

Rajasree Mukherjee

Shuvam

Traditional Indian Classical Raga Based Meditation Music

Reaching the World Within

Every living being travels along the path of life in search of eternal happiness. Humanity has been blessed with the greatest gift of all; a gift that each of us possesses yet few have tapped into – the supreme consciousness. Within each person lies a source of infinite power, energy and knowledge and to acquire these limitless resources one has to still the conscious mind and transcend the sub-conscious mind through meditation.

Ms. Rajasree Mukherjee, an experienced Music Therapist, has used Indian Classical music to great effect in Meditation techniques. In consultation with the reputed Guru of Indian Music, Pandit Shyamal Lahiri, she has created this ensemble using traditional Indian instruments like the Sitar, Flute and Tabla to effectively silence the mind and start you on the journey of dissipating the sands of the restive mind and reaching the tranquil waters of bliss that lie within.

Select a quiet place or a comfortable corner of the room, dim the lights and sit in a relaxed posture keeping the back straight. Switch on the music and try to empty your mind of all thoughts. All kinds of thoughts will rush through the mind. Just become a witness, do not try to analyze or pass judgment, let the thoughts pass as fleeting clouds.

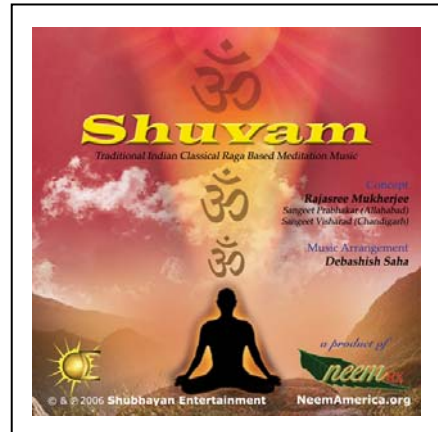
Let the body respond to the music without interference of the mind. Do not have any pre-conceived ideas of the effect of the music on your body – just sit back, relax and let the music flow through your body. Remember, no two individuals can have the exact same feelings or body movements – we are all different and each is supposed to have a unique experience.

Label Contact:



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Track Listing:

1. **Saanjh (4:04)** – Evening
2. **Sayujja (7:06)** - Dwelling in Divine
3. **Khonj (9:12)** – Search
4. **Vikasit (3:35)** - To blossom
5. **Maya (5:52)** - Duality
6. **Shuvam (4:35)** - Auspicious
7. **Bihaan (5:58)** - Dawn
8. **Prabhati (6:03)** - Morning
9. **Prakriti (3:49)** - Creation
10. **Sangam (4:56)** - Unification

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File Under:	Meditation Music



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