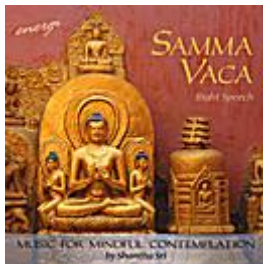


Mp3 Shantha Sri - Samma Vaca: Right Speech. Music For Mindful Contemplation



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These three timed meditation sessions, especially designed for walking, sitting and meditation preparation, feature the soothing music of sweetly-voiced bells in a simple, cycling melody that helps the listener focus their attention. 3 MP3 Songs in this album (59:18) ! Related styles: NEW AGE: Meditation, NEW AGE: Energy Healing People who are interested in Philip Glass Kitaro Sri Chinmoy should consider this download. Details: These three timed meditation sessions, especially designed for walking, sitting, and meditation preparation, feature the soothing music of sweetly-voiced bells in a simple, cycling melody that helps the listener focus their attention. A Tibetan singing bowl softly struck every minute helps the listener to retain concentration. The soothing vibrations created by the singing bowls help to purify negative influences, increase positive energy, and restore harmony and balance. The pure resonating sound is very powerful in centering the mind and body. A harmonium is used to create a continual tone to promote peace and tranquility. Both the harmonium and singing bowl are in the Indian music key (swara) of Pa. This frequency resonates with our Vishuddha our throat chakra helping to focus our energy on the intention of Right Speech. Samma Vaca is ideal as a meditation timer each track contains a sati (mindfulness) bell at the beginning and the 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 as calming background music. 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: Harmonium, Keyboards, Synthesizer, Tibetan Singing Bowls, Karatalas Cymbals by Shantha Sri. Cover design by Anne-Marie Cook. Cover image photographed by Peter Morley at the Mahabodhi Temple in Bodh Gaya, India.

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