

Got Stress?

Ancient Music May Be Cure

(NAPSA)—Although doctors at Harvard University found that just one bout with anger can increase the risk for heart attack within two hours for those prone to irregular heart rhythms, there are behavioral strategies to help people keep their cool and protect their heart. For many, that chill factor comes in the unusual form of chanting and listening to ancient mantras.

Enjoying the hypnotic sound of these soulful songs, a growing number of people find chanting or singing mantras—either aloud or silently—helps still the mind, improve memory and diffuse stress.



Ancient mantras set to music provide relief in today's high-speed lifestyles (and traffic jams).

“We get e-mails all the time from people sharing how listening to this music calms them, often mentioning road rage and attention deficit disorder,” says Deva Premal, of the performing duo Deva Premal & Miten, the best-known mantra musicians, who count His Holiness the Dalai Lama, Cher and Edward James Olmos among their fans.

The duo has been singing mantras with audiences around the world since 1991. They offer tips on using mantra meditation to experience more inner peace at www.DevaPremalUSA.com, where you can sample their music and download free text of mantras from many of the world's spiritual origins.