



The Aquarian Teacher™ KRI Level Two Authentic Relationships - Course Music List



Chapter 1: The Experience of Authentic Relationships

Kriya: Kriya for Pelvic Balance | pg.13

- No Music Indicated

Meditation: A Pure Flame of Light | pg.20

- No Music Indicated

Kriya: Maha Gyan Agni Pranayam | pg.41

- Chant: Gur Prasad... 8x per breath. No music available.

Small Group Activity: Japji Pauris | pg.43

- No Music Indicated

Chapter 2: Love and the Infinite Game of Life

Kriya: Fire Up the Metabolism | pg.58

- Chant: Har ~2x per second, so faster than the Tantric Har recording
- Chant: Har Har Mukanday. It matches the suggested timing, but may be too fast, but could use this recording (after the Yogi Bhajan affirmation):

<https://music.apple.com/us/album/healing-sounds-of-the-ancients-vol-4/178019881>

or

<https://www.mantradownload.com/en/har-har-mukande-avtar-singh.html>

Meditation: Affirmation using Har Har Mukanday | pg.59

- Chant: Har Har Mukanday. That is this version:

<https://music.apple.com/us/album/healing-sounds-of-the-ancients-vol-4/178019881>

or

<https://www.mantradownload.com/en/har-har-mukande-avtar-singh.html>

Meditation: Reverse Adi Shakti Kriya | pg.61

- No Music Indicated

Kriya: To Become Super Human | pg.91-92

- Chant: Saa Taa Naa Maa
- Sing: Chattra Chakra Vartee

<https://www.mantradownload.com/en/01-chattr-chakr-vartee-kulwant-singh-healing-sounds-vol-1.html>

or

<https://www.invinciblemusic.com/healing-sounds-of-the-ancients-volume-1>

Meditation: Me and God Are One | pg.93

- [Chant: God and Me, Me and God are One along w/Destiny CD](#)

Meditation: Compassion Kriya | pg.94

- Sing: w/ lyrical version of Rakhay Rakhanahaar

Chapter 3: The Law of Polarity in Relationships

Kriya: How Much You Love | pg.113

- [Every Heartbeat by Nirinjan Kaur](#)

Kriya: Truth and Oneness | pg.115

- **No Music Indicated**

Meditation: Love Is Love | pg.119

- [Love Is Love - Destiny CD](#)

Kriya: Facing the Challenge of Tomorrow | pg.122

- Bangara Drums

Could use this classic recording: <https://www.mantradownload.com/en/punjabi-drums-various-artists.html>

Meditation: Linking with the Infinite | pg.134

- Chant: Ong

Meditation: Finding Happiness & Peace Within | pg.135

- Chant: Ong

Kriya: Build Yourself to Act, Not React | pg.140

- Gong Meditation Tape – please make sure to use the recording of Yogi Bhanjan playing the gong for this particular exercise. You can download it from the KRI trainer support site, or with [this link](#).
- Chant: God and Me, Me and God, Are One

Meditation: Merger of Sun and Moon | pg.141

- **No Music Indicated**

Chapter 4: Living as Your Authentic Self

Interactive Group Exercise: Invoking the Authentic Self to Heal 154 Kriya: Polarity Balance | pg.156

- Chant along w/ Bountiful, Blissful, Beautiful recording

The original recording is here: <https://www.mantradownload.com/en/01-bountiful-blissful-nirinjan-kaur-khalsa.html>

Meditation: Hast Kriya | pg.158

- [Sat Nam Wahe Guru #2 by Jagjit Singh](#)

Meditation: To Heal the Wounds of Love | pg.160

- Chant modified version of the first four stanzas of Shabd Hazaray

Download the recording for this meditation from the KRI trainer website [here](#).

Kriya: Solve Communication Problems | pg.182

- [Beloved God by Singh Kaur from Peace Lagoon](#)

Kriya: High Tech Yoga | pg.184

- Chant w/ Rakhay Rakhanahaar music

Kriya: Healing the Self | pg.186

- [Ang Sang Wahe Guru - Nirinjan Kaur](#)

Kriya: Boundless Strength | pg.186

- [Say Saraswati - Nirinjan Kaur](#)

Chapter 5: Divine Delight and the Play of Masculine and Feminine 189

Kriya: Advanced Abdominal & Navel Center Strengthening | pg.197

- No Music Indicated

Gurdev Mata Gurdev Pita | pg.201

- No Music Indicated

Meditation: Laya Yoga | pg.206

- Chant: EK ONG KAAR-(UH) SAA TAA NAA MAA-(UH) SIREE WHAA-(UH) HAY GU-ROO

Track 4 on this album could be used if you want a recording:

<https://www.spiritvoyage.com/mp3download/Listen/Sat-Kartar/ALB-001820.aspx>

Meditation: Bhakti Yoga | pg.207

- Chant: ARDAS BHAEER AMAR DAAS GURU/AMAR DAAS GURU ARDAAS
BHAEER/RAM DAAS GURU RAM DAAS GURU/RAM DAAS GURU SACHEER SAHEER

Kriya: Invincible Man Exercises | pg.209

- Sing: Ardas Bhaeer mantra

Meditation: Guidance | pg.211

- Rakhay Rakhanahaar music

Group Exercise: Sat Nam Wahe Guru | pg.212

- Chant: Sat Nam Wahe Guru. Done as call and response, so excellent if done without music, or perhaps this version:

<https://www.mantradownload.com/en/sat-nam-wahe-guru-lata-mangeshkar.html>

Chapter 6: Legacy and Lineage: Passing on Grace and Consciousness

Kriya: Tattvas, Pranic Rib Cage and Nervous System | pg.220

- Sing along with the tape Meditation by Wahe Guru Kaur
This version is the same song, re-recorded by Simran Kaur and Guru Prem Singh
<https://www.spiritvoyage.com/mp3download/the-heart-rules/guru-prem-singh-khalsa/alb-004109.aspx>

Meditation: Awaken the Dormant Power Within | pg.223

- [Gobinday Mukanday by Mata mandir Singh](#)

Kriya: Subagh Kriya | pg.235

- [Tantric Har by Simran Kaur](#)
- Chant: Har Haray Haree, Wha-hay Guroo