

## **Electroacoustic Chakras**

(Version for bansuri, sarangi, tabla and voice)

### **Text**

Words and Lyrics – Yashashwi Sharma

Salutations to that respected Guru who showed us the place of the one who pervades the vast universe with all its movable and immovable things.

### **Sanskrit words:**

#### **Aanandha:**

The root for the name Aanandha is a Sanskrit word meaning 'bliss' and as such, Aanandha's meaning can be said to be 'great joy' or 'great happiness'.

**Sama:** Calmness, tranquillity; control of the mind.

#### **Sanaathana dharma:**

Sanaathana dharma consists of virtues such as honesty, refraining from injuring living beings, purity, goodwill, mercy, patience, forbearance, self-restraint, generosity and asceticism

**Vaari:** Beautiful River.

#### **Sanskrit Shloka:**

Om... Purnamadah Purnamidam  
Purnat Purnamudachyate  
Purnasya Purnamadaya  
Purnameva Vashishyate  
Om shanti, shanti, shanti... Om...

That is infinite this is infinite;  
From that infinite this infinite comes.  
From that infinite, this infinite is removed or added;  
Infinite remains infinite  
Om. Peace! Peace! Peace!

**Okinawan (Ryuku): Nifeedeebiru:** Thank you

#### **Shinjichi nu ada nayumi:**

An Okinawan proverb meaning 'Kindness will never be wasted in any way'

**Pali words:****Anagami: Non-returner.**

A person who has abandoned the five lower fetters that bind the mind to the cycle of rebirth and, who has abandoned the five lower fetters that bind the mind to the cycle of rebirth and, who after death, will appear in one of the Brahma worlds called the Pure Abodes, there to attain nibbana (nirvana), never again to return to this world.

**Anatta:**

Selflessness, non-self, void of any permanent essence, emptiness of any soul-entity

**Samadhi:**

Established mindfulness in meditative concentration, when the mind experiences a calm, peaceful, unified and blissful sustained awareness (technically Samadhi is synonymous with the four jhana, but is often used in a more general way).

**Sambuddha:** The Omniscient One...

**Samsara:**

Samsara is a Buddhist term that literally means circle or wheel and is commonly translated as 'conditioned existence' or 'cycle of existence'. Continuous flow is the repeating cycle of birth, life, death and rebirth (reincarnation).

**Tanha:**

It is the 'thirst', craving or desire to hold onto pleasurable experiences, to be separated from painful or unpleasant experiences and for neutral experiences or feelings not to decline.

**Chakras Six & Seven:**

Honour to the Blessed One, the Exalted One; the fully Enlightened One: The light of the three worlds, the Buddha...