

Mp3 Energi - Samma Samadhi: Right Concentration

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Timed meditation sessions, especially designed for walking, sitting and meditation preparation. Featuring the music 'View from a Mountain,' a Sati (mindfulness) bell begins and finishes each session. 3 MP3 Songs NEW AGE: Meditation, NEW AGE: Spiritual Details: Inspired by one of Buddhism's most important lessons, the Noble Eightfold Path, Samma Samadhi promotes Right Concentration in meditation practice. Samma Samadhi is especially designed to be loaded onto your MP3 player for walking meditation, as well as sitting practice and meditation preparation. Featuring the music View from a Mountain, the album's three timed sessions ten, twenty and thirty minutes allow for individual meditation requirements. A Sati (mindfulness) bell begins and finishes each session. This restful, non-intrusive music features traditional Eastern instruments: Tibetan Prayer Bells, and Indian Flutes, Karatalas Cymbals and Gongs. The music aids concentration by creating a calm environment, free from distractions and outside influences. Samma Samadhi takes its name from the ancient Pali language, and literally means Right Concentration one of the principle steps of The Eightfold Path, and possibly the most important of the Suttas taught by Buddha Shakyamuni and of great importance to Buddhist practitioners. 'Samma Samadhi' is relaxation music and is ideal as a meditation timer each track contains a Sati (Mindfulness) bell at the beginning and the end. Whilst especially designed for walking meditation, the album is also ideal for sitting practice, meditation preparation, yoga and tai chi practices or just as calming background music in restful environments, such as spas, or at home. While the album is designed in three version-lengths you can play the whole 60-minutes of calming music rhythms. About View from a Mountain On a pilgrimage journey to McLeod Ganj in the lower Himalayan Mountains, India, the composer fell in love with the surrounding environment. The region is home to exiled spiritual and temporal leader of the Tibetan people, and highly regarded Buddhist teacher and leader, His Holiness, Tenzin Gyatso, the Fourteenth Dalai Lama. Incredible mountain vistas, clean air, surreal silence and remote villages nestled in this highly elevated Nirvana inspired this piece the breathy texture of the music exemplifying the rarefied atmosphere and breath-taking views. A hawk soars overhead, a wisp of cloud brushes the tip of jagged rock on high, unmelted permanent snow glistens in the bright sunlight, and the sky is clear and vibrantly blue. A woman

goat herder guides her herd safely along a steep and treacherously narrow path through the mountains, connecting an ancient and traditionally nomadic past with her everyday village life. Take a breath and you feel like you could live forever in this territory. Airy, nether-world sounding, cycling pads provide the basis of this track, with breathy Indian Flutes and Buddhist Gongs helping to set the scene for this serenely beautiful paradise.

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