

**RESEARCH  
ON  
INNER SOUND**

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**REPORT**

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# 1. Overview

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## 1.1 What is Inner Sound

Sound, in general, is the most apparent medium to calm the mind. Therefore, at times the inner bliss is experienced upon listening to music. This type of music is generated through some external source like a stringed instrument or an electronic device or through the vocal cords of a living being. Sounds created by external sources can be perceived by the mind via physical ears. For example, the moment we hear a bark, we can easily identify the source of sound i.e. it's from a dog. Similarly, whenever we listen to a music track, we would come to know which singer performs. However, there is an 'Inner' sound; in fact, as if, not exactly a sound, which is said to be coming from nowhere; i.e., without a source, the one which has no origin or source and has no limit to be ceased as well.

Since the evolution of human world, many great Saints and Sages narrated of listening to this mysterious sound during their ample Silence of meditation. Several Holy Scriptures, have spoken of it by various names like *Aum*, *Hu*, *Word*, *Shabd*, *Tao's Hum*, *Amrit*, *Anahad*, *Nada* and the list goes on and on. Many of the spiritual texts have described it too by using analogous stories and musical poetry. In recent time, a large volume of scientific study is also being carried out about this and in the years to come, science perhaps would also arrive at this all-pervading Sound Current.

Inner Sound here simply implies a sound that is coming from within. To listen this, the practitioner withdraws his/her attention from all of the external sounds in the sensory plane and focuses deeply on the sound coming from within. In order to contact the Inner Sound, the practitioners usually plug their ears with their thumb or some kind of stop-cocking instrument like rubber earplugs, earphones, cotton buds etc.

## 1.2 Background of the Research

The research on Inner Sound was originated after the 'Basic Meditation Session' by Sandeep Maheshwari. It began in response to the experiences shared by individuals in seminars, meditation sessions, spiritual assemblies, informal discussions in various localities and on the social media as well. This report summarizes the findings of the research as what is the overall impact of listening to Inner Sound that a human can experience through.

### 1.3 Outline of the Research

With all of its statistical accuracy and practical significance, the report can be usable for all the people undoubtedly. All of the results depicting in the research are presented in a way so that anyone can apply them in his or her life regardless of any specialized or technical background. Along with the statistical results, the report presents a number of concrete examples of how some people have been highly benefited after listening to the Inner Sound, and how they have employed this technique to transform their monotonous lives into the ones of containing full of purpose, peace and joy.

### 1.4 Acknowledgements

Although to mention the thankfulness would have some limit, we owe special gratitude to all the people for their cooperation, patience, openness and willingness to share their experiences and foremost for their intrinsic readiness for inner transformation.

## 2. Objective of the Research

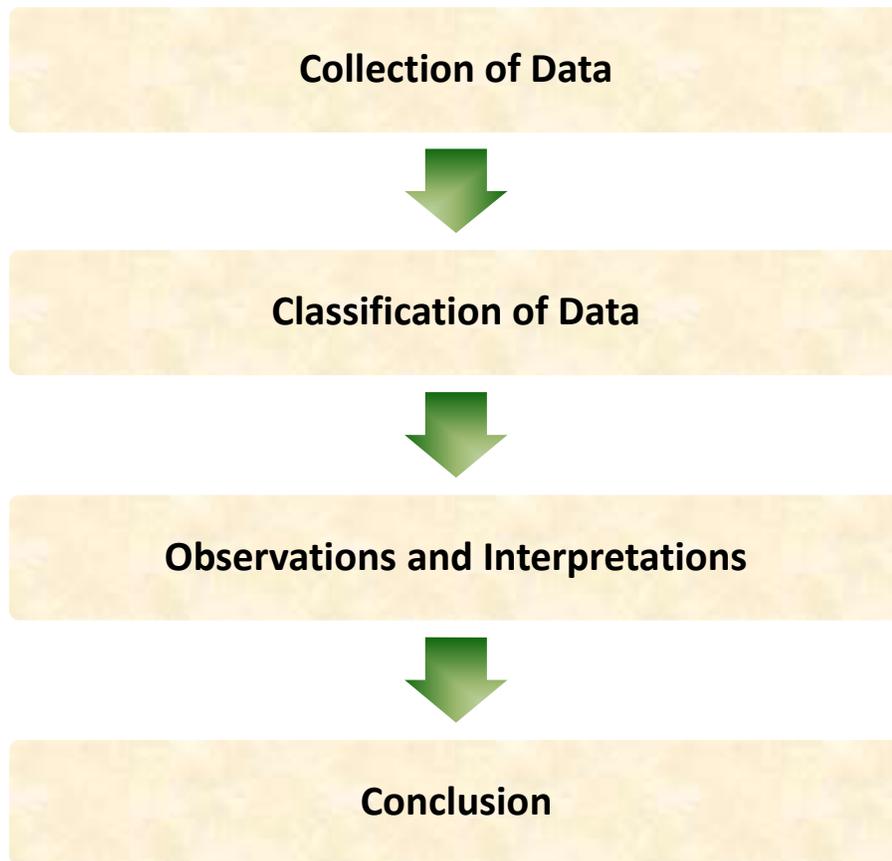
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The research was primarily aimed at discovering the overall impact of Inner Sound on the life of practitioners and whether it has any practical significance or not. However, during the initial stages of the research, the focus was also on the in-depth study of Inner Sound Meditation and the experiences of people meditating on Inner Sound.

