

From Deep Down

KIIRTANS ~ VOLUME 2

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Kiirtan is a meditative form of chanting using a special type of mantra, and is practiced as an integral part of yoga. The mantra chanted in these kiirtans is the universal mantra

"Baba Nam Kevalam" which can be translated as "Love is all there is" or "There is only the name of the Beloved."

Singing kiirtan before sitting for meditation will uplift the mind and help in developing a deep and enriching spiritual practice.

For more information on meditation and yoga techniques, please contact the Ananda Marga center in your community. For the address of the center nearest to you, please visit our web site at www.anandamarga.org

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