

Surat Shabd Yogā

... RSSB [Radhasoami Satsang Beas, a surat shabd yoga organization], initiation has tantric association in its emphasis on hearing sound in a recommended posture. 'Tan' is the body, 'Tantric' is related to the body.

From: <http://hinessight.blogs.com/files/rssb-chapters-6-7-pdf.pdf>

It is possible that the primary chakras pertain to [archetypal octaves](#) of the successive [emanated](#) levels of Inner Consciousness and Being. Through contemplation on the mantric seed syllables, colours, deities, etc, one moves progressively inward, towards the spiritual-divine center and essence of one's being. In [Sant Mat](#) for example there is the meditation (Surat Shabd Yoga) on inner lights and sounds, which allows the soul to transcend each of the successive spiritual regions in turn. But in traditional tantra, the path of Kundalini (which can be considered pertaining to the "[subtle](#) reality) involves the ascent along the vertical axis to the Crown Chakra, and thence (so the traditional texts say) to liberation.

From: <http://www.kheper.net/topics/chakras/primary.html>