



Nāda Vibronics

Vibrational Healing Ecosystem

"The Sole Timeless Word That Carries Eternity in its Lonely Sound."

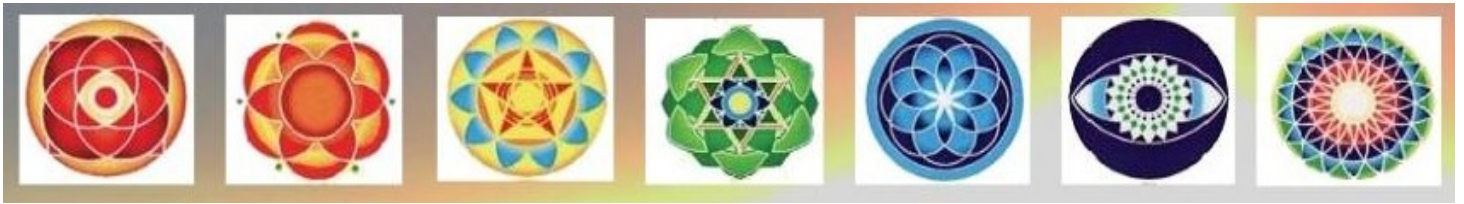
- Sri Aurobindo (Savitri)

NADA is the purest word-consciousness, the mightiest Sound-Energy pervading each and every level of creation. In the Vedas, Nada is described as being the basic vibratory force inherent in all natural phenomena. Through Nada, the entire universe is created and sustained.

Nada Vibronics is a way to holistic health, self-empowerment and awareness.

A conscious experiencing of the flux of our inner and outer vibrations (NADA), followed by simple, practical techniques of thought and brain wave transmutation, chakra alignment, healing with SEED SOUNDS ON MANY LEVELS OF BODY AND CONSCIOUSNESS, attitudinal harmonization at home and work and holistic well-being is the essence of Nada Vibronics.

The approach of Nada Vibronics is spiritual, scientific and experiential, through a series of intensive sessions and experiential engagements for empowering people with health conditions, seekers, lifelong learners, learners, trainers, leaders, corporates, professionals and non-professionals from all walks of life.



Level I

Nada Vibronics Level I is a journey of discovering one's personal vibrations through the Science of Nada. We recognize our Body Processes with Sound and other Vibrational tools and activate our energy centers for personal healing and self-empowerment.

Elements:

Nada Beam Movement

- Stress release
- Increase in Concentration and Will power
- Directed cure of disease

Raga Visualisation

- Effect psychosomatic changes
- visuo-physiological changes

Effect of Chanting

- Altering brainwave states
- Self cure through Japa trance

Beeja Mantra and Chakras

- An introduction to the curative science of seed sounds through our energy centers

Nada Cleansing

- Assimilation, Redirection And Use Of **Prana**.

The Yoga Of Silence

- Discovering the personal nada with dynamic silent meditation

NADA As The Microbe Of Cure

- Recognizing the healing microcosm within

Abstract Sound

- The deepest power of mind

Level II

Nada Vibronics Level II explores planes and parts of the human anatomy with the body's esoteric energies through an experiential understanding of Chakras & other energy systems. We learn to recognise our predominant Chakras and correct energy misalignments within us.

Elements:

Chakras & Anatomy –

Understanding energy centres and their relation to Human Vertebrae Nervous and Endocrine Systems. Learning the chakra - connections with specific diseases and psychosomatic conditions.

The Nadi Network – Mapping the esoteric nervous system and understanding how to healing with control over Nadis

Beeja Mantras (seed sounds) – Correcting body frequencies with the 'Beeja Mantra'

Nyajas – Nada And Visualisation Therapy

Mudra Healing – Esoteric energy points on hands for activating energies – simple healing techniques



Level III

Nada Vibronics Level III is a two-day intensive that will deepen the recognition, experience and ability of our self-therapeutic and manifestive power through the science of the Sri Yantra and The MERU and their holographic connection with the human body.

This level of Nada Vibronics is very intense and will be offered only to aspirants who have completed Level I & II.

Elements:

The healing power of Symbols

Meru Chakras and the Human Planes Mapping universal energies at the human level and learn the art of self and universal empowerment

Shakti Beejas Mantras and Mudras - Learning Powerful Feminine Energy seed sounds aligned to the human body

The Nada Journey – Psychic travel beyond body consciousness

Meru Visualisation Therapies – Inner cosmic journeys and visualisation therapies form Ancient wisdom



DR. SHRUTI NADA PODDAR (SAUNDARYAAMBIKA)

Dr. Shruti Poddar (Saundaryaambika) is a Mentor and Vibrational Healer, a Musician, Poet, and a Practitioner of Indic Wisdom and Indigenous Knowledge Systems. She is also a Heritage Conservationist and Grassroots Entrepreneur.

Shruti created the “Nada Vibronics” Vibrational Healing Ecosystem, which uses Yogic and Indigenous Knowledge Systems, Ancient Indian Sound and other Vibrational technologies along with Scientific understanding and applications, to **Cure Disease as well as Heal and Empower people through consultancies, workshops and retreats. Her Spiritual and Healing music** is used worldwide for meditation and healing psychological and physiological conditions and specific diseases. She was awarded the **Delhi Ratna Award in 2003 for her pioneering work with Spiritual healing sound and music**, followed by an **NRI award** for enhancing international cultural relations. She was awarded an **Honorary Doctorate in December 2017 for Education and Wellness**.

