The Sound of The Human Soul

SPIRITUALITY | SADGURU JAGGI VASUDEV

When we say sound, there are, in fact, four kinds of it. The first type is called ‘Vaikari’. This is the physical sound that you hear when I speak. The second form of sound is called ‘Madhyana’, that means, the middle one. Suppose I were to say “chocolate”, or if I were to show you something that looks like a chocolate, your mind will think, “Oh, chocolate!” It is not just an abstraction—a vibration of thought. ‘Hot chocolate’ is a voice, a sound that comes from a dimension of your mind. This is the middle sound, ‘Madhyanam.’

The third dimension of sound is referred to as ‘Pashyanthi’. This is your mind’s ability to think it up. Without any input from outside—I did not show you anything nor did I shout “chocolate,” but just like that, from within, from some deep recess in your mind—“chocolate!” It is not a reflection or a rebound of what I said; your mind can create it from somewhere within. This is the ‘Pashyanthi’ dimension of sound.

The fourth dimension of sound is referred to as ‘Para Vaik’. ‘Vak’ means voice; ‘Para’ means the divine or the source of creation. So ‘Para Vak’ means the voice of the Creator. Every scatterbrain in the world has been hearing God speak; I am not talking about that kind of nonsense. I am talking about the reverberation which is the basis of creation and Creator. This is not about losing control over your faculties and hearing things that you want to hear.

When Shiva was teaching yoga to his seven disciples, continuously for many months and years he taught them all kinds of intricate things, but he never spoke. The seven disciples each received seven different types of teaching—seven dimensions of yoga. All Shiva did was sit there totally disinterested in those people.

When Parvati asked him, “Seven great sages are sitting there. Why don’t you say something? It will be appropriate.” Shiva said, “Ah, they hear me.” What he is telling her is, “You don’t hear me because of your intimacy, so I have to speak to you. They hear me.” He does not mean to say, “They hear what’s happening in my mind,” he is saying, “The basis of my consciousness, they hear that and that’s all. The rest is all made up for the sake of transmission. That’s all they need to hear and they hear that.”

So that sound which is the core of the soundless, utterly still consciousness, is known as ‘Para Vak’. If we go about educating you about the different dimensions of life, creation, existence, perception, experience and expression, it will be an endless story because it’s an endless universe. It is not that the tale is tall but the creation is such. But if you hear the sound, if you hear this one sound which is ‘beginning-less’, then it’s all here, it is no longer stretching into an endless space.

Sadguru Jaggi Vasudev, a yogi, is a visionary, humanitarian and prominent spiritual leader. www.ishafoundation.org