

# HEALTHY Referral



## The World of Natural Health

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### Got Anger? Modern-Stress Antidote Found in Ancient Music

Thanks!  
JTC

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. Anger triggers a surge in adrenaline, increasing blood pressure and heart rate, disrupting heart rhythms and potentially activating platelets that can cause blood clots. The researchers recommend 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. "I started listening to mantra music on my daily commute," says Virginia, a self-described high maintenance real estate executive, in her fifties.

"The music helps me relax and release the frustrations of my day and rush hour traffic." Enjoying the hypnotic sound of these soulful songs, a growing number of people are finding that chanting or singing mantras -- either aloud, or silently -- helps still the mind, improve memory and diffuse stress. "We get emails all the time from people sharing how listening to this music calms them, often mentioning road rage and attention deficit disorder," says Deva Premal, half 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 benefits seem to be evident whether the chanter understands the meaning of the ancient words or not. It is simply the vibration of the syllables that resonate in the body, opening the heart and mind while unlocking the door to one's inner well-being.

*Deva Premal & Miten* have been singing mantras with audiences around the world since 1991, and are experts on living a joyous life. They offer these simple tips on using mantra meditation to relax, de-stress, and experience more inner peace: cont.p5