

Mp3 Chitra Sukhu - Once Upon A Dream - Music For Creative Dreaming

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Dreaming - a time to create with your mind. A child's dream - a prelude to their reality; thoughts are powerful, and dreams give it life. Let every night be constructive. Children are naturally creative and imaginative; this music will set the mood for 7 MP3 Songs KIDS/FAMILY: Lullabies, NEW AGE: Environmental Details: Dreaming - a time to create with your mind. A child's dream - a prelude to their reality; thoughts are powerful, and dreams give it life. Let every night be constructive. Children are naturally creative and imaginative; this music will set the mood for their minds to take flight, to access the universal field of creativity. Cover Art by Mario Van Peebles Born in Guyana to a family of Indian ancestry and raised in the United States, Chitra Sukhu has practiced yoga and meditation daily since the tender age of three. With the release of her debut CD, Guided Meditations for Children, Sukhu now continues the distinguished legacy of her parents' life's work in the field she grew up with. Sukhu's mother travels the world teaching ayurveda, yoga, Vedanta philosophy and meditation. Her father, Yogi Hari, a Master of Hatha, Raja, and Nada Yoga who is well known and respected around the world as a competent and inspiring teacher, has an ashram in Florida and has published over 20 CDs. Guided Meditations for Children allows children to focus and still the mind, relax the body, achieve a sense of wholeness, and establish an interconnectedness with the universe. It also encourages creativity, helps cut down on nightmares, and reduces hyperactivity in some children. Designed for children ages 4-12, the CD takes young listeners on an inward journey into the earth's five elements--earth, water, fire, ether and air. The CD consists of five meditations, music, and special times set aside for kids to perform their own visualizations. If started at a young age, says Sukhu, meditation can become inherent to the way children approach life. Children can learn to look inward for strength. Sukhu is currently working on a Yoga video for children. Sukhu is an accomplished Indian classical dancer in the ancient style of Bharata Natyam. She lives in Los Angeles with her two children, a six year old girl and a nine year old boy.

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