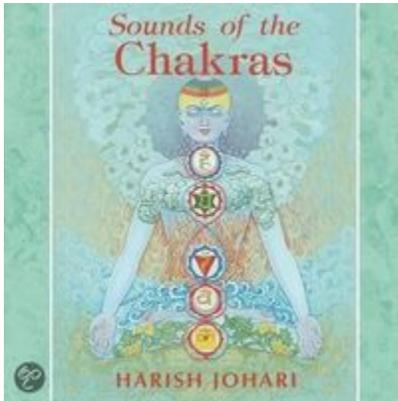


**DOWNLOAD
FOR FREE NOW!**



follow with ease.

A companion to Harish Johari's book *Chakras: Energy Centres of Transformation* this CD provides the authentic sounds for meditation on each of the chakras. While Johari's book gives phonetic guidelines for intoning the appropriate bija sounds learning the correct pronunciation requires a knowledgeable teacher and guide. In *SOUNDS OF CHAKRAS* Johari presents the entire intonation cycle that should be practiced with each chakra meditation in a manner that students can

