

Mp3 Chitra Sukhu And Makaylo Van Peebles - Positive Thoughts For Children

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Teach your child to think positively... Affirmations are powerful, with daily use the mind expands, the soul is nourished, and self is confirmed. This CD should be used before bedtime. 56 affirmations accompanied by soothing music, what a beautiful way to 3 MP3 Songs NEW AGE: New Age, KIDS/FAMILY: Kid Friendly Details: An Affirmation CD 1. Positive Thoughts w/child 2. Positive Thoughts w/o child 3. Instrumental (flute and tanpura) Teach your child to think positively... Affirmations are powerful, with daily use the mind expands, the soul is nourished, and the self is confirmed. With all the uncertainties life brings our way, children need to be fully grounded and confident of why they are here. Affirmations are a good way to build confidence while planting seeds in their minds for future success. This CD should be used before bedtime. 56 affirmations accompanied by soothing music, what a beautiful way to fall asleep. Affirmations given by Chitra Sukhu and Makaylo Van Peebles (8yrs.) Cover art by Mario Van Peebles 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 meditation CD for the Chakras as well as a sleep CD 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 five year old girl and a nine year old boy.

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