



Nina Rao: Chanting the Names of the Divine



Nina Rao is a recording artist, musician, and kirtan leader. For many years Nina has been business manager to Krishna Das' and accompanies him musically as well. Discover the Indian tradition of chanting the sacred names and take part in an experiential program of call-and-response chanting.

TOP EMBODIMENT TIP: We get pulled away from our centre by our thoughts. Chanting the names of the divine helps us reconnect with this temple of our body.

Chanting to Connect Mind and Body:

- We need our breath in order to sing. By connecting with the breath, we connect with the body and the space within.
- Chanting is a contemplative practice that brings us back to the centre of our being where the sense of wellness and feeling of happiness resides and can naturally arise.
- **Each time we do a practice it brings something new.** Coming from a place of surrender deepens the practice whether you are a beginner or advanced practitioner.

Learning the Names of the Divine:

- Mantras or chants are sounds that were transmitted through space from nature and encapsulated in words by those who tuned in to receive them.
- **When we chant the names of the divine the sound resonates to open our hearts and reconnect us to everything around us.**
- There are hundreds and thousands of names of the Divine. Each of the names is a pathway to finding ourselves and to the place we want to be.

Mantra and Healing:

- The wisdom of the mantra enters into us through repetition and is amplified by practicing with a group.
- The transformative power of the mantras come from the sound and vibration. You don't need to know the meaning of the words to experience it.
- Sound affects the different energy channels in the body and can be felt in different parts of the body if you tune in.

Resources

- ❖ **Website:** NinaRaoChant.com

Nina Rao





All Meditation & Breathwork Presentations are Proudly Sponsored by

Philip Shepherd, TEPP [The Embodied Present Process](#)



Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

When you belong to a culture that lives in its head, you absorb its limiting assumptions at a tender age – assumptions about what it means to be human, what the body is, and what intelligence is, for starters.

The Embodied Present Process is a unique, gentle, far-reaching series of practices that illuminate those hidden limitations within the body, undo their hold, and newly sensitize you to the present. Discover how an embodied meditation can open you to a whole-body experience of the present in just a few minutes. This transformative practice is one of more than a hundred practices developed by Philip Shepherd, and offers an inner journey you can navigate again for yourself at any time.

the
**embodied
present**
process