### 3. Methodologies

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The research was conducted according to the following methodologies:



*Fig. 1: Research Methodology*

The entire methodology has been explained stepwise in the next section.

### 3.1 Collection of Data

This was the very first step of the research. In this step, the data was collected from 2,268 people (across India) who have either attended or/and watched the 'Basic Meditation Session' by Sandeep Maheshwari, or others who have been meditating on Inner Sound since their long past. The data was collected in the form of detail-oriented feedbacks.

#### 3.1.1 Sources of Data Collection

Research was conducted among 2,268 candidates who approached us or came in contact through either of the following sources:



Fig. 2: Sources of Data Collection

- People who have either attended or watched the 'Basic Meditation Session'.
- People who approached us with queries related to Inner Sound Meditation via Facebook, Youtube, Emails and Phone Calls.

### 3.1.2 Mode of Data Collection

Each of the feedback was taken through one to one telephonic conversation in the form of questioning. Following are some of the common questions that were asked from each of the candidates.



1. Do you practice Inner Sound Meditation?  
If yes, how often and since how long?
2. Have you been able to listen to Inner Sound(s)?  
If yes, then what kind of sound(s) do you listen to?
3. Have you experienced any kind of practical change(s) in your life, after listening to Inner Sound(s)?  
If yes, then what kind of change(s) have you observed in your life?

Fig. 3: Questionnaire for Data Collection

### 3.1.3 Statistics of Data Collection

Of all the 2,268 candidates approached for feedback, a total of 1,306 responses were obtained. We then analyzed them according to a criteria explained in the next section. Remaining 43% candidates could not be reached due to their non availability over the call or due to incorrect contact information provided by them during registration on website.

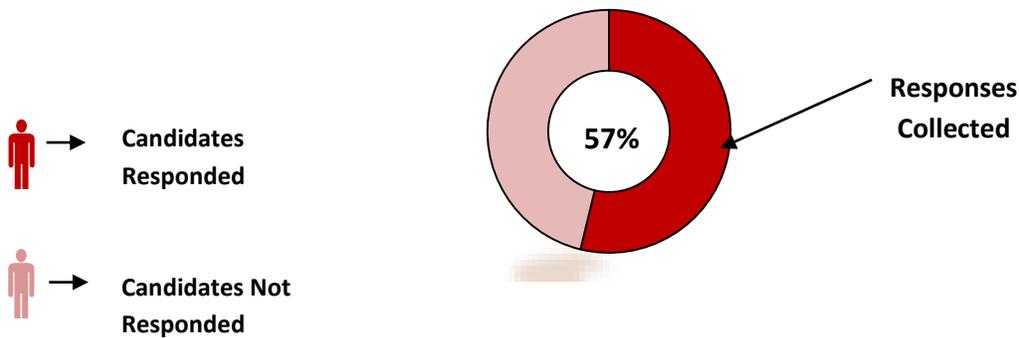


Chart 1: Statistics of Data Collection

### 3.2 Classification of Data

For this part of the research, all of the feedbacks obtained during the collection process were initially classified according to the following model:

