

ANAND VARSHA – Shower of Bliss – AHA Meditation for Singles

0:00

Tuning into the Space of the Heart

5:04

Heart Beat

Breathing in the Heart; Hands on the Heart.

10:00

Percussion

Strong Breathing in and out from Chest

With arm movements forwards and back into the Heart.

14:28

When flute comes: Connecting with Sky, arms up and down

Breathing between Heart and Sky

19:55

Mantra 1: Akash Gayatri

Keep arms up....

Receiving Blessings from the Sky

23:00

Hands come slowly down to Heart. Rest.

23:50

Dotara comes in.

Bending down to Earth. (Forehead touches the ground)

Come up and breathe in into Heart. Breathe out and bend to Earth

Breathe in into Heart and come up, etc.

28:57

Mantra 2: Prithvi Mantra

Melting with Earth. Stay down with Forehead on the ground.

32:50

Tampura

Come up with straight Spine

Mantra 3: Soham, I am all

Integrating Sky and Earth in the Heart

Movements with arms and hands up and down.

Breathe in into Heart - Breathe out to Sky - Breathe in into Heart - Breathe out to Earth -  
Breathe into Heart etc.

40:50

Malhar Raga with Flute

Enjoy bliss in the body; open to Self-Love

Touching the Body. Divine touching the Divine.

43:40

When percussion comes in: Dancing.

52:30

Mantra 4: Shanti Mantra

Lying down and relaxing.