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dosha music, change your life with sound healing

Produced by Metta Mindfulness Music

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A 4-CD set is available to those wishing to go deeper into the realms of healing through sound. **“HEALING SOUNDS FOR YOGA, MINDFULNESS AND CREATIVITY: AN AURAL JOURNEY THROUGH THE DOSHAS OF AYURVEDIC MEDICINE”** offers a profound and restorative experience for the “Doshas” of Yoga and Ayurvedic Medicine.

Our Doshas are best understood to be the three primary forces of nature that each individual embodies and that are responsible for the characteristics of mind and body. Although each of us manifests all three of the Doshas **Vata**, **Pitta** and **Kapha**, most people have one or two aspects that predominate. For each Dosha there is a balanced and imbalanced expression. The purpose of this musical production is to help bring balance to each individual’s Dosha.

And indeed it does. Through a process of deep listening you can connect to this musical experience from a deep internal space that transcends physical matter. For example, for the Dosha PITCHA, the Vital Flame, the Healing Sounds of this CD targets Transformation and Possibility. For the Dosha VATA, the Soaring Soul, the Healing Sounds of this CD aims to restore Balance and Creativity. And for the Dosha KAPHA, the Gaia’s Womb, the Healing Sounds of this CD invokes Strength and Stability.

The Doshas represent the psychophysical tendencies of an individual that are established at conception. Addressing their specific energetic vibration through music is amazingly powerful. Every individual has all three Doshas within but it is the dominance of any one, two or all three that makes up a person’s individual *prakruti* (constitution.) The *prakruti* creates the inborn tendencies that influence how one experiences life. When functioning normally, the Doshas maintain balance in all body processes. When out of balance, they can cause dis-ease.

The fourth track, entitled VITAL HARMONY, is a compilation CD and has been created to enhance the practice of Yoga, healing and meditation. Its purpose is also to create healing and well being through sound through an actual Yoga floor practice.

Metta Mindfulness Music creates original music that enhances health, mental equanimity and the daily expression of loving kindness. It was founded by Integrative Health Practitioner Dr. Richard Gold and world-renowned composer Yuval Ron. Their productions are informed by ancient wisdom traditions as well as the most current advances in neuroscience and music therapy research.

This music has the power to reverse your mood. It works in mysterious ways!

mettamindfulnessmusic.com



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