drawn to the war, and I still didn't consider him my guru, even though guru means teacher, and he was my teacher for many years, and so it took me a while to really understand that relationship and to understand that his work really was part of a lineage. And so the lineage that nama David comes from his spiritual teacher was Sadhguru sand cashew badass. I'm sure

you know about inside your Rama Mata and I believe it was 1975 when he started or 1972 when he started studying under Sadhguru and can share with us and in India in Bangalore and that was a time



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For nama Deva when he stepped into the lineage and felt the power of not just the work, but of the teachings like a lineage is that it can be for a very long time and you can feel the he can feel the energy of the history. Like there's all these teachings that happen for so long. And you can feel that vibration when you're in someone's presence who's been chanting so much and teaching so much. And so that's what I felt from nama Deva was it was him, but it was really the lineage that was this accumulation of power and energy. And, yeah, so I just I really had to kind of get to know this and my body understand what it was. And I know that he was very, he really respected the lineage that he came from and that he studied under. And I feel the same way even though I haven't met Sadhguru sancocho das because he passed but I have met



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Sup girl tomato, I've had many energetic initiations from her. She's been to my studio many times. So I've been able to have a relationship with her. And,



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and so it feels like I can say I've stepped into the lineage, whatever that means, but it just means it's more of an energy. It's a feeling. It's something that you can't really describe, I guess, is what it comes down to. And you're kind of you're carrying forth the energy of that lineage as you teach. Exactly. And can you explain what a Sadhguru is? Because I don't know that a lot of people know what that is. Sure. So most people probably have heard of Buddha which is darkness and light. And for the guru takes one from out of darkness into the light. And it basically means teacher aside Godo is is someone who is even a little bit more than that. I don't want to say accomplish but there's there's a different type of



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Energy, they're considered to be more than a light body, which might be they might they look human, but they might have some extra power or they might have a very a deeper understanding of who you are. I know when I'm with Sadhguru, Rama Mata, I feel like

when she looks at me, she knows my past, present and future. And I don't have to say anything, I can just be quiet. And she knows what I'm thinking. And she knows everything about me. And it's a really kind of wild feeling I have to say, but it's, it's I think we all kind of attain to places like that or transform to places where the mind is not as crowded, and we're just more perceptive. And so I think that's how I describe Sadhguru is it's just another frequency, like another vibration altogether. Yeah. And you've experienced that firsthand. It sounds like yeah, I have a pretty extraordinary Mm hmm.



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Yeah.



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Well, the work you're doing sounds this offering mantra teacher trainings is I,



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I feel like you're almost ahead of the curve. Which is ironic to say, because there's a path that goes back thousands of years, for whatever reason, is the awesome that's kind of carried forward in the West. And what I have found is cure time is very accessible to a lot of individuals. Now they have Have you heard of bhakti fest that's popular out here? Oh, yeah. Yeah. And as a way to sing and connect, and, and there's a lot of musicians now that are integrating in a mantra. So there's there are undertones of mantra, and especially in music. Are you a fan of cure time? Oh, yeah. I love it. Absolutely beautiful. Yeah. And, and so, is this how does this mantra practice differ from cure time?



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But, well, I feel it's all sacred. Honestly. I mean, they both use the sacred words for the Sanskrit language is very connected to our primal body and energetic system. And whether you're singing it or whispering it or saying silently, it's all sacred. To me. It's, it has differences, and I think the differences might vary from person to person, but I feel like I'm in the cure Tom, is for me, it's kind of ecstatic. I mean, it really gets into your bones and you're jumping and dancing and having that type of thing. But you can really feel the Bhakti you can really feel the love in your heart and the devotion and kind of everything else is external. So it really like allows the, the energy to rise and to feel the love with everybody around you and to immerse in kind of nada, yoga or the energy of sound



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With, with music, and there's still repetition and keratin, which I think is beautiful. So this is a question actually comes to me quite often in the training like what's the difference between Cortana and mantra Joppa. And so the difference is with a mantra, job or practice, or really what I've learned from nama Deva is a mantra japa meditation practice is a little bit more formal, let's say, where you don't have to do it sitting. You don't have to do it in front of a candle. It doesn't have to be anything like that. You can do it when you're walking or doing everyday activities. But it's a focus. It's a discipline that you focus on and perhaps have an intention around that you're going to do a certain mantra for a certain amount of days and a certain amount of repetitions, and I'm sure in the pure taan world as well. You can have intentions that are similar that everyday you'd like your time you have your own private practice or whatever



