

MIRABAI CEIBA

sacred love meditations



This album with its enclosed instructional booklet is dedicated to open a pure space of love in your life. These meditations use the ancient technology of Kundalini Yoga as taught by Yogi Bhaian to help each one of us access that sacred space within to allow us to communicate from soul to soul and establish communication on a deeper level which may bring light and healing into our relationships.

1. Ang Sang Wahe Guru - Touching Infinity 12:08
2. Humee Hum - The Other Is You 12:04
3. Mera Man Loche - Unconditional Love 12:28
4. Hum Dhum Har Har - Merging Heaven and Earth 11:31
5. Wahe Guru - Connection and Deep Ecstasy 13:27
6. Blissful Night - Evening Prayer 6:23

Produced by Jamshied Sharifi
Executive Producer: Karan Khalsa
Design: Prana Projects

More Info: www.mirabaiceiba.com
Join Mirabai Ceiba on Facebook



We feel deeply fortunate and grateful to be able to share these sacred love meditations as taught by Yogi Bhaian with all of you. These meditations can create an open-hearted, spiritual space between two people or within yourself. They can serve as a tool to open communication on a deeper level which may bring light and healing into your relationships.

It is often difficult to find the time and space in our daily lives that are filled with everyday activities of work, household, children and so on to share with our partners that something that takes the relationship into a deeper level beyond the usual. When we do not make the effort to open that space, there are certain feelings and emotions that, due to the lack of deep communication, start accumulating in our bodies and minds. These may get stored in the unconscious mind and lead to suppressed feelings of frustration and anger with our partners and/or with ourselves.

Each one of us can access this sacred space within to allow us to meet each other on a deeper level and communicate from soul to soul, beyond our assumptions, expectations and worries.

We give thanks to all the people who have joined us in the creative process to make this album possible.

Special thanks to Jamshied Sharifi for another masterful production and guidance, Karan Khalsa for her constant support and inspiration, and for the most beautiful gift of the teachings of Yogi Bhaian.

With much love,
Angelika & Markus



1. Ang Sang Wahe Guru - Touching Infinity

Mantra:

Ang Sang Wahe Guru

Meaning:

The dynamic, loving energy of the Infinite Source of All is dancing within my every cell, and is present in my every limb. My individual consciousness merges with the Universal consciousness.

Meditation:

Sit comfortably facing your partner. Hold each other's right hand. Place your left hand on your partner's heart center. Look deeply into each other's eyes. Connect to the light in each other. Chant Ang Sang Wahe Guru together. Continue for 11 minutes.

To end, inhale deeply. Hold the breath. Close your eyes and recognize that your partner represents the entire universe.

(Meditation Instructions given by Karta Singh Khalsa, France)



2. Humee Hum - Recognize The Other Person is You

Mantra:

Humee Hum, Tumee Tum, Wahe Guru;
I am Thine, in Mine, Myself, Wahe Guru

Meditation:

Sit comfortably back to back with your partner. Sit with a straight spine. Place your right fist at your side with the Jupiter finger (index finger) pointing up, and place the left hand over the heart center.

Focus the eyes at the brow point. Chant along.

The heart center and throat center are both engaged during this meditation. On the sound 'he' (of Wahe Guru), the flow of power and energy is felt gently at the brow center. In this way clarity of mind comes. The sense of personal purpose and life purpose come. A profound connectedness arises with the other and with all that is. As we attune to the depth within our own consciousness (Humee Hum) and listen to the depth in the other person (Tumee Tum) and place both sensitivities before the Infinite (Wahe Guru), we are multiplied.

(Meditation Instructions given by Gurucharan Singh Khalsa, Portland, OR)



3. Mera Man Loche - Unconditional Love & Trust

This shabd, found in the Siri Guru Granth Sahib.
It was written as letters between Guru Arjan
and his father Guru Ram Das.

Shabd/Words:

Mera Man Lochai gur darshan taa-ee
Bilap karay chaatrik kee ni-aa-ee
Trikhāa na utarai shaant na aavai
Bin Darshan Sant pi-aaray jee-o
Hao gholee jee-o ghol ghumaa-ee
Gur darshan sant pi-aaray jee-o

Tayraa much suhaavaa jee-o sahaj dhun baanee
Chir ho-aa daykhay saaring paanee
Dhan so days jahaa too(n) vasi-aa
Mayray sjan meet muraaray jee-o
Hao gholee hao ghol ghumaa-ee
Gur sjan meet muraaray jee-o

Ik gharee na milatay taa kaljug hotaa
Hun kad milee-ai pri-a tudh bhagavantaa
Mo-eh rain na vihaavai need na aavai
Bin daykhay gur darbaaray jee-o
Hao gholee jee-o ghol ghumaa-ee
Tis sachay gur darbaaray jee-o

Bhaag ho-aa gur sant milaa-i-aa
Prabh abinaasee ghar meh paa-i-aa
Sayv karee pal chasaa na vichhuraa
Jan Naanak daas tumaaray jee-o
Hao gholee jee-o ghol ghumaa-ee
Jan Naanak daas tumaaray jee-o

Translation:

My mind longs for the vision of the Guru's Darshan
It cries out like the thirsty song bird for the nectar of your name.
My thirst is not quenched, and I can not find peace
Until I receive the Darshan the beloved saint.

