

# Mp3 Chandra Om - Be Receptive

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A superlative and celestial collection of Holy Mantras, exquisitely produced and beautifully performed. 7 MP3 Songs NEW AGE: Meditation, NEW AGE: Ambient Details: \*\*\*THIS CD IS ONE OF CD BABY'S BEST SELLERS\*\*\* 'Be Receptive' is the second collection of Mantras from Chandra Om. Exquisitely recorded and produced, the Mantras can be used both as an accompaniment to Yoga practice as well as music to listen or chant with anywhere. A superlative and celestial collection of Holy Mantras, including Arati Guru Mantra, Prayer for Arati and Jai Gurudev. Chandra has been a student of Yoga and Meditation since the early nineties. She is the founder and director of the North Carolina School of Yoga and has spent the last 10 years of her life in service to humanity, disseminating the ancient knowledge of how to achieve radiant health and spiritual development through the science of Yoga. Chandra was born in Miami, and raised in New York, where she met her Guru and Teacher, Sri Dharma Mittra. After intense study, immersion and practice of the eight limbs of Yoga, she was accepted and initiated by Sri Dharma as Chandra Om (meaning Moon, Luminous, Bright and Shining), and remains with him to this day. Chandra was initiated into the family as a religious student who devotes herself to her teacher and the practice of spiritual disciplines one who renounces the world in order to achieve liberation. She has been loyally teaching the Yamas and Niyamas through daily practice of Hatha-Raja Yoga, and has always made herself available for students in need of help and direction. As a testament to her experience and knowledge her classes are continuously and predominately filled with Yoga teachers from all styles of Yoga. Known for her dedication, humor, love and kindness in teaching, every student who comes to her class is considered by her as part of my family. She diligently teaches the Yamas, the first step of Yoga, and in every class you will hear without Yama, there is no Yoga. She tirelessly promotes ahimsa (the first step of Yoga) through vegetarianism, a raw diet, and kindness to all living beings especially our inferior brothers and sisters (the animal kingdom). In 2001, Chandra founded the North Carolina School of Yoga to provide serious aspirants with an opportunity to deepen their own spiritual sadhana, starting countless students on the path of teaching Yoga. She does not teach styles of Yoga, but the traditional, classical Raja Yogic tradition that has been personally taught to her by Sri Dharma, and strives to remain truthful to

the traditional teachings of the science of Yoga. Chandra has initiated thousands of students on the path of Yogic practice and teaching, and teaches solely as an offering to her Guru and to all spiritual aspirants. The North Carolina School of Yoga is the ONLY school in the world certifying students solely in Sri Dharma Mittra's classical and traditional study of Yoga. Through the genius of these methods, students can progress rapidly. Students from all walks of Yoga love her teachings, regardless of their previous styles of practice. In 2004, Chandra recorded her first meditation CD, 'Dhyana' at the request of her students. Her second CD, 'Mere Gurudev' a collection of Mantras learned in the presence of her Guru was released in June 2006. Her third CD, Be Receptive was released in June 2007. Chandra is currently Director of the North Carolina School of Yoga and its Teacher Training Programs in Raleigh, NC. Each year she travels the world, teaching workshops, intensives and trainings. Chandra goes wherever she is invited to spread the teachings of Yoga and the methods of Sri Dharma Mittra. Her teacher trainings are attended by Yogis from all over the world and these Yoga teachers, through Chandras guidance become much more than just teachers, they become Yogis. Yogini Chandra embodies and imparts the virtues of Yoga; kindness, patience, humility, fortitude, humor, selfless service, ahimsa (non-killing), and unlimited love, compassion and understanding for all. Her approach incorporates all of the traditional aspects of Yoga including a sincere respect for both the physical and spiritual aspects of the practice. Chandra is a beloved teacher, still teaching in the traditional way, and emphasizes complete surrender to the Lord. Without this, there will be no success in Yoga.

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