

Finding Your Balance

With Mantra Meditation Music and Chanting



By
Lea Longo

We all need balance in our lives. When life situations throw you a curve, it offsets your balance. When we come back to our inner self, we re-connect to our divine and this restores our balance.

The Power of the Mantra and Balance

What is a mantra? Mantra is: man (mind) and tra (calm or soothe). Mantras are sacred texts or a sequence of syllables (sometimes just a name or word) that are used in meditation and are believed to help tune your mind into the divine ground of existence. Mantra is effective in calming the mind and stopping the mental chatter. If we could just conquer our own minds, I believe anything is possible. It is important to bring back the balance.

Mantras are not just another form of “chanting music”, but rather a *music meditation* that can literally bring transformation into your life. One of the most well-known mantras is OM or AUM, which is chanted at the beginning of every Yoga Chanting class, that we call Kirtan.

When we chant mantras together as one, we raise the level of our own vibration to a high spiritual state where we can actually feel and experience our Divine nature and by chanting Aum, we connect to the essence of all mantras, and tune in to the divine. Chanting is possibly the most effective means of directly experiencing our spiritual nature.

Montreal Kirtan

When Lea Longo discovered music mantras during her travels in India some seven years ago, she searched for a similar practice upon her return to Montreal. When Lea couldn't find any classes, she started her own. Lea's vision is to build Kirtan in Montreal and although the community here is still relatively young, this hasn't stopped her from creating an official Kirtan association where folks gather every first Friday of the month to chant together. It is now over 300 members strong and growing. Lea is confident and excited to anticipate where Kirtan will be in five years and is especially enthusiastic about Kirtan events, like the Montreal Yoga and Chant Festival. Lea certainly believes in the adage, “if we build it, they will come...”

Lea Longo is a yogini, Kirtan recording artist, award-winning songwriter, Kundalini yoga teacher and founder of the Montreal Kirtan Community and Montreal Chant Festival.

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WE DO NOT KNOW WHAT WE WANT AND YET WE ARE
RESPONSIBLE FOR WHAT WE ARE - THAT IS THE FACT.
- JEAN-PAUL SARTRE