

Mp3 Anand Meru - Spinal Chord

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This music is designed to tune and stimulate the seven chakras of the body. Each chakra is given a distinct tone and sonic atmosphere created using a eclectic range of instruments and vocal sounds including overtones and undertones. It is an energising an 14 MP3 Songs in this album (65:49) ! Related styles: NEW AGE: Healing, SPIRITUAL: Mantras People who are interested in Krishna Das Jonathan Goldman should consider this download. Details: Having spent many years studying the effects of the voice on the human body/psyche and having learned much from many traditions I have found the most effective method of vocal expression for healing and transformation to be tuning the chakras. To become absorbed in this process requires no vocal expertise and very little knowledge. Simply by toning, singing and listening to these sounds the state of blissful silence we all seek can be reached. Having experienced many workshops, therapies and meditations I can assure you that nothing works better for energising and uplifting the body mind and spirit spirit than consciously filling yourself with your own sound. This CD has been especially designed to facilitate that process and whether you simply enjoy laying back and listening to it or sitting up and toning along you will certainly feel its profound and positive effects. May all beings be happy!

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