

# Come join chanting devotional songs and mantras

## Chanting with Sheela Bringi and friends



**Sunday, October 23 2011, 7:00-9:00 pm**

**Office of Dr. Sergei Shaginyan**

**8885 W. Venice Blvd., Suite #205 I, Los Angeles, CA 90034**  
(Corner of National Blvd. and Venice Blvd.; 1 block E from 10 freeway,  
Exit Robertson Ave. Park anywhere on the plaza.)

**Donations for musicians**

**(310) 948-2968**

*Sheela Bringi is a rare songbird whose music is both earthen and ethereal. A versatile performer with roots in Indian classical and jazz music, Sheela sings and plays the harp and Indian bansuri (bamboo) flute, and leads kirtan (Indian devotional chanting). Sheela holds an MFA in World Music from the California Institute of the Arts and is currently working on her third album with PremaSoul, her band with jazz trumpeter Clinton Patterson.*

*Dr. Shaginyan is a MD licensed to practice medicine in the former USSR and is trained in psychiatry, pediatrics, and neurology. He completed his PhD in neurology in 1988 and afterwards completely dedicated himself to holistic medicine and spiritual healing. Since 1981 he has used in his practice sounds, music, healing chants and prayers in different languages, and was one of the first doctors in Russia who studied and then practiced this modality in the government medical facility. He has lived in the United States since 1991, and is an acupuncturist and medicinal herb specialist, National Board certified and licensed to practice in California. He has published over 30 articles on alternative medicine and has been a guest on several radio and TV shows.*



***Kirtan ~ In Yoga, Kirtan is the practice of singing and repeating the name of God or divine attributes in song. The word kirtan comes from the ancient language of Sanskrit root "kirt" which means "to communicate, to celebrate, to praise." Kirtan is a devotional practice and is categorized as pratyahara (methods which draw the mind inward). Kirtan can be seen as a bridge between our outer and inner selves and an expression of our desire to know and love God within.***

Concentration on different names or meanings of the names sang, increases the focus of the kirtan. For some, finding out the translation and meaning of the names enhances concentration and devotion, while others prefer to dwell on the Name itself. Concentration and focus are important aspects of singing kirtan. To this end, closing one's eyes, clapping, and listening intently both to the song and to changes in rhythm can help. Rhythm carries the energy of the kirtan; if the group is in sync, kirtan is enhanced and the atmosphere becomes charged with spiritual energy.