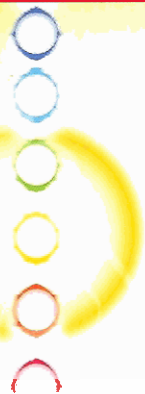


ONE SPIRIT & SOUNDS TRUE *present*

Harijiwan Khalsa

Awaken the Chakras

Meditations to Unleash
Your Life's Energy



Your chakras hold the keys

to a more fulfilling life. On *Awaken the Chakras*, Harijiwan Khalsa draws from over 30 years of experience teaching Kundalini Yoga to offer a practical program to help you unlock their power. Join him to explore 11 practices including the "Breath of Fire" for unleashing your highest potential, a seed mantra for wealth and prosperity, and an energizing gong meditation.



©GURJIAN KHALSA

Harijiwan Khalsa has been teaching the sacred science of Kundalini Yoga since 1975. His unique gong playing has generated worldwide attention for its ability to heal, expand, and elevate consciousness.



1. Introduction (0:31)
 2. About the practices (3:11)
 3. Invocation practice (2:31)
 4. Breath of fire (6:12)
 5. Chakra aligning breath (4:47)
 6. Balancing breath (4:27)
 7. Meditation for creativity and prosperity (6:52)
 8. Third-eye meditation (7:24)
 9. Upper chakra meditation (6:29)
 10. Sa Ta Na Ma mantra (3:39)
 11. Cross heart kirtankriya meditation (6:34)
 12. Ma mantra: Blessing Mother Earth (5:07)
 13. About the gong (2:15)
 14. Gong meditation (19:32)
- Total Running Time: 79:37

BOMC33 © Harijiwan Khalsa © Sounds True
All rights reserved / Music by Harijiwan Khalsa
Manufactured in the U.S.A.

For teachings by Harijiwan Khalsa, visit soundstrue.com
or call 800-333-9185.

ISBN 978-1-59179-766-1

