

Mp3 Chitra Sukhu - Guided Meditation For The Soul

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Experience thy self... Know thy self... These meditations take you on a journey within; a journey to discover the true self. Meditation is different for every person, each experience different from another. The main objective is to clear the mind, allowin 3 MP3 Songs NEW AGE: Meditation, SPOKEN WORD: With Music Details: Experience thy self... know thy self... These meditations take you on a journey within; a journey to discover the true self. Feel the universe flow in and out of you with each breath. Hear the sound vibration of OM... the divine sound. The sound that was at the beginning of creation... the sound that sustains this creation... the sound into which this creation dissolves, the immortal sound of OM. Then relax the body as silence is found. Meditation is different for every person, each experience different from another. The main objective is to clear the mind, allowing the higher self a moment to communicate with the conscious self. These meditations will show you how. 1. Meditation for the Soul (12:32) 2. Connecting with the Higher Self (7:11) 3. Journey to Silence (5:23) Meditations led by Chitra Sukhu Chitra Sukhu 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. Sukhu is currently working on a meditation CD for the Chakras as well as a sleep CD 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 five year old girl and a nine year old boy.

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