



Music and Mantras: The Yoga of Mindful Singing for Health, Happiness, Peace & Prosperity

Girish

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“Singing is as human as breathing, and this book tells us why.” —Mark Guarino, contributing music writer, *The Guardian*

Celebrated yogi-musician Girish opens new possibilities for transforming your life through song, combining the ancient art of singing mantra with twenty-first century neuroscience research.

For as long as he can remember, Girish has created rhythm to accompany life. His first experience of music as sacred art came in college, playing with jazz bands. “During improvisational sessions,” he recalls, “there were these unexplainable moments of synchronicity and intuition that felt like magic.” This led Girish to an unexpected journey—a seeming detour to live as a monk in an ashram for five years that inadvertently nourished his musical artistry. Here, he studied Sanskrit as a means to understand the deeper meanings of ancient chants, which sparked a life-changing event that led him back to music—and to combine music with Sanskrit chants. Now he shares what he’s learned to help people of all ages, backgrounds, and traditions to transform body, brain, and life through mantra and music.

With *Music and Mantras*, Girish has created an interactive toolkit—including more than ninety minutes of companion audio material—for personal transformation through singing, sharing his own experience as a musician, yogi, and former Hindu monk. Weaving simple, elegant mantras from ancient traditions with neuroscience, Girish shows us how to achieve greater peace of mind, clarity, calm, focus, and even improved health and wealth through the yogic art of chanting—an ideal practice for singing our way to happiness, health, and prosperity.

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From reader reviews:

Debbie Luken:

Spent a free time and energy to be fun activity to perform! A lot of people spent their spare time with their family, or their very own friends. Usually they performing activity like watching television, about to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? May be reading a book might be option to fill your free time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the book untitled Music and Mantras: The Yoga of Mindful Singing for Health, Happiness, Peace & Prosperity can be great book to read. May be it may be best activity to you.

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Exactly why? Because this Music and Mantras: The Yoga of Mindful Singing for Health, Happiness, Peace & Prosperity is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will shock you with the secret the item inside. Reading this book close to it was fantastic author who also write the book in such awesome way makes the content inside of easier to understand, entertaining means but still convey the meaning totally. So , it is good for you because of not hesitating having this any more or you going to regret it. This book will give you a lot of rewards than the other book possess such as help improving your talent and your critical thinking technique. So , still want to hesitate having that book? If I ended up you I will go to the book store hurriedly.

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Music and Mantras: The Yoga of Mindful Singing for Health, Happiness, Peace & Prosperity can be one of your beginning books that are good idea. We recommend that straight away because this publication has good vocabulary that will increase your knowledge in words, easy to understand, bit entertaining however delivering the information. The article writer giving his/her effort to put every word into enjoyment arrangement in writing Music and Mantras: The Yoga of Mindful Singing for Health, Happiness, Peace & Prosperity yet doesn't forget the main point, giving the reader the hottest along with based confirm resource info that maybe you can be one among it. This great information could drawn you into brand new stage of crucial contemplating.

Harold Fleming:

Is it a person who having spare time and then spend it whole day by means of watching television programs or just lying down on the bed? Do you need something totally new? This Music and Mantras: The Yoga of Mindful Singing for Health, Happiness, Peace & Prosperity can be the reply, oh how comes? The new book you know. You are so out of date, spending your free time by reading in this completely new era is common not a nerd activity. So what these ebooks have than the others?

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