

Mp3 Chitra Sukhu - Guided Meditations For Manifesting

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Life is a journey to be taken with full awareness. Know that each thought creates your reality. Each choice making your destiny; you are the master... These meditations will change your mind, shifting the kaleidoscope, giving your life new perspective. Do 5 MP3 Songs NEW AGE: Meditation, SPOKEN WORD: With Music Details: These meditations take you on a journey through your mind, to create your every dream... your every desire... your every wish... Anything can be manifested through the mind. Learn how to use this power through meditation. Life is a journey to be taken with full awareness. Know that each thought creates your reality. Each choice making your destiny; you are the master... These meditations will change your mind, shifting the kaleidoscope, giving your life new perspective. Draw to you your perfect mate. Bring success into your life. Heal your body with life giving prana. Create happiness throughout your life, and bring peace into your soul. Don't let your mind limit you; achieve whatever your mind can imagine. These meditations will show you how. Each meditation is accompanied with original music. 1. Journey to Love (11:17) 2. Journey to Success (9:27) 3. Journey to Health (9:12) 4. Journey to Happiness (7:37) 5. Journey to Peace (9:16) 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 fifth CD, Sukhu 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. Check out her other titles including Guided Meditation for the Soul, Guided Meditation for Conception and Pregnancy, Guided Meditations for Manifesting, Positive Thoughts for Children, and her best seller Guided Meditations for Children which allows children to focus and still the mind, relax the body, achieve a sense of wholeness, and establish an interconnectedness with the universe. It also encourages creativity, helps cut down on nightmares, and reduces hyperactivity in some children. Sukhu is currently working on a meditation CD for the chakras. 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 eight year old boy.

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