

Mp3 Swami Medhasananda & Others - Dhyanam - Guided Meditation (japanese Version)



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Meditation is an important means of making the body, mind and spirit sound. Even a little, sincere and regular meditation practice combined with a wholesome life style helps to remove everyday stress and strain and keeps one strong, cheerful and peaceful. 12 MP3 Songs NEW AGE: Meditation, SPOKEN WORD: With Music Details: DHYANAM - HINDU GUIDED MEDITATIONS I. Appreciation "We have heard the cd and are happy that it has come up well. Hope this will help people in their meditation."

-Swami Sridharananda Head, Vedanta Society of Sydney, Australia "My sense is the CD is a fine and lucid presentation of meditation in the bhakti and jnana modes..." -Prof. Francis Clooney SJ, School of

Divinity, Harvard University "Swami Medhasananda has produced a very unusual, hauntingly beautiful and undoubtedly useful volume on compact disc. In it we find some well performed hymns and chants, clear instructions from the swami regarding chanting of OM, breathing exercises, etc. The volume is designed so that those with the technical capabilities can program only the tracks they wish to hear.

Dhyanam should prove useful for many wishing to practice meditation." -Global Vedanta, a quarterly published by the Vedanta Society of Western Washington, Seattle, USA. II. What is Meditation? Vedanta philosophy or Hinduism says, each soul is potentially divine and the goal of human life is to manifest this divinity within, by controlling nature - external and internal. Meditation can be practiced by any person from any walk of life, any religion, any country or any age. Put simply, meditation is like discovering the hidden gold mine which is lying buried within each one of us. III. Benefits of Meditation If one can practice regularly and with determination, he or she will develop deep concentration, mental power and peace. Efficiency in every walk of life will improve. Interpersonal relationships will improve. Mental stress and strain will be diffused and it will bring heavenly Bliss. IV. Biography Swami Medhasananda is a Hindu

monk of the Ramakrishna Order of India, a worldwide spiritual and humanitarian organization, known as Vedanta Society outside India. This organization propagates the harmony of religions and world peace. The Swami has been serving as Head of the Vedanta Society of Japan for more than a decade. He has knowledge in spirituality from all the world's major faith traditions and has long experience in conducting guided meditations in various places.

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