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But it's just a different practice. And I think there are different results, even though we shouldn't be focused on the results of it. And it would be great to have maybe like a guitar artists right here with us so that we could kind of go back and forth about the pros and cons of the practices. But for me, it's all sacred. And it's just a different practice. I feel like everyone is attracted to different practices for different reasons. It's actually one of the beautiful parts, I feel to Hinduism. But the Eightfold Path is that there are so many choices of how you want to get to the divine and it all leads to the place. And so you can move through the physical practice. You can move through Karma Yoga, selfless service, and you can move to the buffet path, whether it's your town or mantra Joppa and there's so many choices.



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Then it's up to you what you choose. So it's not a matter of it's, it's really, it gives you a lot of freedom, which I love. That's beautiful. You're really encapsulate that well, and it's all sacred, as you said, and I was up in yoga Villa not too long ago and such at the Nanda founded yoga Villa and Virginia and I have a beautiful temple there. And there's a huge shaft of light that goes to the center of this, like gigantic Lotus, that's the building shape and the Lotus and then in each direction, there's about there's an altar, there's about 30 different altars, each two different religions. And so you have like a Christianity altar and Hinduism and, and Judaism and then pasm religions are yet to be found and all around and, and then in the middle, it says, and then they all meet in the shaft of light, they all kind of have their own lightspeed in the middle of the chest of light, you know, and as

representation of all the path, and one of the main teachings there is truth is one



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paths are men. And it's it's just I think we would all this is, we all do well, I think by remembering that in terms of what you just said, and it's all sacred, every path is sacred and we can't judge any path. And I really appreciate you, you speaking speaking to that. Absolutely. And then I feel like I get that from nama David, to be honest, I mean, there's so many characteristics of nama Deva, that I carry forth, or at least I, I meant try to mimic and his humbleness. He was so humble and he was so accepting of all religions, all people and he wanted that he wanted to learn more. He was, you know, he spent time with the Buddhists and the Yogi's and whoever he could get initiations from he would, it wasn't like, Oh, I can't get that initiation, because you're not my lineage or you're not you don't do the same thing as I do. There was none of that at all. He was very open and accepting and I feel like that's part of what made him who he was.



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Because he had so many stories, and so many ways to teach and that he was able to make it accessible to everybody that came across his path. And I felt like that was such a beautiful part of his teachings. And I missed that I have to say it's, I really feel that it's, um, it's a real gift. And, yeah, and just knowing the way that he taught and the person that he was, and I was able to be with him just not too long before his passing out in Oregon. And he initiated us to the last days of his life, it was all about passing the energy and energy transmissions and it was nothing to do about him. And it was completely accepting of his condition, even though he said it's not time I have a book to write. I have things to do and but it was all about this. This total commitment



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The path and



28:03

yeah, just astounding. Yes. And I never met him personally. You can feel his energy through his his talks and his CDs. And there's no doubt there's he is, in terms of storytellers, he is just, there's no one like him in terms of a storyteller, you know, and that's such a gift to be able to teach wisdom through story. It really is. Yeah, I mean, you if you had a group of

people in a room that was that's all you needed to invite him to tell a story, I mean, old stories and and it was them all the myths that are so rich and detail and characters and gods and goddesses and demons, and he would teach through that and it was so fun. Plus, he had a theatrical background, which I don't know if you know, but he had this he was an actor also. So he had that, that talent to go around with storytelling and it's, it's actually right now.



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I'm actually writing the 300 hour training, which is the sequel to the 200 hour master teacher training. And I have



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additional mantra and techniques, teaching techniques. And one of them is storytelling. So that we'll be able to read his stories and be able to tell a math or chelas story and how the mantras connect to that story. And what is the personality of this deity and one of these mantras give us some, it just makes it more fun. And I have to say for sure, yeah. And memorable. Does. He was the one who did you have a favorite story that he would share or something that's coming to mind that you want to share with our listeners here? Oh, boy.



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There's so many stories.



