

Mp3 Chitra Sukhu - Divine Delivery

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Guided Meditations for pregnancy and childbirth. Accompanied by music from Dean Evenson "Healing Waters". 5 MP3 Songs NEW AGE: Meditation, SPOKEN WORD: With Music Details: NEW!!! Divine Delivery - Guided Meditations for Pregnancy and Childbirth Guided Meditation for Adults and Unborn child 1) Angel Baby - Healthy Baby 14:29 2) The River Mystic - Meeting your Babies Spirit 9:43 3) Pillar of Light - Sitting Meditation for 3rd Trimester 10:45 4) Riding the Waves - Childbirth 12:14 5) Divine Affirmations - Childbirth 19:51 Bond with the soul of your child before birth. The soul of your child is preparing for a new life here on earth... be part of the process with a conscious pregnancy and conscious childbirth. This CD will take you to the soul of your child allowing you to communicate and be part of the unfolding changes happening in the body and mind of your child. Prepare for childbirth by centering and actively participating in the process your body is going through. Then during childbirth listen to the Divine Affirmations allowing for a spiritual and easy entrance into this world. Your child will thank you! 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 debut CD, Guided Meditations for Children, 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. Guided Meditations for Children 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. Designed for children ages 4-12, the CD takes young listeners on an inward journey into the earth's five elements--earth, water, fire, ether and air. The CD consists of five meditations, music, and special times set aside for kids to perform their own visualizations. If started at a young age, says Sukhu, meditation can become inherent to the way children approach life. Children can learn to look inward for strength. Sukhu is currently working on a yoga video for children. Sukhu is an accomplished Indian

classical dancer in the ancient style of Bharata Natyam. She lives in Los Angeles with her two children, a eight year old girl and a eleven year old boy.

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