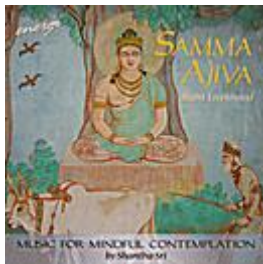


# Mp3 Shantha Sri - Samma Ajiva: Right Livelihood. Music For Mindful Contemplation



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These three timed meditation sessions are especially designed for walking, sitting and meditation preparation. The music features the inspiring sound of a soaring cycling atmospheric flute along with a gentle stream soundscape. 3 MP3 Songs in this album (59:43) ! Related styles: NEW AGE: Meditation, NEW AGE: Healing People who are interested in Kitaro Dean Evenson Sri Chinmoy should consider this download. Details: These three timed meditation sessions are especially designed for walking, sitting, and meditation preparation. A gentle stream soundscape suggests the river along which we all drift towards our ultimate goal, Enlightenment. The music features the inspiring sound of a soaring cycling atmospheric flute. The soothing vibrations created by singing bowls purify negative influences, increase positive energy, restore harmony and balance, and center the mind and body. The singing bowl strikes are in the Indian music key (Swara) of Ma, and this frequency resonates with our Anahata our Heart Chakra. A Tibetan singing bowl is sounded every minute to help us stay focused on our intention to work at Right Livelihood. Samma Ajiva is ideal as a meditation timer each track contains a Sati (mindfulness) bell at the beginning and end. Especially designed for deep devotional immersion meditation (walking as well as sitting practice), and meditation preparation, it is also useful for yoga and tai chi practices or just as calming background music in restful environments. This track is designed in three version-lengths for individual meditation requirements 10, 20, and 30 minutes - or you can play the whole 60 minutes of calming music rhythms. Credits: Keyboards, Synthesizer, Tibetan Singing Bowls, Karatalas Cymbals by Shantha Sri Cover design by Anne-Marie Cook. Cover image photographed by Peter Morley at the Mulagandhakuti Vihara in Sarnath, India.

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