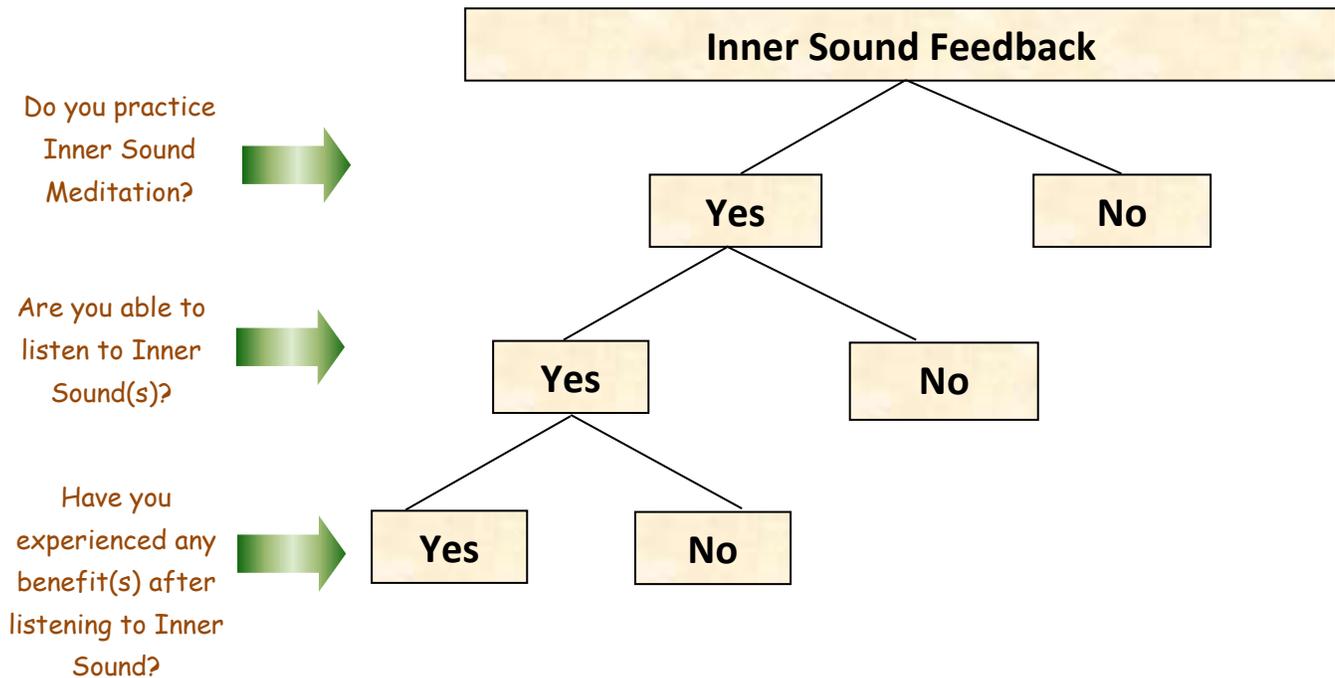


Fig. 4: Research Methodology

### 3.2.1 Statistics of Data Classification

Upon classification of responses according to the previously mentioned criteria, following results were obtained.

#### 3.2.1.1 Do you practice Inner Sound Meditation?

As demonstrated by Chart 2 below, 994 candidates i.e. 76% of the total respondents were practicing Inner Sound Meditation at the time when research was being carried out.

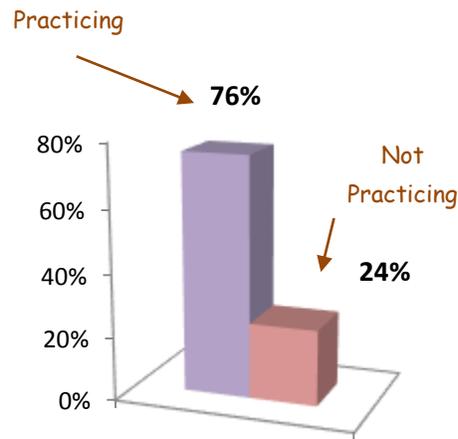


Chart 2: Do you practice Inner Sound Meditation?

#### 3.2.1.2 Do you listen to Inner Sound(s)?

As demonstrated by Chart 3, 527 candidates i.e. 53% of the total respondents who were practicing Inner Sound Meditation were able to listen to some Inner Sound at the time when research was being carried out.

