

Mp3 Eliana Gilad - Vocal Meditations - Rhythms Of The Natural Voice



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Imagine a female Deepak Chopra personally guiding you through a musical meditation with a Enya's lilting voice and Bobby McFerrin singing in ancient Hebrew. Recommended for workshop leaders, yoga teachers and students. This disc offers two vocal meditations 24 MP3 Songs NEW AGE: Meditation, SPOKEN WORD: With Music Details: This disc is ideal for meditation, relaxation, and therapeutic use. The fundamental power of sound, rhythm and the Hebrew language is used as a natural healer. This unique blend of eastern rhythm and western melody has proven to reduce stress and improve concentration. The disc includes two vocal meditations: one using the mystic Hebrew language, the other, a guided vocal tones, as well as musical compositions which can be used for releasing tension and stress. ". A vocal chant with eastern percussion and a "mawal" (improvisation) follows each meditation. The base rhythm of "The Shechina" is seven. The rhythmic chant, "Song of the Heart" supports meditation in movement, as done in the Sufi tradition. "Voices of Eden" is a method combining the power of voice and rhythm as a natural healer, such as was used in ancient times. Eastern percussion is used to ground the body. Voice and melody are used to release tension. This leaves the listener relaxed and focused. It reverberates healthily on all levels of our conscious and unconscious life. Results increase with repeated listening. Eliana Gilad, composer and founder of Voices of Eden is a recognized expert in the field of healing music. She performs and teaches internationally and has five discs and a Voices of Eden workbook to her credit. She also performs with the Andalusian Orchestra and has appeared on stage with Bobby McFerrin, Glen Velez and Yair Dallal. Check out her newest disc: NOAM: Healing Lullaby Music - also sold through cdbaby.com.

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