

Music for 21 Stages

Most of the meditations have acapella mantra or silence with several notable exceptions, especially the 2.5 hour ones which have music. So attention to pace and projection is important for those. Appropriate substitutions made be made.

Music in 21 Stages Meditations	
Stage	Music
1.	Chant with slight drone from brow cavity
2.	P1: Breath sound- option rakhe- best <u>silent</u> P2: Snake Music,P3 Total Silent; R: light gong
3.	A. Breath silent , B. Partners alternate Whahe Guru no music, C. Breath silent
4.	Mental affirmations guided; R: choice
5.	No music
6.	P1-4 none or Sat nam whahe Guru Singh Kaur to set BoF pace,P8 Chant Long SN
7.	Humee Hum on Miracle Mantra Series; R: Gong
8.	P1-2 none; P3 Mantra chanted
9.	None; mantra chanted
10.	None mantra chanted
11.	Student chants Har Hum; Ha Ri Har;R; Music choice or Gong; Student Akal Sat
12.	Student mantra Ades then Har- no music, har rapid.
13.	Gobinday Mukanday...Best pace and tattva is Erin Kamler version
14.	Teacher chants sat nam long; then 7 Akaals; Rest uses Laya from original class (is on next miracle mantra CD with long ek and laya); R: Gong
15.	None
16.	Ajai Alai Use sada sat kaur version
17.	Monotone chant WG
18.	Chautay Padma Nirgun Mantra- nice if live music
19.	Student loud soft WG
20.	Ek Ong Kar Sat Gurprasad...chant or music if find rhythm right- acapella
21.	Whahe Guru for Sodarshan Chakra on Miracle mantra CD

So bottom line:

Sat Nam Whahe Guru Singh Kaur

Humee Hum Miracle mantra series

Gobinday Mukanday from Erin Kamler

Laya download to be Miracle Mantra series

Ajai Alai sada sat kaur

Whahe Guru Rhythm for sodarshan chakra kriya on Miracle mantra series

Gong playing and chanting for others