

# Mp3 Bruce Brand - Rudra Vina Sound Of Creation

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The Rudra Vina is a rare stringed instrument from India created to promote deep meditation and healing recorded here for the first time with the sounds of nature as it was originally intended. 3 MP3 Songs NEW AGE: Meditation, WORLD: Asian Details: The Rudra Vina is a magical instrument. Legend has it that over 4000 years ago Lord Shiva created the rudra vina in the mountains of northern India. Shiva created and played the vina to promote deep meditative states leading the seeker to enlightenment! Myths tell of the lone sadhu(holyman) playing the rudra vina in the deep forests of India. Hearing the sounds deer and other wild animals - even the cobra joined the sadhu in peaceful meditation of the cosmic vibrations. The call of the rudra vina has drawn ardent seekers to the remote and secret caves of northern India for thousands of years. Have you ever noticed your mind chatter? Have you ever FELT in your body how exhausting this chatter is to your life? This CD is therapeutic. This CD is a healing tool. The notes-sounds-vibrations here are as old as time itself. The sequence of sounds are ancient healing formulas found in Nada Yoga. For extra power try headphones Lie down, close your eyes, breathe deeply- Watch your thoughts Watch Are they slowing down? Relax Don't give up--Patience--Sincerity--Earnestness is the key. Be Honest--be a Seeker Be open for transformation Listen for the truth Feel the truth Life is simple. Your life can be simple again. Listen to the sound vibrations. Let the waves-birds-rain wash over you--dissolving your thoughts away--dissolving YOU away. Just be Don't be this or that Just be Ommm Shanti, Peace, Peace, Peace Bruce Brand is a musician and a painter living in New York City. He has practiced yoga and meditation for thirty years making trips to India as a seeker and studying classical music in Bombay. Mr. Brand has exhibited his paintings around the world and has taught yoga and the healing arts.

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