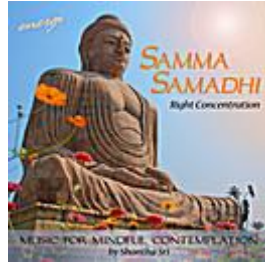


Mp3 Shantha Sri - Samma Samadhi: Right Concentration. Music For Mindful Contemplation



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Inspired by one of Buddhism's most important lessons, Samma Samadhi promotes Right Concentration in meditation practice. This restful, non-intrusive music features traditional Eastern instruments and aids concentration by creating a calm environment. 3 MP3 Songs in this album (59:25) ! Related styles: NEW AGE: Meditation, NEW AGE: Relaxation People who are interested in Kitaro Dean Evenson Karunesh should consider this download. Details: These three timed meditation sessions are especially designed for walking, sitting and meditation preparation. Inspired by one of Buddhism's most important lessons, the Noble Eightfold Path, Samma Samadhi promotes Right Concentration in meditation practice. Samma Samadhi is especially designed to be loaded onto your MP3 player for walking meditation, as well as sitting practice and meditation preparation. The music of Samma Samadhi: Right Concentration features traditional Tibetan prayer bells and Indian flutes, karatalas cymbals, and gongs. The music aids concentration by helping to buffer outside distractions and create a calm environment. The music was inspired by a pilgrimage to McLeod Ganj, Dharamsala, in the lower Himalayan Mountains, India the home of the exiled spiritual and temporal leader of the Tibetan people, and highly regarded Buddhist teacher and leader, His Holiness, Tenzin Gyatso, the Fourteenth Dalai Lama. Airy, nether-worldly cycling pads provide the basis of this track, with breathy Indian flutes and Buddhist gongs helping to set the scene of this serenely beautiful paradise. This album helps people concentrate and focus their energy on positive thoughts, which leads to knowledge, mindfulness, and increased alertness. Samma Samadhi takes its name from the ancient Pali language, and literally means Right Concentration which is one of the principle steps of The Noble Eightfold Path taught by Buddha Shakyamuni and of great importance to Buddhist practitioners. Samma Samadhi is ideal as a meditation timer each track contains a Sati

(mindfulness) bell at the beginning and the end. Whilst especially designed for walking meditation, the album is also ideal for sitting practice, meditation preparation. The music is also ideal for any healing practices, such as energy balancing, body work, massage, or as a background for guided imagery practices. While the album is designed in three version-lengths you can play the whole 60-minutes of calming music rhythms. Credits: Keyboards, Synthesizer, Tibetan Prayer Bells, Karatalas Cymbals by Shantha Sri. Samples: Indian Flute, Gongs Cover design by Anne-Marie Cook. Cover image photographed by Peter Morley in Bodh Gaya, India.

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