As a Global Educationist she has conducted **Mentoring workshops personally since 1996 and through the Shruti Foundation, a research and charitable foundation since 2007**, for promoting education, wellness and healthcare, value based leadership, with a special focus on indigenous knowledge systems and sciences.

She has worked with thousands of teachers, administrators and students in India and abroad. She does talks, workshops and retreats internationally on various subjects ranging from **wellness, healing, integral education, leadership with Indic systems, Vedic insights, Upanishads, Bhagawadgita, and Mantric Sciences from te Tantra and other Indic practices**.

Shruti realized in 2012 that all the work she had done Globally needed to make a difference at the Grassroots. An intuition and a deep desire to manifest her natural abilities, cultural practice, indigenous knowledge skills and Global exposure took her in May **2013 to explore the historical town of Ramgarh Shekhawati**. She was stunned with what she witnessed - **a wonderland of Heritage, with the most intense infusion of wall paintings (frescoes) in the world. Ramgarh Shekhawati was a forgotten haven of artistic beauty, prosperity, great knowledge**. This region had slipped into slow degeneration due to complete lack of patronage. This had lead to poverty and exodus of youth from this in search of livelihood. Shruti Poddar thus adopted this region as the base at the grassroots for all her work.

In 2013 Shruti Poddar, along with Shruti Foundation commenced its work at Ramgarh Shekhawati with Planting Trees, Sanitation, in house capacity building and skilling, global collaborations with world institutions, and more essentially with local people **for exploring natural and traditional knowledge systems for healing, rejuvenation and revival. The Foundation had been already involved with intangible and tangible cultural heritage and so plunged into conservation, restoration and revival of as well as re-adaptive use of heritage sites and Havelies** for development of local economies. She has been advocating and directing the conservation of heritage sites and also facilitating use of tangible and Intangible Cultural Heritage for students, women and global learners. Shruti Foundation also launched **the Heritage Walk at Ramgarh Shekhawati in 2016**.

The Need to historically resurrect and economically and well as creatively empower this unique region led Shruti Poddar to become the **Principal Promoter of “Vedaaranya –The Heritage and Healing Habitat**, an integrated development and healing tourism project for evolving global and local wellness eco-systems She has developed **hospitality and tourism through homestays (VEDAARANYA HAVELI) which also has international artist and student residencies at Ramgarh Shekhawati as the beginning of the Integral Township and Habitat with multiple verticals** including a Shri Yantra Healing Mega Pyramid (MERU), The Heritage Habitat, a Wellness Park, a Skill Enhancement Centre, a Vedic Forest, a Global Research Centre, an Artist community, A Heritage Museum and other verticals. **The dream is to conserve, restore and enliven this Great Microcosm of India’s History and Heritage and find sustainable models for its women, youth and local populations**.

Shruti has been involved with the following as:

- Pioneer of “Nada Vibronics” Vibrational Healing Systems
- Founder and Managing Trustee, Shruti Foundation (since 2007)
- Convener, “INTACH –Sikar-Churu-Jhunjhunu Chapter” (since 2017)
- Principal Convener, Vedaaranya Heritage and Healing Festival (VHAH FEST), Ramgarh Shekhawati, Rajasthan
- Member, INTACH Advisory Board for Intangible Cultural Heritage (since 2017)
- Principal Promoter, Vedaaranya- The Heritage and Healing Habitat, Rajasthan (since 2015)
- Chairperson, PHD Chamber of Commerce and Industry, Rajasthan (2017-18)
- Principal Convener, WE-ASC World Education Culture Congress (since 2011)
- Founder Director of The Nada Choir, a Multi-Ethnic Musical Choir in Belfast, Northern Ireland (since 2012)

Some Links:



1. vedaaranya experiences - Heal your life.pdf



2. Vibrational Healing Nada Vibronics Workshops...

<https://www.youtube.com/watch?v=gQ5RObFjXPI>

<https://www.youtube.com/watch?v=l0chjzRaxDg&feature=youtu.be>

<https://www.youtube.com/watch?v=DeATHoCT7Ug>

<https://www.youtube.com/watch?v=kx3HX1p3t5s>

<https://drive.google.com/open?id=1ZLGYaHDS6q8QIb9Fsp151BrTJKVYQYld>

<https://drive.google.com/file/d/18qb61aESockSWKLkGk6YqNb6ZAg4JmWM/view?usp=sharing>

https://drive.google.com/open?id=1IYchxHjBxV7VatLbE_VYrp1TfejajOyn

Press Comments

- The inner journey, without mortal crutches, helped lift a veil to glimpse the final truth-
The Telegraph, Calcutta
- With stress and tensions of the high tech age gripping our lives, Nada Vibronics is perhaps the alternative technique of the future.
India Weekly, U.K.
- Shruti's sound is a different experience altogether. This cassette has the feel of being a remedy for the tensions of modern age
Life Positive
- Nada Vibronics, which emerged from the Vedas and withstood the test of time, is the alternative healing technique of the future.
Education Times, Times of India, New Delhi
- Sound ... has been rediscovered as a healing agent through the technique of Nada Empowerment!
The Asian Age, New Delhi
- The technique of Nada...rediscovered by Shruti, can be utilized to correct imbalances within oneself
Times of India
- A heavenly experience ... brilliant presentation. -
Indian Merchants Chamber, Mumbai



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