

Mp3 Jozef Scales - Seven Chakras Music

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introspective music for meditation and relaxation composed around the tonal centers of each of the seven chakras for the illumination of kundalini 7 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: Hello! September 28, 2005 My name is Jozef Scales and I have created music for/as meditation entitled "Seven Chakras Music". Many years ago I studied music theory at the Cornish Institute in Seattle, Wa., I learned that each musical tone in all musical scales are related to each other in some degree. I have used this theory in the creation of the Seven Chakras Music. East Indian Kundalini philosophy teaches us that there are seven specific points or areas on the human body called "Chakras" and that when in harmony create what is known as the "serpent energy" or "Kundalini" energy. When all seven are in harmony they create health and harmony within the body itself. These Chakras have individual colors, elements, and tonal centers and when all of them vibrate in harmony it allows the Kundalini energy to flow freely. Thus my compositional ideas were to create relaxing music that not only included the individual tonal center or musical phrase relating to each chakra but also to utilize the other related tonal centers within the composition. Each of the musical compositions are based around the underlying tonal center of each chakra. An example is the "Root Chakra" that corresponds to the key of "C". The specific musical pitch of the key of "C" gently massages the related "Root Chakra" through vibration and so on through the seven Chakras. The melodic harmonies move in and out of the tonal center touching upon all of the chakras thus creating a flow of Kundalini energy. With practice one can physically feel the vibration of each of the tonal centers of these Chakras by singing along with a simple mantra that matches the pitch of each of my Chakra compositions. Try to match the musical pitch of each composition by singing as close as possible to the tonal center or musical phrase but remember that you don't have to have perfect pitch to sing along with these compositions because all pitches are related. The Seven Chakras Music is also environment friendly. Try listening to the music during a rainstorm, or when wind is blowing through the trees, or early morning when the birds are singing. I think you will be pleasantly surprised. I have found for myself that by listening to the Seven Chakras Music a great way to start my day and great way to relax when I come home. I hope you enjoy Seven Chakras Music as much as I do. Please let me know

what you think. Thank you! Sincerely, jozef scales I can be reached at: thesevenchakras@yahoo.com

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mojozonestudio@yahoo.com other works by jozef scales: Magic Mandolin/ 30 Folk Songs from around

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