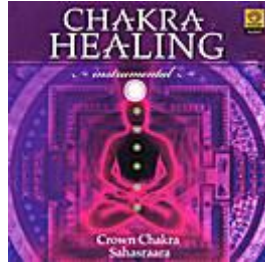


Mp3 Pandit Pandurang Parate Sitar - Chakra Healing - Crown Chakra - Sahasraara



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Traditional Indian music played on a sitar to heal/cleanse the Crown Chakra. 1 MP3 Songs in this album (56:16) ! Related styles: NEW AGE: Healing, NEW AGE: Meditation Details: The chakras are centres of vital energy in the subtle body, revealed by the great sages of India. Imbalances in the chakras caused by stress, wrong thinking and trauma, lead to obstruction in psychic energy flow. When balanced, the Sahasraara or Crown chakra opens up the individual to universal consciousness and its limitless energy and joy. Imbalances blight the inner life. Attuning the mind to the vibrations of Darbari Kanada, the great raga associated with the crown chakra, rewards the listener with divine wisdom, Tranquility and inner richness. When the crown chakra is healthy one has pure awareness of oneself and the world. This brings complete confidence and trust in the divine dispensation. The raga is essayed as spiritual contemplation by Pundit Pandurang Parate, a respected sitarist of the Tanras gharana, in its traditional colour.

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