

# Singing the Bijas with Roth Herrlinger

9:00 - 10:15 am Zoom Room 2

“The Bijas — Lam, Vam, Ram, Yam, Ham, Om — are seed syllables, sounds that engage the act of universal creation. When we utter them, we connect with this energy of creation. Singing them — allowing them to resonate deeply in our bodies — can take us into a divine trance. In this class, we’ll also explore the experience of microcosm and macrocosm (‘As within, so without’) and the fundamentals of Non-Violent Communication (NVC) as a path to identifying what we are feeling and what we need physically, emotionally, mentally and spiritually.

