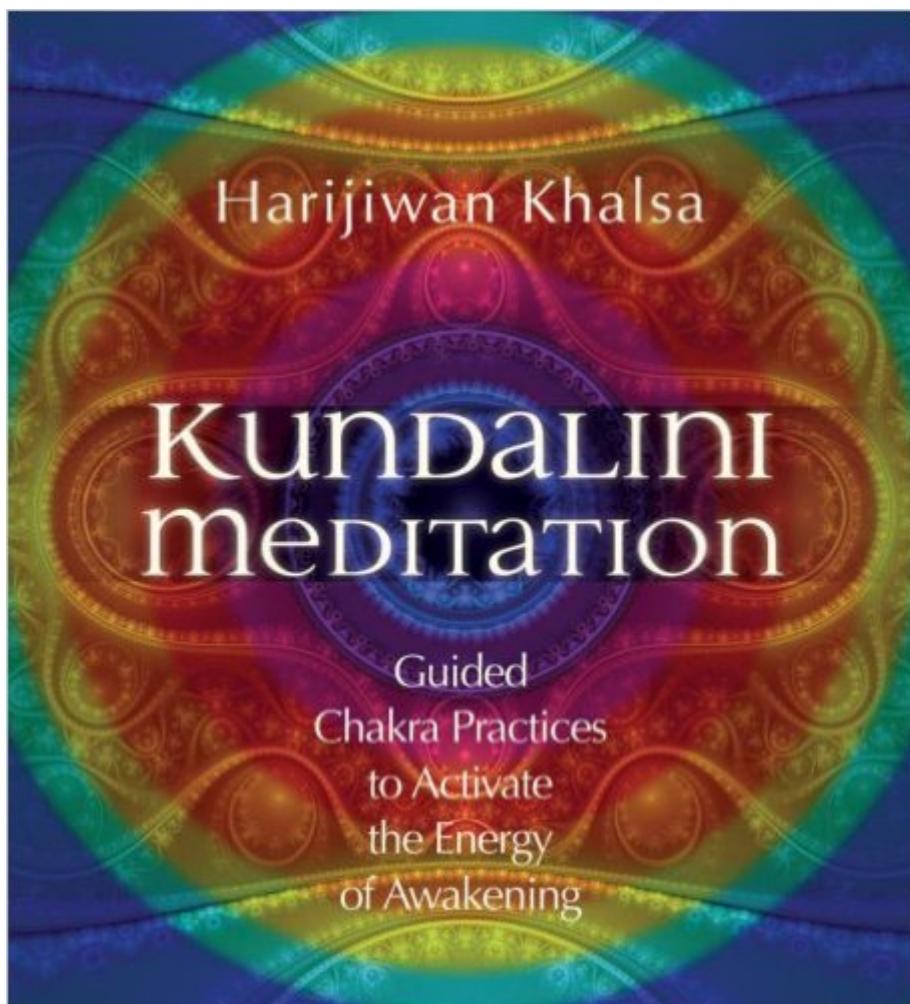


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# Kundalini Meditation: Guided Chakra Practices To Activate The Energy Of Awakening



## **Synopsis**

For thousands of years, the yogic technology of kundalini was veiled in secrecy and passed only from master to chosen disciple. Today this sacred practice, known for its ability to promote health, creativity, and spiritual awareness, is alive and flourishing in yoga studios nationwide. Now Harijiwan Khalsa offers Kundalini Meditation, a two-CD program to help anyone tap into the power of this ancient tradition. With guided practices and rare insights drawn from his 30 years of teaching experience, Harijiwan invites listeners on a transformative chakra journey to explore: Key concepts and terms to help build your foundational knowledge of chakras and kundalini. Guided meditations with Harijiwan's masterful gong accompaniment for clearing out negativity. A powerful mantra to help awaken all eight chakras "Kundalini practices allow you to cultivate the capacity to expand your perspective and experience each day with increased inspiration and joy," teaches Harijiwan. Now with Kundalini Meditation listeners have a practical course to access and utilize their own energy for elevation of consciousness and healing.

## **Book Information**

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## **Customer Reviews**

I purchased the downloaded version so I do not know what might be contained in the liner notes but I can tell you that this a fascinating lecture (CD#1) and meditation (CD#2) on Kundalini. While I cannot say if any of the information that Harijiwan provides is new it is provided in a fresh and succinct perspective that I find very illuminating more than I have found thus far. After the information on CD#1 there is a mantra that follows. CD#2 is the meditation (or even therapy session) with Harijiwan's voice leading the listener through each of the 7 chakras plus your 8th

energy center, the aura, all in a wash of his amazing gong playing. I know nothing of the tradition of the gong but would like to find out more. My only criticism is that he could've done a little more editing of his voice-over during the meditation. He falters on just a few words now and then but most certainly does not distract from the meditation-a very powerful session on Kundalini that I highly recommend.

The intro disc was fery good, I learned alot, this is everything you wanted to know about chakras and how they work. The second disc is the chakra clearing meditation and this was also very good. I am new to meditating so it is hard to do as it is longer than I am used to doing. You need almost an hour. I would recomend it.

Harijwan has put together an informative and powerful program that will highly appeal to the Western mind. The first cd has a wealth of relevant information which offered one of the best explanations I've ever heard of the chakras, and the second cd is a relaxing chakra meditation, which the author informs us can be used in any comfortable position, including lying down. He also explains that it can work consciously and subconsciously with the words and the sound of the gong, making this a great meditation cd for a lazy guy like me who abhors sitting up in an erect posture and staying ultra-focused. Get it.

I was fortunate to have participated in a live yoga set taught by Harijwan.I loved it and it was my first encouunted with the gong.I bought this CD after coming home from the festival. (Sat Nam Fest!!)The guided meditation and gong music is absolutely wonderful. I have listened to it several times and it has a different and profound affect on me each time.Wonderful, beautiful, what a gift.Thank you, Harijwan.

i have listened to this over a dozen times and i feel like i learn something new every time. Harijwan has a way of explaining the chakras which makes it really real and relatable. I feel like the gong part of the series is also super powerful and has helped me a lot. I feel clearer , more alive and connected to my power after I listen to this. Highly recommended.

I believe I have both the CD and download versions directly from Sounds True. The "gong" track played on my desktop seems to work up some sort of resonance pattern across the room to the metal in my apartment's tiny real but also "faux" fireplace (but unused), which shows it is hitting

some sort of architectural "nerve". Whether it is the "real deal" on some sort of profound spiritual level is up to the beholder, but from my experience of attending workshops and classes and seeing and hearing videos and books based on the 3H0 group's practice, it is quite reflective about what the group does, if that is comforting.

This particular CD Set is awesome - Harijiwan helps you understand Kundalini Yoga/meditation with ease - There is a plethora of information and knowledge in the internet and printed material. However, it is the experience that will make you understand - it's really an individual journey that you must experience too comprehend

This CD has effected me in a deep and powerful way. The energy that flows through me when I do the meditation has improved my life. I feel lighter, happier, and more clear now that I have this practice. I have made it a part of my daily routine for a long time now, and everything has shifted because of it. My relationship is better, my health is better, my job is better. My mother commented that my outlook on life has improved, and that I am more positive, and says that I inspire her. Once in awhile I miss a day, but otherwise everyday I do the practice. Many times I don't feel like meditating but I do it anyway, and those days are usually the most powerful. Harijiwan's voice is calming and healing. The way he plays the Gong is regenerative and soothing, and alleviates an old injury I have. Also helps with headaches. If you are reading this review, take it as a sign to begin your own practice.

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