

Mp3 Energi - Bodhi-cakra: Chakra Awakening

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Bodhi-Cakra: Chakra Awakening has been especially designed according to traditional Indian Ayurvedic healing principles that use specific musical keys, notes, and frequencies, as well as chanted mantras, to bring about chakra balancing. 7 MP3 Songs in this album (69:44) ! Related styles: NEW AGE: Energy Healing, NEW AGE: Meditation People who are interested in Dean Evenson Steven Halpern should consider this download. Details: Energize and clear the body and spirit with this specialist music album that balances the Chakra energy system. The music of singing bowls, sitar, harmonium, and chanted mantras combine to clear blockages and help energy flow freely through each chakra. Bodhi-Cakra: Chakra Awakening has been especially designed around traditional Indian Ayurvedic healing principles that use specific musical keys, notes, and frequencies, as well as chanted mantras, to bring about chakra balancing. Tibetan singing bowls and crystal bowls have been carefully chosen for their tone, pitch, and frequency that resonate with each chakra. Other instruments used are sitar and tingsha and karatalas devotional cymbals. The music is also useful for pranayama breathing practice, kundalini and other types of yoga, and various forms of meditation. Chant along to the mantras or simply breathe in time to them to support a calm and peaceful energy that promotes healing and benefits the entire body. Tibetan singing bowls and crystal bowls provide a drone bed that underscores each track. These drones have been carefully created in the musical keys that equate to the swara (note of the Indian tonal scale) that, according to Ayurvedic philosophy, resonates with each chakra. The traditional Vedic mantra that corresponds with each chakra is also chanted, and they ascend up the swara scale, as follows: 1st Chakra - Muladhara Root Chakra Swara Key: Sa Mantra: LAM 2nd Chakra - Swadhisthana Sacral Chakra Swara Key: Re Mantra: VAM 3rd Chakra - Manipura Solar Plexus Chakra Swara Key: Ga Mantra: RAM 4th Chakra - Anahata Heart Chakra Swara Key: Ma Mantra: YAM 5th Chakra - Vishuddha Throat Chakra Swara Key: Pa Mantra: HAM 6th Chakra - Ajna Third Eye Chakra Swara Key: Dha Mantra: SHAM 7th Chakra - Sahastrara Crown Chakra Swara Key: Ni Mantra: OM Credits: Harmonium, Tibetan Singing Bowls, Crystal Bowls, Sitar, Electric Sitar, Keyboards, Synth, and Mantra Chanting by Shantha Sri

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