

# Mp3 Chitra Sukhu - Guided Meditation For Children

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"This is a beautiful meditation CD which will help children experience restful alertness and enhance their energy and creativity" --DEEPAK CHOPRA 5 MP3 Songs KIDS/FAMILY: Children's Storytelling, NEW AGE: Meditation Details: Recommended for ages 4 to 12 Each meditation takes you on a journey to a place of innocence and wonder. Meet the king of the Gnomes in the enchanted forest, and let him show you the wisdom of every drop of life. Let the Mermaids take you on an adventure to the depths of the ocean floor, a magical kingdom awaits, and see the secrets of the mermaid kingdom. Take a ride on the sun's ray and enter the sun, "Surya" the magnificent king is waiting to show you his golden kingdom. Meet your Guardian Angel, and take a ride on a cloud to her home, many wonders await you. Then relax the body as silence is found. Each meditation is accompanied with enchanting music and followed by a life enhancing message. There are five meditations corresponding to the five elements, earth, water, fire, air, and ether. Meditations led by Chitra Sukhu Messages given by Mario Van Peebles \* Meditation encourages imagination and creativity \* Focuses the mind \* Increases concentration \* Resolves the issues that cause nightmares \* Helps with hyperactivity \* Brings about a sense of wholeness \* Opens the child to the interconnectedness of the universe \* Can help children deal with loss \* Develops a healthy sense of self 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. She has five titles to her name including Guided Meditation for Children. This CD 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 4-12 the CD takes young listeners on an inward journey into the earth's five elements--earth, water, fire, air, and ether. The CD consists of five meditations, music, and special times set aside for kids to perform their own visualizations. Sukhu is an accomplished Indian classical dancer in the ancient style of Bharata Natyam. She lives in Los Angeles with her two children.

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