

Mp3 Chitra Sukhu - Guided Meditations For Conception And Pregnancy

[DOWNLOAD HERE](#)

Take the time to know your unborn child... Every life is precious; each soul a world in itself now is the time to experience your child. These meditations will take you to your child's world and teach you what is important to that soul. 5 MP3 Songs NEW AGE: Meditation, SPOKEN WORD: With Music Details:

Journey to the Womb 1. Conception 2. Communion 3. Garden of Life 4. Healthy Baby 5. Instrumental

Take the time to get to know your unborn child... Every life is precious; each soul a world in itself now is the time to experience your child. These meditations will take you to your child's world and teach you what is important to that soul. Draw to you your perfect child. Communicate your hearts desire and listen to the lessons you will be learning together. Observe your child in its natural surroundings. See each part of the body perfectly formed. Then relax into yourself with heavenly music. This is the time when the soul is not yet bound by the body it can communicate with you with full consciousness, aware of its self more than it will ever be in life. Their will never be a more perfect time for you to know the soul of your child.

These meditations will take you there. Meditations led by Chitra Sukhu 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 conception and pregnancy. 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.

[DOWNLOAD HERE](#)

Similar manuals: