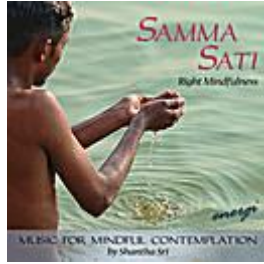


Mp3 Shantha Sri - Samma Sati: Right Mindfulness. Music For Mindful Contemplation



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Timed meditation sessions, especially designed for walking, sitting and meditation preparation, featuring soothing music of harmonium and Tibetan Singing Bowls. A Sati (mindfulness) bell begins and finishes each session. 3 MP3 Songs in this album (60:45) ! Related styles: NEW AGE: Meditation, NEW AGE: Yoga People who are interested in Kitaro Dean Evenson Deuter should consider this download. Details: These three timed meditation sessions, especially designed for walking, sitting, and meditation preparation, feature soothing music of harmonium and Tibetan singing bowls. This restful, non-intrusive music aids concentration by creating a calm environment, free from distractions and outside influences. The music is also ideal for any healing practices, such as energy balancing, body work, massage, or as a background for guided imagery practices. Samma Sati takes its name from the ancient Pali language, and literally means Right Mindfulness which is one of the principle steps of The Noble Eightfold Path, from the Magga-vibhanga Sutta as taught by Buddha Shakyamuni - and of great importance to Buddhist practitioners. Samma Sati: Right Mindfulness promotes the ability to bring awareness into the present moment. The music has been specially designed to mirror the meditative observational process with great attention given to leaving space around the music so that mindfulness can develop. Sparse use of Tibetan singing bowls with a cycling tanpura phrase imparts a peaceful, hypnotic feeling that gently prompts and guides the meditator to stay on the path of mindful consciousness. The space between the music and sound elements exemplify and support this intent helping the meditator to focus on the present moment and to let go of all distractions. Samma Sati is ideal as a meditation timer each track contains a Sati (mindfulness) bell at the beginning and the end. The track is designed in three version-lengths for individual meditation requirements. Credits: Harmonium, Tanpura, Keyboards,

Synthesizer, Tibetan Prayer Bells, Karatalas Cymbals by Shantha Sri. Samples: Tibetan Singing Bowls (FreeSound Project / Files: 1536_hanstimm_BowlHtc, 825_djgriffin_tibetan_buddhism, 2166_suburban_grilla_bowl_struck). Cover design by Anne-Marie Cook. Cover image photographed by Peter Morley in Varanasi, India.

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