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Let me think I'm sure that there's one and



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I know that I do have a story. So there's a data called Ganesha, which I think a lot of people know but if you don't know



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If you're listening and don't know Ganesha, he's the elephant headed God. And he's, his parents are Shiva and Parvati and he's, he has a big belly and he's really he loves to eat the inertia. And the belly signifies the universe that all of the universe is within him. And so Ganesha chart here, they is Dinesh, his birthday, and it's usually at the end of August this year, it's August 22. And that's when you kind of honor and he's very playful so you can eat and dance and chant and to celebrate Ganesha. So one year on kadesh, his birthday, his mom, Parvati decided to make him 21 different dishes and 21 of his favorite dishes. And so the 21 symbolizes 27 logos above, seven logos below and seven oceans. So in those 21 dishes



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Ganesha was thrilled beyond belief. And he gobbled every last bit of it up, right. And so it's excited on his birthday, his mom cooked him his food, he was in heaven. And his, his vehicle, who was the mouse, which symbolizes the ego, I was there with him. And the mouse says, Come on, get to my back. Let's, let's go on a journey tonight. And so Ganesha, you know, pretty big and wide hops on the mouse. And they start journeying through the universe and noticing all kinds of things in the universe together. And they come across a snake on the journey that they're taking. And Ganesha looks at the snake, and he has a wonderful like a brilliant idea, because he's really conscious of his belly like he's feeling kind of embarrassed. Even though he loved all this food is



32:00

Feeling a little embarrassed. So he takes the snake and he ties it around his waist. And you probably if you've seen pictures of inertia, you might see pictures of a snake tied around his waist. The snake actually symbolizes Kundalini. But at this in this story, it's he uses it as a belt. And so he thinks that the snake is, is hiding his belly. So he puts it around his waist, he kind of ties it. And suddenly he hears this laughing like this hysterical laughing. And he becomes even more embarrassed because he doesn't know who it is. And he looks up in the sky. And he notices that it's the moon and the moon, just he could not he was doubled over just laughing, laughing, laughing at Ganesha for what he had done. And so at this at this point, kadesh was really upset and didn't know what to do. And so he broke off one of his tasks, which you notice Ganesha has one task because the other one's broken. He broke off his



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task and he hurls it at the moon. And the moon stops dead, quiet, I felt terrible and

became silent. And so that's one story of how the national boss has one task. There are multiple stories, but that's one story. And just as a as a follow up on that story, there was a I think it was 2009 right before nama Deva passed away and he was here in Keene, New Hampshire, and we were having breakfast together. And it was the beginning of September. And, you know, we're having breakfast and he looks up and he says, Oh, so before I tell that story, there's from this story. But they say that because of what happened with Ganesha and the moon, and if you look at the moon in September, if you look at the full moon in September, you're going to be in a very bad mood and you're not going to have good luck coming your way. in that month. Ah, okay. I did not know that. Yep, they don't want to look at the full moon number.



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Because it would mean that you're not supporting the national. But anyway, so nama Dave and I were having breakfast and he says, he looks up and he says, So did you see the full moon this month as he was trying to trick me. So



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now I didn't look at the full moon.



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So that's kind of a silly little story. But that's a story about Ganesha char to see his birthday and, and why he lost one of his classes. That's beautiful. I had not heard that story. And, and I knew his birthday was soon so thank you. Although by the time this airs, it would have been in the past.



34:41

But September, I think, hopefully this will be released before September, the full moon September so we'll learn that lesson. That's a great story. Yeah. Can you speak a little bit to you mentioned, the ego and the mouse being the representative of the ego and, you know, you hear all sorts of things.



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different ideas of how to work with the ego being a human being, we obviously have this

identity as an individual, or most of us do, maybe unless you're Sadhguru. And then Ganesh doesn't squash the ego, the good the mouse is alive, it seems to me. So how do you as a as a teacher, what are you and you're just like to ask you about your thoughts on how to work mindfully with our ego? And what are the what are the challenges that come up with our ego? And what are the spiritual solutions to those Vedas from through the eyes of Ganesh, just through what you've learned over over time? Well, I don't know all the tricks or else I'd be fully realized, but I can I can just share what I think I know. So the ego mind personality is that part of us that feels this kind of egocentric like the world wraps around me, like, I'm completely immersed in my problems in my world and my suffering and and all that and we've all been there.



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I mean, it's, it's part of the human condition, right? Sure. Yeah, absolutely every day for me every day,



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every day, but really, when we're immersed in that ego mind, that's really where a lot of suffering is, because we're just focused on ourselves. And so, at least how I understand it, the practices of yoga or are to move into places that are not selfish, but are self less, so that we feel that we are a part of a bigger being, and we have compassion for all sentient beings. And it's interesting as soon as you kind of take yourself out of your own stuff, it changes your perspective, and you're not focusing so much on your suffering. So, the mouse indicates the ego, but Ganesh rides the mouse meaning that Ganesh understands how



37:00

To be with the mouse, but be fully realized at the same time. And so that's what we learn from that relationship. And really, the practices, just in my experience, are what help us to move out of our suffering. I think there is less suffering. When you're immersed in spiritual practice. That's been my experience. And for me, that path has been the mantra japa meditation and really working with a lot of mantra repetition over and over and over again. And the sacred word, the Sanskrit words, replace your subconscious, and the worry and the doubt and then and the negative belief patterns and the negative belief pattern, all the all that stuff, and it brings us to a place of truth and reduces illusion so we can really see the truth to a specific situation or relationship and it brings more inner peace.



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And it doesn't feel like you have to be so immersed in your own suffering or or your own ego. Yeah. When you're moving deeper inside the way that I see it also is, we have this body. And we have this world that we look out into. And that's the external. And there's so much going on in the external. But if we close our eyes, and we start to go into silence, and there is an entire world in the silence, and so when you're sitting quietly, that's just the beginning of meditation for Riyadh, or truth or reality, but real reality as we know, divinity. And getting into those kind of commerce states and states beyond the quietness, silence, allows us to understand that all of this external is has its own dynamic and frequency, and we can work with that when we do the practices a little bit



39:00

It seems like we're not as involved in ourselves. So that's, uh, you know, I don't know if that makes sense. But yeah, yeah. It's interesting. I mean, it's good to reflect on I do. I like to think about consciousness and what we're doing here and you know, those big questions quite a bit. And when we, when we get easy to get taken away by the senses by what we see and what we hear, and what's a rat seemingly around us in the world, and we interact with that most of our lives and I think, if what however you define the spiritual path, part of the spiritual path is what you said, directing your attention inward, because there's a whole world there as you as you had mentioned, and what I find really interesting with mantra, and I'll be curious about your perspective on this, when I chant to Montreux over and over and over again, for sometimes, say during a practice, not necessarily a 40 day but for for some time. There's in sit in silence after very often, there's



40:00

insights or energy that I'm able to perceive as if I'm looking on the world. So as my eyes taken visor open, I see what's around me right now. But in meditation, my eyes are closed, I'm able to take in that same kind of information. And I get, I get insights as the best way to put it or intuition. It's almost as if the mantra is the teacher. And so the sound itself or the vibration itself, is somehow educating my consciousness or awareness as I'm starting to interpret it. And I'm just curious what your perception is of that type of inner experience of mantra. Yeah, I love that. You said the mantra is the teacher. That's really cool. I like that a lot as



40:46

well. The mantra the Sanskrit language, it kind of is a segue into Sanskrit language. It just feels as though the Sanskrit language we have deep roots in a very ancient language that was created for chanting



41:00

It's directly connected to energy, energetics or body. And so I feel like that experience of you know, there's there's a vibration that intensifies when we're chanting. When we're doing the repetition over and over nama Dave would talk about kind of the meaning of the muscles, or how, or sanding away the karma, like each repetition is sanding away, which is such a beautiful image.



41:30

It sounds away the suffering of the worry or, or negative thinking. And when we're chanting like that over and over and over again, I feel like the vibration and all of this subtleties of our subtle body and yet, they build on and so that becomes our experience. And not just when we look outside, so it's everything gets more refined. That's why we have maybe revelations



42:00

Or visions or we can see energy and things like that because that's really who we are at the core at the base. And it's just we're just being reminded of who we are really it's not. It's not creating anything new.



