

Mp3 Clair Oaks - Shakti's Sanctuary

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Soothing, relaxing, good for meditation/yoga practice/bodywork or any quiet endeavor and the mantras and Sanskrit are great for kirtan, japa, or chanting practice. 4 MP3 Songs NEW AGE: Healing, EASY LISTENING: Harmony Vocal Group Details: This CD is a celebration of and tribute to The Goddess (including Gurumayi, Mother Maya, and Amma), Shakti, the Feminine Divine. Soothing, deeply relaxing, it is appropriate for any quiet endeavor, drawing the listener inside, to the quiet contentment of the True Self. About Clair: Clair Oaks loves to sing and has for as long as she can remember! She grew up in a home where music was valued, listened to and/or performed almost every day. From an early age, she learned to play piano and later guitar. As a teenager, Clair discovered yoga and meditation which helped to reveal her passion for what yoga calls the Self -- the true, divine, essential nature of all things manifest. Since that time, her impulse to honor, serve and experience this "authentic" Self has been her life's work, along with raising her two sons (born 1981 and 1992). Clair has been blessed with many opportunities to inspire this awakening for others through her work as a yoga instructor/therapist and meditation teacher. Clair's classes, workshops and weekend retreats are currently offered at Soul Source Yoga in Swarthmore, PA, the studio she founded in 2005. One of her greatest pleasures is to facilitate this inner awakening through the practice of kirtan (repetition of divine mantras). Being a "chantress" has become Clair's favorite spiritual practice. It is the perfect preparation for meditation as it soothes and quiets the busy mind. Best of all, kirtan practice draws together spiritual community and catapults participants to a place beyond the mind - to experience, together, the bliss of their true form - svaroop (Sanskrit for the Bliss of one's True form!). Clair and her son, percussionist, Elijah Tucker have been touring with and performing in Wah's band since 2006.

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