

Mp3 Sacred Circles - Journey To The Divine



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A Collection of Sacred Sanskrit Chants 6 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: Did you know that the vibrations of music and sound have profound effects on your body? For the good. . . or for the bad?!? What we specialize in with the music of Sacred Circles is music based on the highest levels of music therapy. When done properly, music can be of benefit to listeners, aiding in calmness, happiness, and peacefulness. Such benefits are felt in the immediate sense as one feels better in their "NOW" and are proven to be helpful over the long-term as studies have proven that people who are more relaxed and peaceful suffer less illnesses than people who are stressed out more of the time. What are you listening to?!?!?!? Our CDs are designed to take people on a journey. Each song is made to work in conjunction with the other songs. Each song is a piece on its own and at the same time each song is also a component of the whole. It is all designed to work together. If you wish, the albums of Sacred Circles can really be used to get to different spaces. That is the highest potential use of our albums. Sacred Circles was founded by Phil and his partner Nandapriya with the objective of bringing the highest of peaceful, soothing, and healing music vibrations combined with the power of ancient chants to listeners. The following is an excerpt from an article/ interview wirtten about Sacred Circles: Nandapriya: To begin with, we wanted to create something that would help others to feel very peaceful. Music is such a monumental part of our lives and research has shown that some applications of music can be very disturbing, even detrimental, while other applications can be very soothing, harmonizing and healing. While earning his bachelors degree in Music Composition, Phil learned volumes of information in the subject of Music Therapy. Scientific research has proven the good and the bad effects of music, depending upon what tones and a variety of other aspects are used. So, the foremost intention of ours was to produce music that would be of the highest good for others and to help listeners feel better, more

relaxed, and soothed. We have also learned over time that many sacred chants and mantras are charged with very excellent vibrations due to their positive meanings and due to the fact that so many people have chanted them (with these positive meanings in mind) for hundreds and thousands of years. The idea is that those who chant, and those who hear the chanting, benefit greatly because this large accumulation of positive intention and energy (or vibration), amassing over the great period of time, goes directly to aiding those engaged in the chant. The concept of doing something that could be this helpful to others has brought us the greatest joy. Question: You mentioned the term, Music Therapy. Will you talk a little about that? Phil: Clinical studies have proven that different aspects of music and sound have physiological/ psychological effects. Some are positive and some are not. At the highest level, music can be designed to calm the mind and body and even slow the brainwaves to a level similar to when someone is in meditation. The effects, at these levels, can be very healing and transformational. It can get rather technical, but simply put, certain chord progressions, tones, intervals, rhythms, etc., can be very discombobulating and cause harm, while other chord progressions, tones, intervals, rhythms, etc., can be very calming, soothing, healing, harmonizing and be of the utmost help to listeners. The release "Journey to the Divine" was carefully designed to promote the highest of well-being for its listeners. Each song was carefully crafted as a singular unit as well as an integral part of the whole.

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