42:15

It's just focusing on a different parts of ourselves. There's a guy a tree mantra, and I'm sure you're familiar with it. Yeah, and and not in a nama Davis lineage. The long form guy tree is the most familiar, as most people do share the short form, but the long form is, was one of his main practices. And one of the applications for the guy tray is that it expands the causal body. So the causal body is kind of the energetic body that's furthest away way from our physical body. And so if we can expand that and make it bigger so that we can have more light inside of us, it's again, a beautiful image and



43:00

It makes sense because you feel so light filled when you're chanting the guy a tree. And yeah, expands our causal bodies so that we can take in more healing and take in more light is where there's like there's no darkness. And so, yeah, so I love that and that internal peace that you just bought off of what's happening internally, we were chanting and it's just reminding us it's just creating a focus in a different place. I love that you said it's not creating anything new, it's already there. It's almost like it's like, you're kind of cleaning away some of the muck to see clearly through a window or something like that. Exactly. And I'm sure you get a lot of a lot of questions and comments about people's internal experiences, which I think are fascinating, like energy awakening in the base of the spine and, and which we may call Kundalini or, and all sorts of feelings and sensations and it's just, it's a it's a, it seems to be an awakening of some sort or remembering of some sort of connecting



44:00

Let's use it as the causal body and because it's one thing to just say, Oh, this mantra practice is it's going to do so much for you. And it's very powerful. But really to start to viscerally feel it and have these kind of internal experiences. It's like what this is, there's something really going on here. And challenges. There's no way to really measure it from this Western scientific perspective, at least yet, right? So we can just describe it through as you said, metaphor, story, and just sharing these experiences, which is one of the reasons I created this podcast so that to give a voice to the subjective realm and to our internal perceptions and to just because I think it's important to share and a lot of this has been behind closed doors, and I think it's good for us to be able to give voice to what our path is and what the challenges are and different options available to us, which is what you're offering. Yeah, exactly. And, and I think you've done a lovely thing, that it's accessible to us because



45:00

Way back, when thousands of years ago, this was really just for the Brahmins practice, they didn't really want women to practice mantra. They didn't want the general public to chant mantra. So it was everything was kept secret. And now we have all of these teachings that are just so powerful, and anyone can do them. And it's, it's also I just want to say that it is a spiritual practice, and it's not religious. And that's also another question that I get. And it's, of course, that you can consider it Hindu in a certain way, because it's from the Sanskrit language. But at the same time, we have all these choices. And we're not asked if we start a mantra, practice, a Sanskrit mantra practice, we're not being asked to do anything else. We're just, it's experiential. But if you like it, then you can chant. And

so I find that I think that's an important thing to say, as well that no question I would actually like to ask you a little bit about that.



46:00

Because I have people in my family, for instance, that identify strongly as Christians, and when I bring up Sanskrit, Sanskrit, they immediately think it's the work of the devil. And and that they're not. They're very closed down to that. And so it's I appreciate you bringing up that it's a differentiated twins a spiritual practice, meaning it's open to everyone and accessible to everyone that's interested and not associated with purely one religion or one dogma. Exactly, yeah. So



46:37

it feels as though we're all spirit and we all come from the same place. And there is a deity in the teachings of an Orion and Orion is that place that we come from and that place we go back to and that's how I like to explain it. We are chanting to an end



47:00

To a place



47:02

where we've come from, and where we go back to, and it's, it's not a place that we can completely understand. But it's, we all have that we all have that in common. We're all human beings, and if we can all drop down to a place of just humanity, and then we can practice what works for us. And what's what's so beautiful about these teachings is, number one, the freedom that you have with them, and you can chat any matters you want, there aren't certain words that you have to chant and what they can do for our daily life. So it's, we can talk about all the spirituality, and about moving past the silence and meditation, all those kinds of things. But to put it really simply, it's a path to help us in our daily life. And what I say to people who feel that who immediately judge it



48:00

For say, this is the work of xy and z or this is, this is dogmatic. I don't want to participate. What I normally do is say just experience it. Now experience. And so when I run workshops

and things like that, the first thing we do before I start talking about all the techniques is we champion and we feel it. And within five minutes, everyone's dropped down into their body and it's like, they'll take all the information that I have to offer. And so I feel like the experience of it is where it's at. It's less chance Shanti Om, which is 1 MP or 54 repetitions. It's just it's just I am peace. I am peace. Let's chant that together slowly. And it's pretty amazing. what transpires, why don't we just dropped down into the words and into the practice because I feel like all those



49:00

judgments and criticisms are just coming from the mind is pointing fingers at this, this and this. But, and yeah, so the daily practice is just what I really cherish. And I see people going through I'll say just let's try this nine day practice. Let's just do nine days of this practice and you'll chant this mantra 27 times for nine days. take about three minutes. And oh, I really like this. This is it's so wonderful to have something to come back to every morning and centers may it's only three minutes I can do it. And then before you know it, they want to do a full mala which is 108 repetitions and oh, it only takes me six minutes. I love this mantra just, it's so nice. I can do it when I'm driving or walking or sitting quietly and let's maybe do two mantras and 100 native each another doing a half an hour practice, and they've gotten the job that they wanted and they feel more loved.



