

MaJa with Harp & Soul - "Sound of Awareness"

Come and relax in the warm, gentle sounds of the harp. With the support of this instrument, we will turn inward. We will surrender to the music and take the time to recharge.

The serene tones of the harp will be the inspiration for our meditations this evening. These will be interspersed with moments of silence and singing. By engaging in this practice with our full attention, we train our concentration and arrive in the now. Listening is important: listening to the harp, listening to the silence, and listening to our bodies and our voices. Attention for what is present in the moment.

We connect with ourselves and with each other. Through chanting and singing, a connection arises between our mind, our breath, and our emotional state in that moment. Our voices become one.

The program will include chanting the AUM sound, silent meditation, and singing. We will also learn and practice a few mudras.

Everyone is welcome, even if you have never sung before. "Singing beautifully" is not important — relaxation and connection are.

If you'd like to attend but prefer to listen rather than sing, that's perfectly fine too. You don't have to do anything. You may simply come as you are. The session will last about an hour.

MaJa came in contact with Vipassana meditation in 2012 and has been singing mantras (with guitar) at Edanz since 2019, together with various musicians. The desire to sing and meditate with others remains strong, and now the harp has come into her life. For MaJa the harp is strongly connected with water.

Maja is an artist, rower, cat-mom, water enthusiast, and as a child, she dreamed of living underwater.