I give myself, and my soul
for your Darshan, my beloved Guru!
Your face is so beautiful, and the sound of your words (shabd) is so filled with inner
wisdom.

It has been too long since this rainbird has had even a glimpse of water.
Blessed is the land, where you live, my friend and loved one,
my Divine teacher.

I give myself, and my soul, to my beloved, my Divine Guru
An instant away from you, brings darkness
When will I meet You, my beloved Waheguru?
I can't endure this night, sleep eludes me too
Until I see your home, my beloved Guru!

I give myself, and my soul to your true home, my beloved Guru!

By good fortune, I met my Saint Guru
and I have found that the immortal creator is within the home my own self
and so I will always serve you and never be separated from you
even for an instant.

Guru Nanak says:

I'm your slave, my beloved Lord.
I give myself and my soul. Servant Nanak lives to serve you.

Meditation:

Sit back to back with your partner with arms over your heads, holding each other's hands in beargrip (finger interlaced.)

Eyes are closed.

Breathe together the breath of the heart:

Inhale 8 times , hold together as long as you can , exhale 2 times powerful.

Communicate through the spine to align your breath together.

Open up to trust and unconditional love, end arguing , give up fighting and
surrender your power to the power of God.

(Meditation Instructions given by Karta Singh Khalsa, France)



4. Hum Dhum Har Har

Merging Heaven and Earth

Mantra:

Hum Dhum Har Har Har Har Hum Dhum

Meaning:

Hum is a mantra meaning The God within ourselves.

Dhum means The God outside.

Har is the creative power of the universe.

Meditation:

Sit comfortably facing your partner. Hold each other's right hand firmly. Raise the left arm 60 degrees in front of you and press your left palm into your partner's palm with nice pressure in between. Look deeply into each others eyes. Alternate your breathing and chanting. When the woman (or yin energy) chants, the man (or yang energy) inhales through the nose in 16 small sips of air with each part of the mantra, projecting the mantra mentally (each breath one word of the mantra). After inhaling, allow the exhale to come naturally while chanting as your partner then inhales in 16 small sips. This is a call and response. While one partner sings, the other inhales, then they exchange.

You are me , I am you, we are one. Melt all the differences and enter a circle of Oneness. Let heaven and earth come to meet.

(Meditation Instructions given by Karta Singh Khalsa, France)



5. Wahe Guru

Connection & Deep Ecstasy

Mantra:

Wahe Guru

Meaning:

Wahe is a statement of awe and ecstasy.

Guru is the one who brings us from darkness to light.

Wahe Guru is an expression of complete ecstatic awe of the Divine.

Meditation:

Sit on your heels or in a comfortable pose, facing your partner.

Lean forward and touch your foreheads together.

Place your hands on each other's shoulders or around each others waists. In this posture, you are connecting at the third eye. You will feel the stimulation in your third eye, activating the pituitary gland, the seat of your intuition.

Breathe together with the instrumental music. When the chanting begins, join together and chant Wahe Guru slowly, even whisper it, and bring yourself to a place of deep and subtle ecstasy.

(Meditation Instructions given by GuruTej Kaur, Los Angeles)



6. Oh Blissful Night

Night Prayer

from Siri Guru Granth Sahib
words by Guru Arjan
adapted into English by Prabhu Nam Kaur

Vadh Sukh Rainarhee-ay
Pria Praym lagaa.
Ghat dukh needarhee-ay
Parsau sadaa pagaa.

Oh blissful night, long be thy hours
And troubled sleep be brief
I have a tryst with the one I love
I long to touch God's lotus feet

Mirabai Ceiba are:

Angelika Baumbach - vocals, harp, piano, harmonium
Markus Sieber - vocals, guitars

Musicians:

Benjamin Wittman - percussion
Bogdan Djukic - violin
Jesus Mejia- nylon-string guitar
Leonardo Nieto Joly - sitar
Dafer Tawil - ney, bendir
Ramesh Kannan - tabla
Alexander Sieber - vibraphone
Miyuki Sakamoto - background vocals
Jamshied Sharifi - keyboards, bass, electric guitar, background vocals

on Blissful Night:

Megan Gould - violin
Karen Waltuch - viola
Noah Hoffeld - cello

Music written by Markus Sieber, except Mera Man Loche written by Angelika Baumbach,
Wahe Guru by Markus Sieber and Angelika Baumbach
and Ang Sang Wahe Guru by Markus Sieber, Angelika Baumbach, and Jamshied Sharifi
Arranged by Jamshied Sharifi and Mirabai Ceiba
Recorded by Charles Eller in Charles Eller Studio, San Pancho, Nayarit, Mexico
Additional Recording by Jamshied Sharifi in New York City
and by Felipe Gonzalez-Camarena in Los Amoritos Studio, Tepoztlan, Mexico
Tabla Recording by Todd Boston in Lagunitas, CA
Mixed by Jamshied Sharifi
Mastered by Andy VanDette

