

Antar Mouna

Antar mouna is a Sanskrit term that means “inner silence.” It refers to a yogic meditation technique from the tantras that involves transforming and controlling thought processes through self-awareness and mindfulness. By internalising the senses through this form of meditation, the practitioner observes the inner and underlying structure of the mind and thought processes.

The practice of Inner Silence (Antar Mouna) is a particularly well-structured way to develop mindfulness, self-awareness and witness consciousness. I always recall one of my first yoga teachers reminding me over and over again “Yoga is the practice of becoming the witness”

The practice was developed by Swami Satyananda of the Bihar School of Yoga, there are 6 stages to this practice and we will practice Stages 1 and 2 in this weeks audio.

How does *Antar Mouna* help?

“Inner Silence is in many ways a perfect launch pad to a stable and meaningful life. Starting from external impetus, we gradually learn to manage the internal thoughts! Apart from helping us to meditate better and deeper, the practice and perfection of *Inner Silence* results in emotional stability, deepens our awareness resulting in refinement of our perceptions and assists us in graduating towards taking charge of our lives. As in any process that helps us to unfold our potential, *Inner Silence* also allows us to progress step by step and gradually unravels the depth of our own self. When we learn this process, we gradually start to respond instead of reacting to situations, people and results. This helps us to develop a holistic perspective of life that is essential for a peaceful and prosperous living.”

(<https://blog.yoga.in/2020/01/23/antar-mouna-inner-silence/>)

What I especially like about this practice is that we are not trying to block out sounds or distractions that may be going on around us, but instead we use them as the object of our meditation. In this way we become ‘ok’ with what is and it is a practice that we can take off our meditation cushions into our daily life, aiding us in cultivating a sense of peace in whatever circumstances we find ourselves – a very practical tool in our busy modern lives!