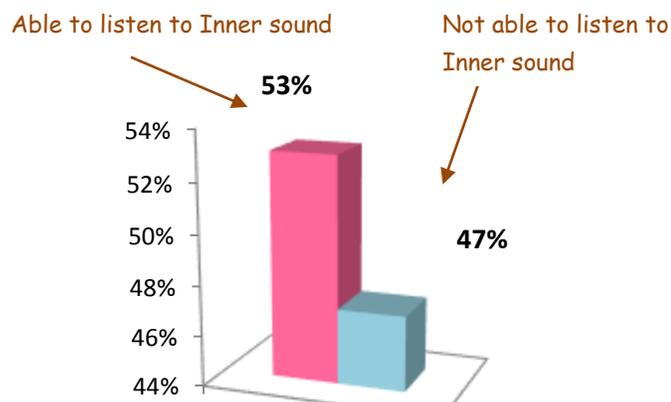


Chart 3: Are you able to listen to some Inner Sound?

### 3.2.1.3 Have you experienced any kind of benefit(s) from listening to Inner Sound?

Statistics of this question demonstrated a sort of surprising results. As depicted by Chart 4, 463 candidates i.e. 88% of the total respondents who can listen to some Inner Sound(s) are benefitting from these sounds in their day-to-day life.

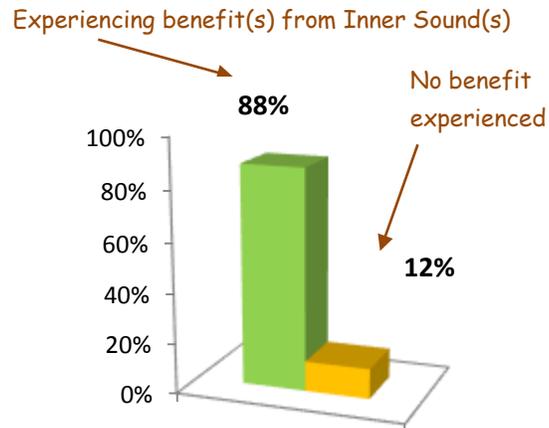


Chart 4: Have you experienced any kind of benefit(s) from listening to Inner Sound(s)?

## 4. Additional Findings

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A variety of the inferences, if any that may be drawn from the data are, as follows.

### 4.1 Why Inner Sound?

All the respondents who report to have been regularly listening to the Inner Sound give following reasons as to why they prefer for practicing it.

- ☐ Most of the respondents say that they find this technique of meditation very interesting and that of course; it breaks the age-old myth that meditation is boring.
- ☐ Almost 75% of the people who are able to listen to some Inner Sound say that they do not have to 'try' or 'make effort' to concentrate during meditation. The Inner Sound automatically pulls their attention. This is what makes this so simple to practice.
- ☐ This meditation can be practiced almost anywhere and anytime regardless of the place, time and situation.

