

## BASIC POSITION



Stand in a relaxed position with eyes opened, in a warm and comfortable place.

Lay both hands on the heart chakra (midpoint of the chest).

Feel the rhythm of your heartbeat, and breathe relaxed and easy.

Inhale fresh energy into your body - release old energy with your exhale.

The circle of giving and taking begins...



## HORIZON 8:24

Each exercise starts after the rhythmic intro of 4 bars. When the actual music begins, exhale strongly and at the same time stretch both arms and the right leg forward. The palms of your hands turn outwards - pushing the old energy out of the body. When breathing in, return arms and leg to the basic position, the palms of your hands over your heart chakra.



Now exhaling again, make the same movements with both arms and your left leg forward. Keep repeating these 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.*

## HEAVEN & EARTH 8:24

In this exercise keep your body in the same centered position and step with your right leg to your right side. At the same time stretch your left arm to your upper left (HEAVEN) and your right arm to your lower right (EARTH). The palm of your left hand should face upwards, the palm of your right hand downwards. Breathing in, return arms and leg to the basic position, hands over your heart chakra. With your next exhale, make the same movements to the left - right arm palm up to your up-



per right and left arm palm down to your lower left. Repeat this sequence.

## EXPANSION 8:24

This time you turn your upper body, right arm and leg back to your right side and your left arm moves up and



forward. Your left leg remains in place. The palm of your right hand faces downwards while the palm of your left hand is facing upwards. Breathing in, return to the basic position. Now you repeat

the same movement towards the left, with your left hand facing down and your right hand facing up. Repeat this sequence.

## THE CIRCLE 8:20

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

## COMING HOME 5:40

Please sit in a relaxed position. Breathing in through your nose, let the healing energy of the earth rise up your spine. Breathing out through your mouth, let this energy flow down the front of your

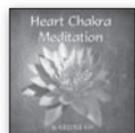
body and into the earth. (You may put both hands on your heart chakra).

## HERE & NOW 15:24

Lay down and let the music guide you into a total space of let-go. Nothing to do, nothing to achieve - just be in the Here & Now and let the healing sounds of the overtone singing flow through your whole body.

## BELL 5:30

Merge into the silence and let the sound of the Bell bring you back into your body.



## 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)

