

Vedic Mantra Chanting Workshop

with Sitar Maestro
Dr Chandrakant Sardeshmukh



DARSHANAM
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Let Us Chant Together for Peace and Happiness

The sacred utterances or chanting of Sanskrit mantras provide us with the power to attain our goals and lift ourselves from the ordinary to the higher level of consciousness. Chanting is used extensively for blessing, worship, communion and healing. It is also used for meditation, concentration and purification.

Sat. 11 Oct. 2008 at 3–5 P.M.
Redfern Yoga Room, Level 1,
141 Redfern Street, Redfern, Sydney

Bookings: Janetta Glenn 0401 880 280

See over for details



A mantra chanted with proper breathing, correct posture and an open mind, with a degree of faith in both the mantra and one's own ability will produce positive effects. Each mantra has its own purpose and power. Some mantras can be translated into simple words, but invariably the deeper meaning can only be understood through regular practice.

Cost: \$65

Background on Chandrakant Sardeshmukh

Dr. Chandrakant has continuously researched issues of health and happiness especially in the area of therapeutic music and the effects of mantra chanting. Born into a family renowned for their knowledge of the Vedas, Dr. Chandrakant represents the tenth generation of Vedic arts and sciences in his family heritage. His healing music sessions are highly regarded for the positive results experienced with various stress related health problems.

Dr. Chandrakant started playing the sitar at the age of four under the guidance of Ustad Shabuddin Khan and Khurshid Mirajkar. He was declared a child prodigy at the age of eight by Pandit Ravi Shankar and started rigorous training for twelve years with the maestro and Mrs. Annapurnadevi, daughter of the renowned Allaudin Khan. In 1976, Rajasthan University honoured him with the title Sangeet Vibushan (sitar scholar) and in the same year Soor Singar Sansad, Bombay, awarded him the title *Soormani*. His Holiness, Jagadguru Shri Shankaracharya from Sringeri felicitated him as the Darbari Sitarvadak (royal sitarist) in 1981. Dr. Chandrakant is a scholar and researcher with a Ph.D in Sanskrit for his thesis titled *Samavedic Basis of Indian Music*.

He is an executive trustee of the Bharatiya Sanskriti Darshan Trust, Pune, India founded in 1954 by his father Shri. P. K. Sardeshmukh Maharaj. Dr. Chandrakant is director of the trust's Sama Sangeet Sabha and Research Centre (music department) and in this role actively promotes traditional Indian culture and art forms throughout the world.

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