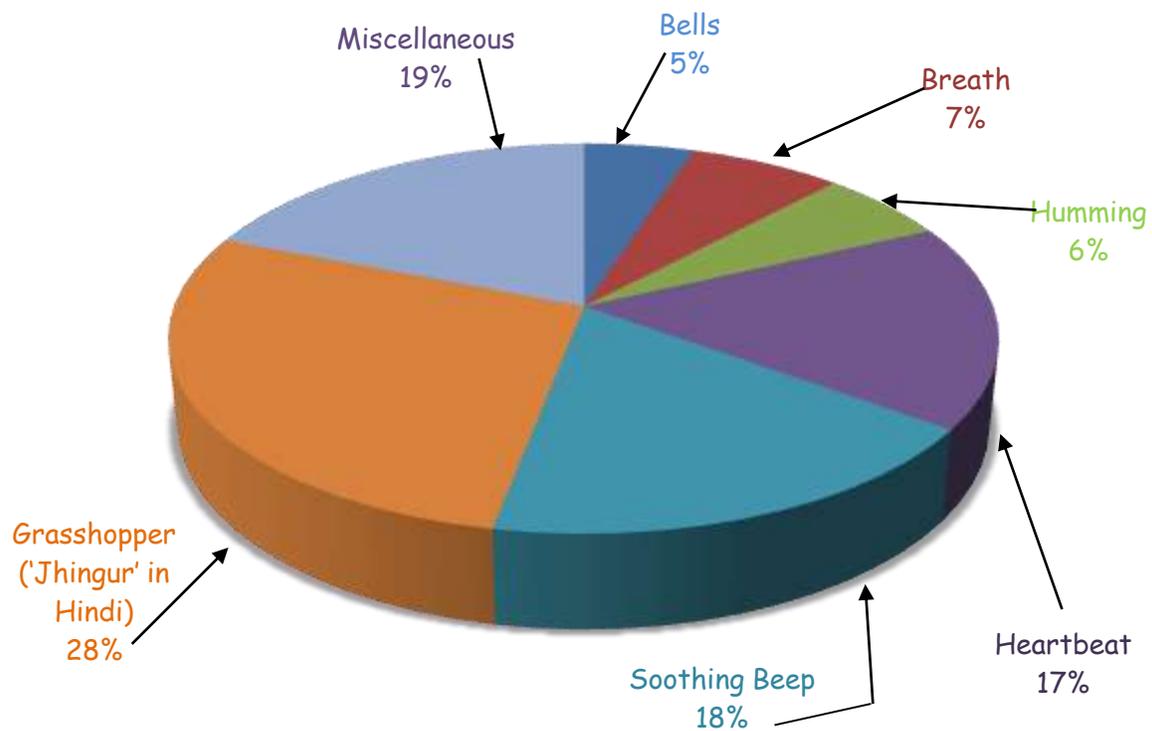


Ab mujhe dhyan lagana nahi  
padta, apne aap lag  
jata hai!



## 4.2 Different Types of Inner Sound

Respondents who all are able to listen to some Inner Sound describe it in different ways. Some say it is very subtle while many other people call it a 'Sharp Thin Line Sound'. Some respondents say that it resembles the sound of a Flute while another proportion describe it as the 'Sound of the electric current'. However, out of all these responses, following descriptions of this Inner Sound have been most prevalent during the research.



Out of all of the 527 respondents who are able to listen to Inner Sound describe it in a way as demonstrated by the below mentioned figures:

- 28% of the total (148 people) listen to a sound that resembles to that of a Grasshopper (called as 'Jhingur' in Hindi)

- 📄 18% of the total (95 people) describe their inner sound as a 'Thin Line' or a 'Beep'
- 📄 17% of the total (89 people) listen to the sound of their Heartbeat. They describe it as the sound of 'Drum Beats'
- 📄 7% of the total (37 people) listen the sound of their breathing during the meditation. They sometimes also listen to sounds similar to those of air, wind, thunder of clouds etc.
- 📄 6% (32 people) describe their Inner Sound as humming or buzzing.
- 📄 5% (26 people) listen the sounds similar to ringing of anklets, tinkling of Bells and clinking of bangles.
- 📄 Remaining 19% (100 people) happen to listen the inner sounds that resemble the sounds of Bumblebee, conch shell, flute, gong, siren, waterfall, rustle of leaves, chirping of birds etc.
- 📄 Many people also say that they listen to a very soothing 'Beep' sound even without putting on ear-plugs and throughout the day.
- 📄 Many people report that the intensity of the Inner Sound increases during the night and that too when they are alone (in silence).

