



The Aquarian Teacher™ KRI Level Two Lifestyle + Life Cycles - Course Music List



Day 1

- *Kundalini Yoga Kriya: Warmup I* | pg.16
 - No Music Indicated
- *Kundalini Yoga Kriya: Experiencing the Original You* | pg. 17
 - No Music Indicated
- *Kundalini Yoga Kriya: Living Weightlessly & Breaking the Bonds of Earth* | pg. 34
 - With Gong Playing:
 - [Dhan Dhan | Sangeet Kaur](#)
 - [Death is a Sacred Altar | Livtar Singh](#)
 - [Walking up the Mountain | Gurudaas Singh + Krishna Kaur](#)
 - [I Have God with Me | Krishna Kaur](#)
- *Kundalini Yoga Kriya: Crossing the Hour of Death* | pg. 49
 - No Music Indicated
 - A beautiful version of Sat Nam Wahe Guru

Day 2

- *Kundalini Yoga Kriya: Adjusting the Centers of Interconnection & Intercommunication* | pg. 71
 - Chant w/ Gong: Haree Har (No Music)
- *Kundalini Yoga Meditation: From Womb to Birth* | pg. 73
 - [Narayan Shabd](#)
 - Chant: Hum Dum Har Har Har Har Hum Dum (No Music)
 - [Tantric Har | SImran Kaur](#)
- *Kundalini Yoga Kriya: A Renewed Self-Concept* | pg. 77
 - No Music Indicated
 - Chant: (med. speed) Har Haray Haree Wahe Guru
 - [Ardas Bhaee | Anahatha Choir](#)

Day 3

- *Kundalini Yoga Kriya: Coordinating the Body, Mind & Soul* | pg. 84
 - [Jap Sahib | Ragi Sat Nam](#)
 - Chattr Chakra Vartee | Pritpal Singh (this is erroneously attributed to Pritpal. It is Kulwant Singh version that was used in class). That version can be purchased here: [Chattr Chakr Vartee](#) or here [on Spirit Voyage](#).
- *Kundalini Yoga Meditation: Meditation on the Flow of Life* | pg. 86
 - No Music Indicated
- *Kundalini Yoga Kriya: Ghost Kriya* | pg. 113
 - [Rakhe Rakhanhaar | Singh Kaur](#)
- *Kundalini Yoga Kriya: Kriyas for the Teen Years* | pg. 115
 - [Sodarshan Chakra Kriya](#)
 - Sassy Banghara Music

- *Kundalini Yoga Kriya: Sanmukh Kriya* | pg. 116
 - Sat Siri Akaal | (Any Version)
 - Chant: Wahe Guru
 - Chant: Sat Nam Sat Nam Sat Nam Ji Wahe Guru Wahe Guru Wahe Guru Ji
- Kundalini Yoga Meditation: Mediation to Balance Behavior + Impulse
 - **No Music Indicated**

Day 4

- Kundalini Yoga Warmup II | pg.127
 - **No Music Indicated**
- *Kundalini Yoga Kriya: Balancing Mind and Heart Unto Infinity Partner Exercise* | pg. 130
 - Mentally vibrate: So Hung
- *Kundalini Yoga Kriya: Recharge the Self for the Aquarian Age Sexuality Across the Life Span* | pg. 174
 - Have oranges for students
 - [Har Har Mukanday | Niranjana Kaur](#)
- Kundalini Yoga Venus Kriya | pg. 190
 - Chant: Gobinday, Mukanday...
- Rebirthing to Clear the Ghosts of the Subconscious | pg. 191
 - Chant: Humeet Hum Tumee Tum
- Kundalini Yoga Kriya: Unloading the Subconscious | pg. 192
 - [Promises Are Hard](#)
 - [Himalaya Song \(Child of God\)](#)
- *Kundalini Yoga Kriya: To Become Intuitive* | pg. 194
 - [Rakhe Rakhanhaar | Singh Kaur](#)
 - [Tantric Har | Simran Kaur](#)

Day 5

- *Kundalini Yoga Pranayam: Self-Care Breath* | pg. 201
 - **No Music Indicated**
- *Kundalini Yoga Kriya: Removing Fear of the Future* | pg. 202
 - Dhan Dhan | Any Artist
- *Kundalini Yoga Kriya: Beaming and Creating the Future* | pg. 203
 - **No Music Indicated**
- *Kundalini Yoga Kriya: Being Human: Balancing Heaven & Earth Partner Exercise* | pg. 232
 - [Har Singh Nar Singh | Nirinjan Kaur](#)
 - Rhythmic: Sat Nam Wahe Guru
- *Kundalini Yoga Kriya: Meditation For Maturity* | pg. 238 239
 - [Ragi Jagit Singh | Sat Nam Wahe Guru v. 2](#)

Day 6

- *Kundalini Yoga Kriya: For Energy and Rejuvenation* | pg. 249
 - **No Music Indicated**
- *Kundalini Yoga Kriya: Guided Meditation with the Master to Enter the Fall and Winter Season* | pg. 251
 - **No Music Indicated**
- *Kundalini Yoga Kriya: Longevity Kriya* | pg. 254
 - **No Music Indicated**
- *Kundalini Yoga Kriya: Breath of Ten: Meditation to Become Disease-Free* | pg. 259

- No Music Indicated
- *Kundalini Yoga Kriya: Meditation to Go Through Death Into the Higher Level of Ether* |pg. 260
 - Chant: Haree Haree Haree Haree Haree Haree Haree Har
- *Kundalini Yoga Kriya: Develop Your Hidden Greatness* | pg. 262
 - [Har Singh Nar Singh | Nirinjan Kaur](#)
 - [Ong Namō | Nirinjan Kaur](#)