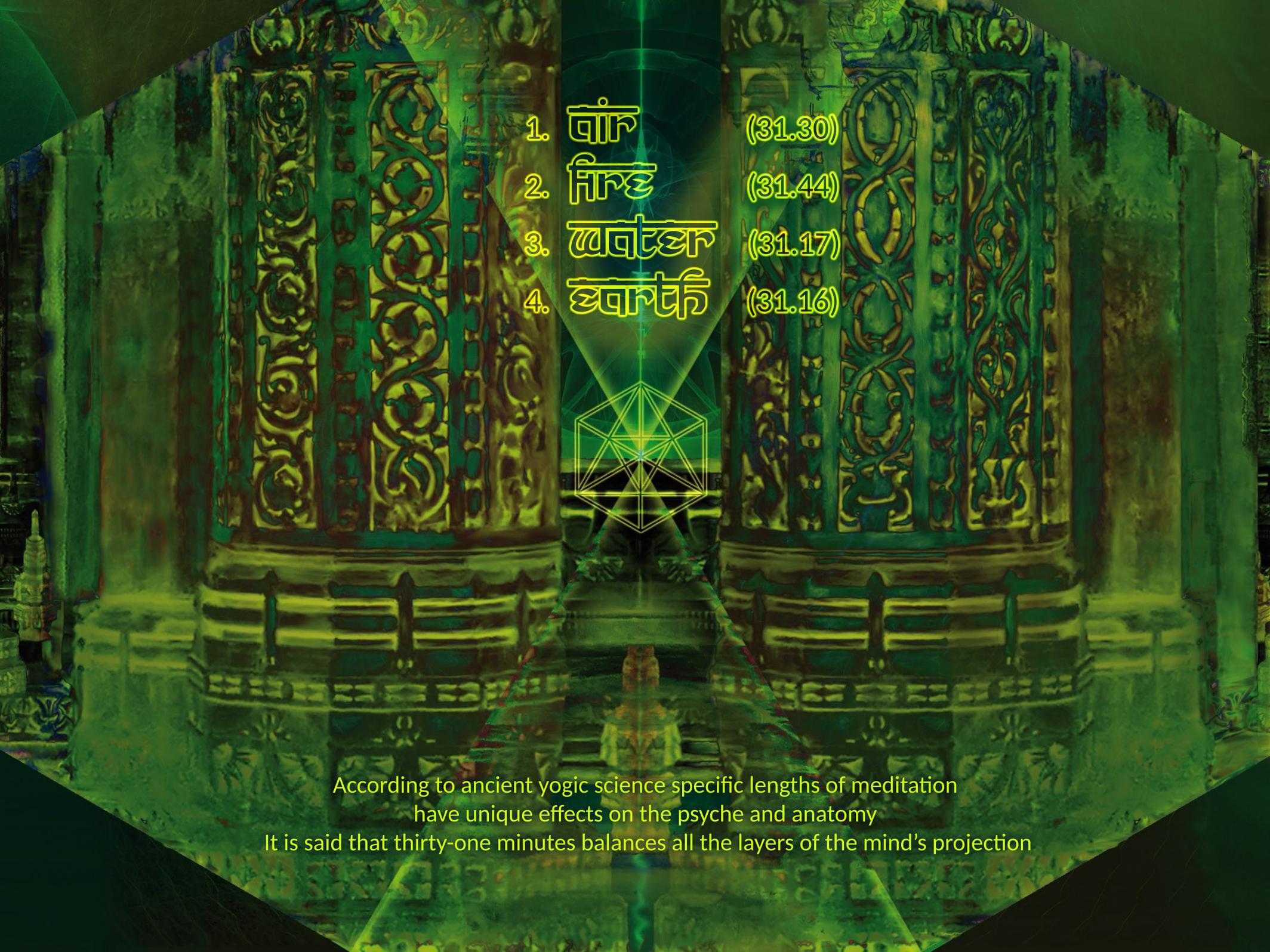


શિવલિંગ શિવમંત્રાલય ઓફ શિવલિંગ લાવેલોગ

શિવમંત્રાલય લેમ્બલિંગ  
શિવલિંગ લાવેલોગ

- 
- A person is meditating in a temple, with a Sri Yantra (a complex geometric diagram) overlaid on their body. The temple has ornate pillars and a glowing green light emanating from the top. The text is overlaid on the image.
1. वांर (31.30)
  2. गारुड (31.44)
  3. अवरुड (31.17)
  4. अवरुड (31.16)

According to ancient yogic science specific lengths of meditation  
have unique effects on the psyche and anatomy  
It is said that thirty-one minutes balances all the layers of the mind's projection

## वाँ

The element of wisdom, intuition, intelligence, communication and higher power. It is associated with the breath of life, perception, knowledge, philosophy, renewal and change.

It enhances the imagination, offers insights and inspires creative thinking. It encourages movement, new beginnings, harmony and balance. Its elemental beings are Fairies.

## फिरे

The element of alchemy, passion, power, dynamic energy and transformation. It sustains by giving warmth, courage, comfort and protection.

It purifies with annihilation and destruction.

It symbolises freedom, willpower, the light of truth, creativity, life-force, love, divine inspiration and spiritual enlightenment.

Its elemental beings are Salamanders.

## वाँतेर

The element of healing, emotion, purification, diversity and regeneration.

It has the ability to transmute and change form.

It is associated with dreaming, transition, devotion, fluidity and compassion.

It invokes gratitude and happiness whilst being innovative and expressive.

Its elemental beings are Sprites.

## इतर्त

The element of creation, fertility, sustenance, stability and abundance.

Its energy is that of growth, manifestation, preservation and conservation.

It is associated with nourishment, security, sensuality, health, strength, connection and dependability.

It symbolises evolution and the cycle of life, death and rebirth.

Its elemental beings are Elves.

*Wakan Tanka* - Great Spirit

*Pachamama* - Mother Earth

*Ayahuasca* - Vine of the Soul



All tracks written by Kwali Kumara and Pete Ardron  
Vocals - Kwali  
Recorded, produced and mastered by Pete  
at Pink Hamster, London



Text by Kwali  
Design by Pete



This album is dedicated with huge love and gratitude to our beloved mums Jill and Terri, and our dear friends Magdalena, Milena and Poppy dog, who all left this dimension to embark on the next great adventure whilst this album was being created.

Love and thanks to our families - Astro, Kosmo and Kaliki Star, Sam and Alia, Jody, Kathy and the fairies of Iver, Rach, Katharine and Ricardo, to the Valley Road crew - Pete, Gina, John, Elli, Joana, Leeroy, Billy, Monstar and River, to Daniel and all at Ensancha El Alma for their faith in us and to all those not listed here who support us and bring joy and inspiration into our lives; we hope you know who you are! xxx

[www.kwalikundalini.com](http://www.kwalikundalini.com)  
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