50:00

And their relationship and so it's, it's these little segments of how someone who has a question about it or is doesn't really feel completely committed to just try it and see what happens in your daily life. Beautiful Yes. And I know nama Dave and a number of other teachers that are very, very much respect and suggest this don't say don't take my word for it. They say this is just try it yourself and see what your experiences experience is, is the greatest teacher of all. And Gandhi is I wrote a book called my experiments with truth, right? So it's experiments everything's an experiment in life and I just try it out. See what happens if you like it. Great. If you don't like it, great. Drop it. There's no, no big deal I just but you but you do miss 100% of the shots. You don't take as they say in sports, and it's



51:00

So you have nothing really to lose here. And that's what got me into it as well, just like I was desperate, I was having major health problems and mental challenges and stress and I did not want to take pills. I just didn't it was prescribed to me. So I got into a mantra practice. And after trying a little bit, I wanted more and more and I started feeling way

better than I ever did before I had the challenge. So in that way, it was the silver lining and since then, I've been hooked but but usually one of life's challenges that, that we're looking in are and that we go through some challenging time. And then and we can take those forks in the road and we can say, you know, I kind of give up approach I'm done with this, or we can really use it as an opportunity and I think for those of those individuals looking as as life as kind of opportunities and then this mantra practice is a is a great opportunity to explore a different way of working with life and with energy as as things progress.



52:00

The coal, even though it's kind of strange, I was talking about this about Bill, it's like, it's strange. We're chanting sounds and it affects our life. It just it just in a certain level of the left brain, like, does not compute.



52:16

You say I checked all your gum Ganapati and I'm a hot and I was going to remove like these challenges in my work or when they do we hear it over and over and over again the reports and the people saying you know the effects of these mantras, it's just honestly still it blows my mind and I'm doing it for over 10 years now. It's just like, this is incredible. Yeah, it's almost like it's like affirmations you know, people say positive affirmations now positive thinking can change your life and I am beautiful. I am love. I am peace. Whatever it is. It's the same type of thing that that words can kind of really affect your, your being is what you're speaking, you're thinking and creates what we do and



53:00

So yeah, that's all about Absolutely. Yeah. Are there any, any stories before you round out our conversation that you are compelled to share that with kind of success stories around lotro for yourself or anybody you've been working with that kind of can share and an example of somebody wanting to work with a Munch and they did and and then what came up for them and, and how that showed up internally or externally. I do have a lot of stories, actually. I do a lot of private consults with people. And sometimes I'll work with somebody just once. But that's usually not the case. Usually, I'll work with someone for a period of time and with a few different consoles that I've had. I've had women that couldn't have babies born fertile, that have had children, but they've been very committed to their practice and very energetically committed to it. And they've reaped the benefits which is something astounding. I think health



54:00

The issues to for people. There's a mantra om Shree Don Vaughn train Omaha, the celestial healer. And so this is a mantra that allows healing but it also allows the healing path. And so if you have a specific element and it might just kind of guide you in the direction of either an allopathic doctor or maybe it's an acupuncturist, or, or whatnot, but I did have a friend who was suffering a great deal and she had a tumor actually in her leg, and it was turned out not to be cancerous or anything, but the chanting kind of allowed her to not just relax into it, but she was guided to the right doctor. And it felt like she just felt like she was in the flow. As soon as she was chanting, and she did it every day, and she was very committed, and she really felt like she was in the flow. Another woman who was suffering from endometrial cancer, and I gave her a sequence of the Sun mantras.



