

First Friday's Ambika Kirtan

Kirtan is an ancient technique that connects us to our inner selves, the Universe and our higher consciousness. It makes you feel more alive, fresh, peaceful and Happy. Like we need physical exercise for good health, we need chanting to nourish our souls, heart and spirit. When we listen to Kirtans or chants for meditation it deepens our Yoga Practice. Chanting and listening to chants for meditation empowers our mental and spiritual processes. It takes us into the deepest state of Yoga. Participating in Kirtans is one of the easiest ways to handle stress in our day-to-day life.

Ambika Kirtan, our all-female kirtan group, is specifically devoted to chanting the multiple Names of the Divine Mother, although we chant to all of the Names of the Divine in our practice. Ambika is one of the original names that the Essence of the Divine Feminine was known by in Vedic and pre-Vedic culture.

Ambika's core members are Durga Dasi (Kirtan Wali, lead vocals and harmonium), Sharna Fabiano (percussion and background vocals), and Gisela Valenzuela (percussion and background vocals). The result of our collaboration is a life-giving celebration of the divine feminine that penetrates directly to the heart.

Kirtan is NEVER a performance. Rather, it's an intimate Practice that can be joyful and exuberant, or sweet and subtle. This experience is all about Divine Love and singing to the heart of that Source. We love Ma, and are honored to share our Practice of Love with you! Jai Ma!

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