

Rajasree Mukherjee

Divine Meditation

Experience Total Relaxation and Inner Peace

The power of music has recently been rediscovered. The ancient Eastern philosophy that music has the power to calm the senses has now received scientific attention and acknowledgment. It is now known that music therapy activates and rejuvenates all the senses, while bringing the mind to a state of complete relaxation.

Mrs. Rajasree Mukherjee, an experienced Music Therapist, has been composing music for therapy for several years. In this CD, she has generated musical compositions with the use of traditional Indian instruments such as the sarangi, sitar, and the Indian flute. Each instrument activates a different part of the brain when it strikes certain chords. This helps induce endorphins, which are the body's natural pain killers. The release of endorphins increases the sense of euphoria. These musical compositions also reduce the level of cortisol in the blood, which in turn decreases stress levels.

In order to gain the most benefit from these compositions, select a quiet place, dim the lights, sit in a relaxed posture and keep your back straight. You can either choose to close your eyes or keep them half open. Switch on the music, slowly empty your mind of all thoughts and loosen the muscles of your body. All kinds of thoughts will rush through your mind, let them pass without analyzing or acting upon them until your mind is quiet.

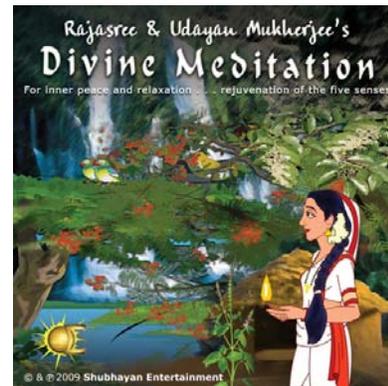
Let your mind and body respond instinctively to the music without any pre-conceived ideas of the effect of the music on your body. Relax and let the music envelop you. Feel the music cleansing your mind and body, spreading a warm glow throughout every cell of your body, and diminishing discomfort and stress.

Label Contact:



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Track Listing:

1. Tranquility (4:58)
2. Fountain Of Youth (5:09)
3. Dawning Bliss (6:37)
4. Courtyard Of Dreams (2:39)
5. Peaceful Comfort (9:54)
6. Whispers Of Freedom (5:14)
7. Evening Peace (3:58)
8. Quiet Solace (7:03)
9. Misty Glow (4:44)
10. Twilight (7:00)
11. Exhilaration (3:28)

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