

## Merging the Mind in the Unstruck Sound –Jaina Yoga and anāhata nāda

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Bio:

Corinna Lhoir, M.A., is a PhD student of classical Indology and a contract lecturer for Origins of Yoga at Universität Hamburg as well as an entrepreneur with her own online learning platform with focus on studies of yoga and Sanskrit (yogastudien.de). She holds a B.A. in Languages and Cultures of India and Tibet with focus on classical Indology from Universität Hamburg, a M.A. in Traditions of Yoga and Meditation from SOAS, University of London and a M.A. in Oriental Languages and Cultures (India) with focus on Jainism from Ghent University in Belgium.

Her research primarily focuses on yoga in Jainism. She is currently preparing a critical edition of the Yogapradīpa, a Jain medieval text on yoga and meditation, and a survey on the Jain Yoga of the second millennium AD.

Paper title: Merging the Mind in the Unstruck Sound –Jain Yoga and anāhata nāda

Abstract:

Anāhata nāda (or anahad nad in vernacular languages) is often described as the unstruck or uncreated sound, which means it doesn't have an external source like a musical instrument or vocal cords. It is considered to be the primal, eternal sound that exists within the cosmos and is believed to be the source of all other sounds. In various spiritual and yogic traditions, practitioners aim to attune themselves to the subtle vibrations of anāhata nāda as a means of meditation and spiritual exploration.

My paper is drawing from my current comparative PhD research on a Jain medieval manuscript on Yoga and will elucidate the way in which anāhata nāda was perceived and interpreted by the Jains, a religious minority, in the India of the second Millennium.

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