

Sukha

Fire



One of the joys of listening to music in general is that there are an infinite combinations that can be brought together to make it worth listening. One of the bands that has achieved that a number of times is called **Sukha**. Actually Sukha is the talented duo of Nicole Sukhmani and Steve Sukhman. They have rendered two other albums of blissful mantras namely, *Rise* and *Cusp*. Sukha creates a welcoming marriage between music and prayer to endorse their beliefs in the power of Yoga.

They continuously promote the healing powers of the music and I for one am living proof that music has such properties. Even if you listen for a short while, the music seems to carry you away to this place of safety, of joy, and most importantly, of acceptance. Sukha's new release, **Fire** is evidence that music is medicine, whether it be for the body or the spirit. In this case it is undoubtedly both.

Fire is seven warm mantras that are to be enjoyed at any time. You can center yourself using the first mantra, **Om Bhavam Namah** (Pure Potential). It is time to recognize yourself as a living energy being. Deepak Chopra said "*Our essential nature is one of pure potentiality*". Soft vocals and ethereal music blend together to elevate your esperance.

Starting with a popping percussion and a gentle guitar **Om Vardhanam Namah** (Cosmic Momentum) puts you in sync with the universe. Backed up by a subtle bass track, the harmonious vocals are relaxing, reminding that we are an important part of the universe. I am the nourisher of the universe and the universe nourishes me.

The intro to **Om Kriyam Namah** (Action and Reaction) sounded like an old folk song. The hypnotic repetition of the mantra opens the mind to acknowledgement. I found this to be one of the most peaceful tunes on Fire and I took it as a favorite. According to Newton, every action has an equal and opposite reaction. According to the Third Law of the Seven Spiritual Laws of Yoga, you must be conscious of your actions. As a westerner I find it interesting that my Catholic mind equated this mantra with a bible quote. "Therefore render to Caesar the things that are Caesar's, and to God the things that are God's. (Matthew 22:21). It is Karma, cause and effect.

Using a layered harmony, **Om Anandham Namah** (Non-Attachment) is a prayer to accept the outcome of our actions without self-judgement. The intoxicating quasi-rock ballad suggest in simple terms that we go with the flow. If opportunities arrive we should meet them graciously. Nicole sings with a peculiar angst in the vocals that make you pay attention. What is this passion that she has? This was another favorite for its gentleness.

The final tune is **Om Varunam Namah** (Harmony), or My Life is in Harmony with the Universe. It is another lighthearted song with western grooves. To me the concept is for you to be aligned with the universe, even if it is one of your own. Is this mindfulness at its best? Fall

into the flow and witness it for yourself. The sound of ocean waves will caress you in the end.

Other tracks include **Om Daksham Namah** (Efficiency and Flow) and **Om Ritam Namah** (Truthful Intention).

First of all, I liked all of the music on Fire. It was complementary on every track and never obtrusive. Like the messages themselves, the melodies were gentle from start to finish. As for the general theme of Fire, let us remember that from mantras, sacred energies flow. I believe that on Fire, Sukha has created a harmonious oasis to allow these energies to emanate from within. These energies give us purpose. Highly listenable. - R J Lannan, Artisan Music Reviews