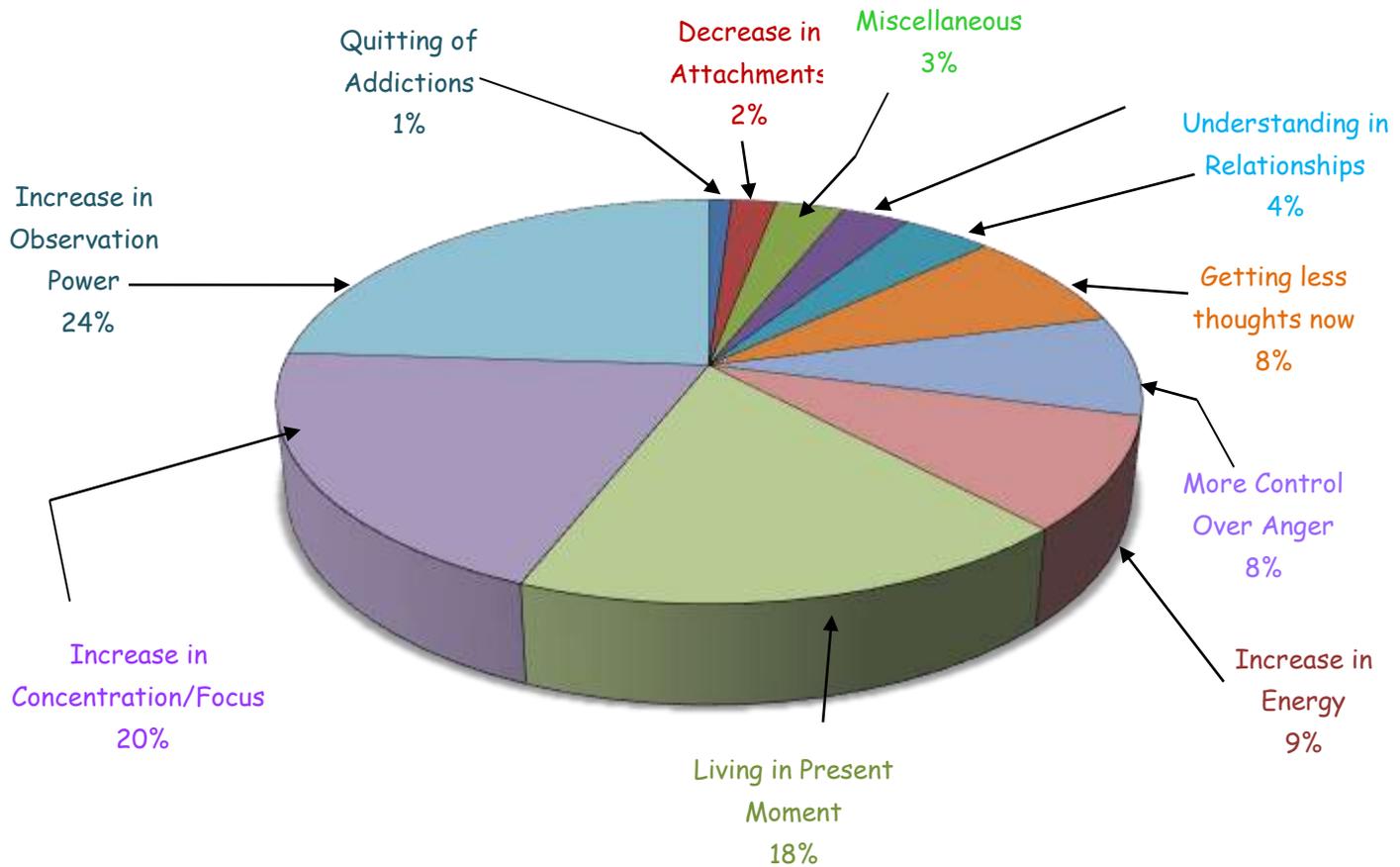
“

It sounds like as if you clap a steel object with another one and the vibration of that clapping continues for long like tannnnnnnnnn.....

”

### 4.3 Benefits of Inner Sound Meditation

As demonstrated by the data, people who regularly listen to some Inner Sound, 88% of them really experienced some or the other kind of benefit. Following chart depicts the actual statistics of different kinds of benefits experienced by them.



- ☐ 24% of the total (111 people) who are into Inner Sound Meditation report increase in observation power.
- ☐ 20% of total (93 people) say that after listening to the Inner Sound, their concentration power has drastically improved.
- ☐ 18% of the total (83 people) say that their awareness level has significantly improved and they now can live in present moment.

“

The Sound runs in the background like music and absorbs all the external sounds, thereby helping me concentrate on my studies

”

☐ 9% (42 people) feel increase in their energy level

“

Earlier, on returning home from office, I used to release all my frustration on my daughters by scolding them. Now, after listening to the inner sound, my frustration level has significantly reduced. Now, I can maintain work-family balance in true way.

”

☐ 8% of the total (37 people) have observed control over their anger

☐ 8% (37 people) say that they are getting less thoughts now upon listening to the Inner Sound

☐ 4% of the total (18 people) observed more understanding in their relationships

“

I really don't understand what this Sound is. All I can tell you is that it has some power. It really has. And I can tell you that because I have felt it, and I continue to do so nearly every moment each day.

”

“

Yeh Sound ek instrument ki tarah hai mere mind ke liye. Ise sunte hi pata chal jaata hai ki mere mind ki dasa kahan bigad rahi hai

”

## 5. Conclusions

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As demonstrated by the findings of the research, almost all the people who were regularly listening to the Inner Sound were experiencing some or the other benefit in their day to day life. In fact, many people who can listen to the sound 24 hours a day said that their life had taken a new turn upon coming in contact with this Inner Sound. From recovery of 'since-childhood' stammering to increase in self awareness, fruitful results have been experienced by the people meditating on the Inner Sound.

All in all, the statistical inferences indicate that Inner Sound can be considered as a straightaway path to spiritual awakening in today's contemporary lifestyle. It can also be called as a 'Direct Path'.



**Om Tat Sat**  
**"I am That"**

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**Research Conducted & Compiled By:**  
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