



SOM Programme

Target group

The SOM programme is aimed at all people who are looking for a positive change in their lives, be it a change on the physical, mental or spiritual level. Their motivations can be very different, because people who do physical work may be looking for a balance on the physical level. This also applies to people who lead a sedantory lifestyle. Others may want to become mentally calmer and improve their concentration. The SOM programme is also a suitable instrument for people who want to develop spiritually. Generally speaking, it is a programme for a healthy, happy and contented life.

Explanation

SOM stands for Santulan Om Meditation. Santulan comes from Indian Sanskrit and means balance - on all levels of our existence. According to Indian philosophy, Om is the primal sound of the universe and life itself. Interestingly, this thought is also contained in the Bible, "And in the beginning was the Word" (John 1).

Meditation is a technique for concentration and focus, for balance and calm. Last but not least, spiritual experiences can be produced during meditation. The SOM programme was developed by Shriguru Balaji També, one of the great spiritual masters of our time. He is the founder and director of Atmasantulan Village, probably the largest and oldest Ayurveda centre in India. Yoga and meditation are essential components of the Ayurveda treatments carried out there.

Implementation

There are no special prerequisites to complete the SOM programme; it is easy to follow. It contains 5 modules to be practised throughout the day. Module 1 consists of two parts. After a short musical introduction, you will look into the flame of a beeswax candle or wheel lamp. This exercise, also called Trataka, which may seem unusual in our culture, also helps to keep the body's entire hormonal system in balance. We then listen to pieces of music in Sanskrit and sing Om. This is the most important mantra of the Indian tradition, it is regarded as the 'Sound of the Highest'.

This module lasts 12 minutes. Module 2 consists of easy to practice breathing exercises, previous yoga knowledge is not required. It harmonises body and mind and synchronises our brain. It supports our digestive system and has a general energizing effect. This module consists of 8 exercises and takes 16 minutes. Module 1 and 2 should be practised early in the morning before breakfast. In module 3 we listen to an instrumental piece for 10 minutes. It is recommended to take time for this in the early afternoon and this short time out, helps us to stay productive throughout the day.



Module 4 is similar module 1, it consists of Trataka and listening to music while singing Om. It also takes 12 minutes and should be practised in the evening or before going to bed. In module 5, we listen to Sanskrit music for 10 minutes while we are already in bed. It promotes a good and restful sleep. People who have been practising the SOM programme for a longer period of time, report that they need less sleep than before. Investing in one hour of SOM programme daily therefore is well covered.

SOM Programme on Tour

In order to be able to carry out the SOM programme independently, detailed instruction in the individual modules is advisable. In the interest of concentrated and individual learning, small groups of max. 5 people are recommended. Approximately 4 hours should be planned for this. If you are interested in a SOM Programme on a 'Tour Workshop' in your area, please contact Thomas Trinter using the following contact details:

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