

# Kirtan

## with Shubalananda

Saturday  
**October 2nd**

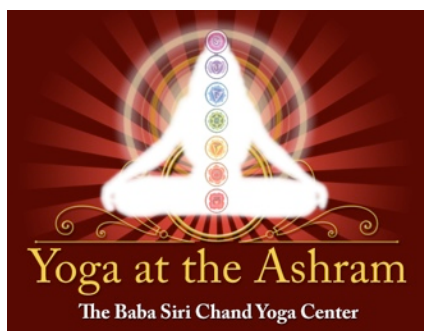
**7:00 - 8:30 PM**

**Suggested donation: \$20**

The Singing of Kirtan goes back thousands of years in India. Created by ancient Rishis from the seed mantras of the Vedas, the sounds are designed to resonate with your chakras to help move the energy up your spine. Then, they put these sounds, like Om Namah Shivaya, or SitaRam, to a simple melody. Kirtan is a simple practice. We sing the kirtan, call and response style, over and over, with more and more Bhava (spiritual emotion, or Ray Charles like soul) until the singers enter higher planes of consciousness.

The wonderful thing about Kirtan is that it is fun. Other forms of sadhana can be strenuous, but Kirtan just flows from everyone's connection to music. Even those who feel they do not have a good voice discover themselves singing on pitch, in time. It is an excellent way to discover your true voice, singing these Sanskrit seed mantras.

**Shubalananda (Larry Kopp)**, has been leading Kirtan for many years, having studied with Neem Karoli Baba, Sathya Sai Baba, Karunamayi, Shree Maa, and currently Harihar Ramji. His guitar and harmonium playing and voice of experience give his Kirtan a power and a Bhava that is shared with all who join him. Come and experience this easy, happy, and deep form of Sadhana. [Shubalananda@aol.com](mailto:Shubalananda@aol.com), [shubalananda.com](http://shubalananda.com)



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