



The Aquarian Teacher™ KRI Level Two Mind + Meditation - Course Music List



Chapter One: Mind & Meditation

Meditation Exercise 1: First Meeting Exercise | pg.3

- No Music Indicated

Meditation Exercise 2: Heartbeat Haven | pg.4

- No Music Indicated

Meditation Exercise 3: Play a Game with Your Senses | pg.5

- No Music Indicated

Kundalini Yoga Kriya: Balance the Mind 1 | pg.10

- [The Kulwant Singh Version of Chattr Chakkr Varti](#)
- [Rhythms of Gatka](#)

Meditation: Breaking the Piscean Hypnotic Trance | pg.13

- No Music Indicated

Meditation Exercise 4 for Your Gunas: Listening to Angelic Whispers | pg. 25

- No Music Indicated

Meditation Exercise 5: Clarity from the First Pauree of Japji Sahib | pg.31

- Chant: Japji Sahib

Meditation Exercise 6: Meditation on Naad to Balance the Gunas | pg.31

- No Music Indicated

Chapter Two: Synchronize Your Mind & Soul

Practice One: Developing the Beaming Faculty of the Self as Witness | pg.38,39

- No Music Indicated

Practice Two: Parbati's Kriya— The Blue Pearl | pg.40

- No Music Indicated

Meditation: Parbati's Kriya— The Blue Pearl | pg.42

- No Music Indicated

Meditations for the Three Minds | pg.48

- No Music Indicated

Kundalini Yoga Kriya: Balance the Mind 2 | pg.49

- [Aquarian March by Nirinjan Kaur](#)
- [Rhythms of Gatka](#)
- [Se Saraswati by Nirinjan Kaur](#)

Tattva Clearing Ceremony | pg.54

- Chant: Ong

Meditation: Self-Hypnosis to Develop Intuition | pg.57

- [Singh Kaur's Guru Guru Wahe Guru, Guru Ram Das Guru](#)

Exercise One: Observing the Mind and Locating the Self | pg.60

- No Music Indicated

Exercise Two: Three Pathways to Lock-In | pg.63

- No Music Indicated

Exercise: Observation & Shuniya to Lock-In Healing | pg.64

- **No Music Indicated**

Chapter Three: Dynamics of the Mind

Kundalini Yoga Kriya: Synchronize the Brain & the Tattvas | pg.74

- **No Music Indicated**

Meditation: Make Your Mind Sensitive | pg.76

- **No Music Indicated**

Kundalini Yoga Kriya: The Brain Doctor | pg.78

- Chant: Har Har Har Hari
- Chant: Guru Gaitri Mantra
- [Himalaya](#) or another beautiful song

Chapter Four: Deep Meditation: Balancing Your Aspects

Kundalini Yoga Kriya: Withstand the Pressure of the Times | pg.90

- **No Music Indicated**

Meditation: Kriya for Thoughtlessness | pg.93

- [Har Singh Nar Singh by Nirinjan Kaur](#)

Chapter FIVE: Mental Intrigues

Kundalini Yoga Kriya: Set for the Frontal Lobe | pg.106

- [Sukhmanee Sahib](#)

Meditation: Kriya to Clear Out Your Mental Paranoia | pg.108

- Gong (done with Yogi Bhajan on the video)
- [Singh Kaur's Beloved God](#)

Meditation: Sitalee Uni Kriya | pg.110

- [Sat Nam, Wahe Guru Indian version #2](#)
- [Bhangra Rhythms](#)

Chapter SIX: The Committed Mind: Effective Action & Happiness

Meditation: Butterly Kriya | pg.117

- **No Music Indicated**

Meditation: Four Stroke Breath to Build Intuition | pg.119

- **No Music Indicated**

Kundalini Yoga Kriya: Balance the Mind 5 | pg.121

- [Matamandir Singh's Halleluiah](#)
- [Nirinjan Kaur's Every Heartbeat](#)
- [Punjabi Drum music](#)