

Mp3 Chitra Sukhu - Guided Meditations For Children - Journey Into The Universe

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These meditations will take us to the different dimensions of being, allowing us to experience our true nature. 6 MP3 Songs KIDS/FAMILY: Kid Friendly, NEW AGE: Meditation Details: Our body is a microcosm of the universe. Enveloped in five sheaths, our body is multidimensional; these meditations will take us to the different dimensions of being, allowing us to experience our true nature. These meditations are wonderfully descriptive and magical allowing children and adults the access into the world of mind stuff. Journey with me into the different koshas or vital sheaths that surround this body; learn to control the senses as we become more aware of them. Take a journey from the ocean to the clouds energizing the pranic sheath. Create your world with the mind as we journey to the realm of all possibilities. Sit under the bodhi tree as your Self instructs you on your path. Realize the Self as you melt into bliss, the world your creation, your playground; then drift off to sleep on a cloud of music, taking you to the source the beginning of time. Born in Guyana to a family of Indian ancestry and raised mostly in the United States, Chitra Sukhu grew up in the many Sivananda Ashrams scattered around the world. Sukhu has practiced yoga and meditation daily since the tender age of three. 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, and 3 books. Sukhu is currently working on a yoga video for children, and finishing her studies in Ayurveda at the American Institute of Ayurveda. Sukhu is an accomplished Indian classical dancer in the ancient style of Bharata Natyam. She lives in Los Angeles with her two children, an eight year old girl and a twelve year old boy.

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