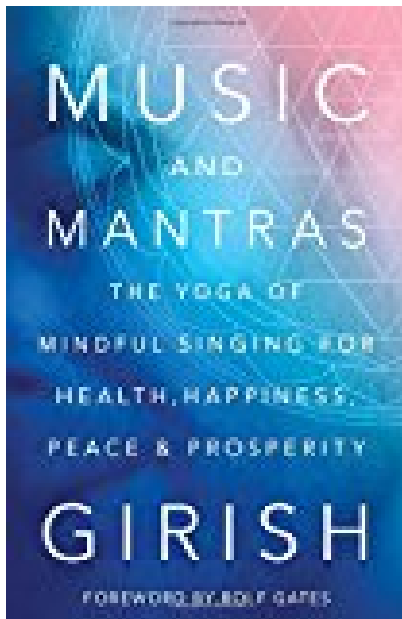


Music and Mantras The Yoga of Mindful Singing for Health Happiness Peace & Prosperity



BOOK DETAILS

- Author : Girish
- Pages : 304 Pages
- Publisher : Atria/Enliven Books
- Language : English
- ISBN : 1501112201

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BOOK SYNOPSIS

“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.

MUSIC AND MANTRAS THE YOGA OF MINDFUL SINGING FOR HEALTH HAPPINESS PEACE & PROSPERITY

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