



The Aquarian Teacher™ KRI Level Two Conscious Communication - Course Music List



Day 1 + 2

- 1) Naad, The Blessing pg 9
<https://www.satnam.de/en/naad-the-blessing-sangeet-kaur-khalsa.html>
- 2) Say Saraswati 31 mins pg 14
<https://www.satnam.de/en/bountiful-blissful-say-saraswati-nirinjan-kaur-yogamusik.html>
- 3) Har, Har, Har, Har Gobinday... Akaamay pg 39
<https://music.apple.com/us/album/har-har-har-har-gobinday/440584529?i=440584539>
- 4) Ardas Bahee (Healing Sounds) pg 39
<https://music.apple.com/us/album/ardas-bhaee-instrumental/359641608?i=359641943>
- 5) Humees Hum Brahm Hum p 29, 118
<https://www.spiritvoyage.com/mp3download/humees-hum-and-peace-and-tranquility/nirinjan-k-khalsa/alb-001097.aspx>
- 6) Tantric Har pg 52,87,209
<https://www.spiritvoyage.com/mp3download/Tantric-Har-and-Har-Haray-Haree-Wahe-Guru/Simran-Kaur-Khalsa/ALB-001153.aspx>
- 7) Bolay So Nihal 11 mins pg 58
<http://www.sikhnet.com/gurbani/audio/bole-so-nihaal-sat-sri-akaal>
- 8) Punjabi Drums 11 mins pg 66 <https://www.mantradownload.com/en/punjabi-drums-various-artists.html>
And it is track 4 of this album: <https://www.satnam.de/en/rhythms-of-yoga-various-artists.html>
- 9) (Play only suggested) Singh Kaur's Guru Ram Das, Rakhe Rakhenahar pg 71
<https://www.invinciblemusic.com/crimson-collection-volume-1-and-2>
<http://www.sikhnet.com/gurbani/audio/rakhay-rakhanhaar>

Day 3 + 4

- 10) Guru Guru Wahe Guru, Guru Ram Das Guru pg 84
<https://www.sikhnet.com/gurbani/audio/guru-guru-waheguru-guru-ramdas-guru-31-min>
- 11) Wahe Guru, Wahe Guru Whay Guru Whay Jeeo pg 99 11 mins
<https://www.spiritvoyage.com/mp3download/Mountain-Sadhana/Mirabai-Ceiba/ALB-001753.aspx>

12) Pavan Pavan 31 mins pg 100

<https://music.apple.com/us/album/pavan-pavan/689397596?i=689397622>

13) Ong Namō (Nirinjan Kaur) pg 109, 201

<https://www.satnam.de/en/white-tantra-yoga-vol-1-cd.html>

14) Guru Dev Mata, Guru Dev Pita (Guru Jiwan) pg 109

<http://www.sikhnet.com/gurbani/audio/guru-mata-guru-dev-pita>

15) Sat Nam Wahe Guru Indian Version #2 11min pg 128

<http://www.sikhnet.com/gurbani/audio/satnamsatnam-waheguruwaheguru>

16) Sa Re Sa Sa (Gurushabad) 31 mins pg 133

<https://www.spiritvoyage.com/mp3download/sa-re-sa-sa/guru-shabad-singh-khalsa/alb-001126.aspx>

Day 5 + 6

17) Don Cooper's Twelve Months (for dancing) pg 173

<http://www.sikhnet.com/gurbani/artist/42917/audio>

18) Wahe Guru.. Wahe Jeeo (Gyaniji) 11mins pg 175 SPOTIFY

19) Wahe Guru Jio (Bhai Avtar Singh) pg 176

<http://www.sikhnet.com/gurbani/audio/waheguru-waheguru-waheguru-wahe-jio-0>

20) Ajai Alai 22 mins pg 177

<http://www.sikhnet.com/gurbani/audio/ajai-alai-2>

21) Jehovaah fm Baria Hath (Matamandir) pg 212

<http://www.sikhnet.com/gurbani/audio/bhari-hath>

Meditations w/o Music

1) Haree Haree Haree Haree Haree Haree Har pg 19

2) Sat Nam pg 31

3) Sa Ta Na Ma pg 56,68

4) Maaaaaa pg 38

5) Har Haray Haree / Wha-hay Guroo pg 58

6) Raa Raa Raa Raa, Maa (4x), Saa Saa Saa Sat Haree Har Haree Har pg 75

7) Sa Re Ga Ma.... pg 76

8) Hum Dum Hari Har Hari Har Hum Dum pg 116

9) Har Wahe Guru, Har Sat Nam pg 116

10) Har Har Har Dum pg 139

11) Har Jee Har Har Har Har Har Jee pg 167

12) Dhartee Hai Akaash Hai, Guru Ram Das Hai pg 197