

## BASIC POSITION

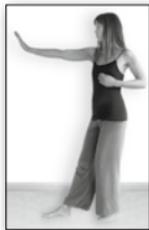


Stand in a relaxed position with eyes opened, in a warm and comfortable place. Lay both hands on the heart chakra (mid-point of the chest). Feel the rhythm of your heart-beat, and breathe relaxed and easy. Inhale fresh energy into your body - release old energy with your exhale.

The circle of giving and taking begins...

## PHASE 'NORTH' 6:08

Before the melody starts, listen very carefully to the initial four breathing examples. When the actual melody begins, exhale strongly and at the same time stretch the right arm and the right leg forward. The palm of your hand should face outwards - pushing the old energy out of the body.



While breathing in, return arm and leg to the basic position,

hands over your heart chakra. Now exhaling again, make the same movements with your left arm and leg. Keep repeating this movements with the rhythm of the music. (As the exercise progresses, the music gets faster).

**IMPORTANT:** *Please don't move forward with your whole body! Remain centered on the same spot, only moving your arms and legs - rooted to the earth.*

## PHASE

### 'EAST & WEST' 6:08

Again listen to the initial four counts of breathing. This exercise is similar, but instead of stretching forward, we now stretch sideways. Turn the upper part of your body slightly. As you breath out, stretch out your right arm and leg to the right (EAST), and with next exhalation stretch your left arm and leg to the left (WEST). While breathing in, return



arm and leg to the basic position, hands over your heart chakra. Repeat this sequence.

## PHASE 'SOUTH' 6:08



This time you stretch backwards. While breathing out, the upper body, head, right arm and leg are facing back to the right, while your left leg remains in place. While breathing in, return to the basic position. Now you repeat the same movement with your left arm and leg to the left side. Repeat this sequence.

## PHASE 'CIRCLE' 7:36

In this phase combine all three exercises in a flowing sequence. This is the most energetic part of the meditation. Repeat this sequence.

## THE INNER TEMPLE 5:36

Please sit in a relaxed position or lay down. Let the music flow gently through your body.

Breathe normal and feel the connection with your heart.

(You may lay both hands on your heart chakra).

## TIBETAN SOUND BOWLS 14:47

If you wish to continue to relax in total silence, please switch off the CD player after this music. Or you can surrender to the magic of Tibetan Sound Bowls and dive into an eternity of sound and silence...



## PLEASE NOTICE

'Heart Chakra Meditation' and "Heart Chakra Meditation 2 - Coming Home":

You can 'interchange' music and meditation-exercises between both CDs.

All music composed, arranged and produced by KARUNESH. More albums by KARUNESH are available at: [www.karuneshmusic.com](http://www.karuneshmusic.com)

