



Sounds of the Chakras

Harish Johari

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Sounds of the Chakras Harish Johari

A companion to Harish Johari's book *Chakras: Energy Centers 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 the Chakras*, Johari presents the entire intonation cycle that should be practiced with each chakra meditation in a manner that students can follow with ease.

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