55:00

There are 12 gifts of the sun, sun mantras, and they're all for kind of captivating the energy of the sun, the golden healing light of the sun. I mean, they're, they're 12 different aspects. But it would carry her she would chant this on the way to when she was going to get chemotherapy. And she was amazed at how she was able to relax and be with her condition. And she moved through it really beautifully. So things like that. I mean, I really do have a million stories of Yeah, types of things. And again, you say how can that these words just how does this change my life? I don't, I don't get it. But it's, you know, you try it. And when you're in situations like that, you you want to try whatever you can, but it's given a lot of people relief, and a lot of people direction in their life but path to take. So now, do you beautiful Yeah, I am I connected with somebody two weeks ago.



56:00

For a consult about he's going through chemo for cancer as well. And he has been working with this practice for two weeks and it's basically from the foundation of this It feels like a rock for him to something that he can go to and turn to and feel really solid with as well as having that mental kind of clarity and calm as he goes through this really these health challenges. I really appreciate you bringing that up, but it's so powerful and I'm in the health field myself and I'm really drawn to, to share these monsters for for healing for health, for balance, and anybody listening that is interested. I mean, it's, I really pursue this path and if you're called to it, and how can people get ahold of you if they want to contact you or sign up for the workshop or learn more or how, how can they find you? Sure. So my email address is the yoga space th e y o g a s p a CA



57:00

gmail.com and I have two websites.



57:04

For the mantra teacher trainings, it's actually mantra, teacher trainings plural.com. And you can find all of my offerings on there, as well as the trainings and online, things that I give as well. Another website is the yoga space and ah, so it's just spelling out the yoga space and H for New Hampshire, calm and that also has workshops is that and things that I give as well and online so I, I am moving forward with these trainings with great success. But I also do supported 21 and 40 day practices online. So everything is done through newsletters and I give recordings and everyone does it at the same time. They come out and if you want to be on my my mailing list, you can just send me an email and you'll be getting those those newsletters so those are beautiful to what I do bookworms.



58:00

Some of David's books are healing mantras and Shakti mantra is usually a six week program that I do. And we go through the book, page by page with all the mantras and stories. And I really enjoy. I love doing that. So super fun, beautiful. And we'll post your sites up on our landing page on our website as well the podcast and would you mind sharing how you how you your name came to be your full name? Sure. So My American name is Gretchen. And I asked nama Deva for a spiritual name is probably a sea pass in 2010. So those probably in 2008. And it took a while. I kept kind of reminding him for a spiritual name. And that's usually what you do. If you want a spiritual name. If you ask a guru or a spiritual teacher, and he he gave me the name it was probably like six months later.



59:00

And he gave me the name brijesh per day. So Raj means King light. And ash woody means divine feminine principle. So it's it's like royal goddess, basically, which I feel very, of course, I was excited to get that name.



59:17

That's a good one. Most people call me Raji, though, for sure. All right, Jay. I yeah. We're just kind of a tongue twister. You know, Raji, it has a nice ring to it. And Roger. Yeah, it is.

For those of you feel really connected to that. That name. I do now took a little bit of time, but I do feel connected. He would call me Raji. Ma. Ra gi Ma. I like that really lovely. Yeah. So you have your choice. Whatever you want to call me is fine. Well, Raji, Raji, Ma, thank you so much. Is there anything any other thoughts you have to close or share that? You feel you understand? No, I would just love to have anyone listening be part of the trainings.



1:00:00

First, the 200 hour mantra, teacher training begins the beginning of October. And you can check all the information out on mantra teacher trainings calm. And it can be done online, as well as in house here in Keene, New Hampshire, but there isn't in my online program to reach those that are not local or international. So I would, yeah, I'd love to hear more folks that are to be together during this time, especially with COVID. Oh, absolutely. I just wanted to emphasize what a What an amazing training This is, and, and I really appreciate you offering it to to the public and sharing your wealth of information and your expertise and carrying on the work of the lineage. And yeah, this is how we we make the world more beautiful place, but teachings like this. That's right. Yeah. Thank you so much for for joining us today. Absolutely.



1:01:00

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1:02:01

If you are interested and all the benefits of performing your own 40 day mantra discipline, and be sure to visit the podcast web page at [mantras and music.com](http://mantrasandmusic.com) and sign up for gios Premier online training course titled, ultimate chance mantra meditation course offering valuable guidance for anyone wanting to increase abundance and enhance health and overcome obstacles, reduce stress and gain clarity and advanced personal goals.



1:02:39

You will be guided step by step by Gio to complete a 40 day powerful practice of mantra in a clear, fun and easy to follow program.