



Attunements for Dawn and Dusk: Music to Enhance Morning and Evening Meditation

Harish Johari

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Drawing upon ancient Indian ragas, or musical compositions, Harish Johari has created meditation music especially for the early morning and evening hours. Traditionally, ragas are inspired by, and reflect, sounds of nature--such as birds, insects, rivers, and wind--which change in quality depending upon the hour of the day. The CD's include Flute for Dawn, ideal for meditation before sunrise. This is followed by Tambura for Morning Meditation, which can be played in the early hours following sunrise. It also features Flute and Bird for Dusk, incorporating actual bird calls that, in nature, announce the close of day. The droning sound of the tambura in the final piece, Tambura Evening Meditation, has sympathetic overtones that subtly influence the nervous system.

The music on this CD is created by flute and tambura, both of which have a healing effect on the body, mind, and spirit.

Facilitates meditation and the development of the listener through the effects of sound on consciousness.

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A lot of people always spent their free time to vacation as well as go to the outside with them family members or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or playing video games all day long. If you would like try to find a new activity this is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book that you read you can spent the entire day to reading a publication. The book Attunements for Dawn and Dusk: Music to Enhance Morning and Evening Meditation it is rather good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. If you did not have enough space bringing this book you can buy the e-book. You can m0ore easily to read this book through your smart phone. The price is not to fund but this book possesses high quality.

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