Photography: Igor Nieto Joly
Design: Prana Projects

Also Available from Mirabai Ceiba



- | | |
|-------------------------------------|------|
| 1. Between The Shores of Your Souls | 3:44 |
| 2. Ocean of My Dreams | 4:32 |
| 3. Become My Life | 3:06 |
| 4. Inside the Majesty | 4:07 |
| 5. La Luna | 4:31 |
| 6. El Instante Eterno | 4:52 |
| 7. Love Writes | 3:19 |
| 8. Tells The Clouds to Weep | 2:50 |
| 9. Breeze At Dawn | 4:38 |
| 10. Burn of The Heart | 4:59 |

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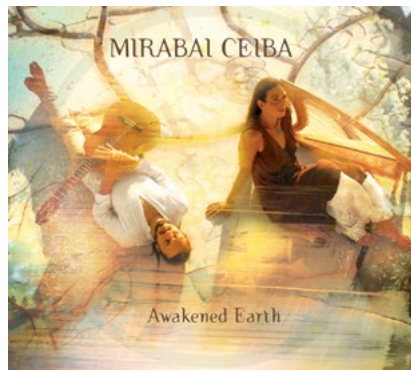
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A true musical love-affair, this album features the enchanting interplay of the vocals of this duo, evoking the perfect balance of yin and yang, masculine and feminine in every note. Angelika's lilting song-bird voice is wrapped in the warmth of Markus' gentle melodies. You feel Mirabai Ceiba's album move through your body like inhaling a sea breeze before you consciously hear it with your ears.

The album features a truly incredible line-up of world-renowned musicians who are each experts in their own field. Norwegian Jazz musician Nils Petter Molvær brings his world-acclaimed trumpet into the lush world of this album with such a gentle touch, it feels that it was made for this music. The double cello artistry of both Noah Hoffeld and Yoed Nir is a delight, with each of their individual styles evoking a range of musical expressions that carry you from song to song. Megan Gould's violin and viola bring her signature touch of elegance and sweetness. And through it all, Benjamin Wittman's steady, deeply moving percussion carries the music forward with a rhythm that you will feel deep inside of you.

And the weaving of this tapestry is artfully carried out by the skillful production of Jamshied Sharifi who also plays keyboards, bass, electric guitar, ukulele and tambour on this album.

Also Available from Mirabai Ceiba



- | | |
|--------------------------------------|------|
| 1. Ong Namo - Divine Wisdom | 7:48 |
| 2. Aad Gurey Nameh - Protection | 6:02 |
| 3. Har Mukanday - Liberation | 8:57 |
| 4. Sat Gur Prasad - Blessing of Life | 7:44 |
| 5. Guru Ramdas Rakho Sarnaee | 8:43 |
| 6. Sat Siri Siri Akal - Aquarian Age | 7:42 |
| 7. Shree Ma - Universal Mother | 5:04 |
| 8. Oh My Soul - Kabirs Song | 4:45 |
| 9. Go In Beauty | 2:58 |

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Markus and Angelika have done it again! With Awakened Earth, their music has flourished to brighter, broader and yet deeper places in the sacred music spectrum. Opening with the hauntingly beautiful sound of the duduk, the album continues on to astonish you with its rich layers of beauty. Angelika's sweet, soaring voice glides in such simple and evocative harmony with Markus' gentle rich singing.

This is the second musical partnership with producer Jamshied Sharifi, and like the first, A Hundred Blessings, this album invites you to a magical exploration of the undiscovered worlds that music can lead you into. With amazing guest performances from Yoed Nir on cello, Anders Boström on flute, Roubik Aroutiounian on duduk, Megan Gould on violin and viola, the musicianship on this album is unparalleled. The intertwining of Markus' guitar and Angelika's harp carries their signature sound through this album, with Jamshied's keyboards, accordion and bass creating rich textures throughout the music.

Also Available from Mirabai Ceiba



- | | |
|------------------------|-------|
| 1. A Hundred Blessings | 3:31 |
| 2. Sa Ta Na Ma | 8:05 |
| 3. Pavan Guru | 7:57 |
| 4. Aadays Tisai Aadays | 7:25 |
| 5. Ra Ma Da Sa | 11:13 |
| 6. Joy Like Spring | 3:43 |
| 7. Prithvi Hai | 6:58 |
| 8. Gobinday | 6:42 |
| 9. Despierta | 6:14 |
| 10. Even As Night | 3:13 |

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Spirit Voyage is overjoyed to announce the release of Mirabai Ceiba's newest album A Hundred Blessings. Their artistry flows through this album on a wind of rich creativity, musical depth and sacred spirit. With a beautiful blend of mantras and songs, this album includes the prayers and mantras of Guru Nanak and Yogi Bhajan blended with the poetry of Rumi, Thich Nhat Hanh and Mirabai Ceiba's own gentle poems.

Angelika's harp and piano and Markus' guitars are the musical foundation supporting the intimate marriage of their voices on this album. They are joined by the masterful cello of Cameron Stone, the eclectic and irresistible percussion of Benjamin Wittman, the amazing tablas of Arjuna Alan Bruggeman, the ney and recorders of Daphna Mor and the absolute musical wizardry of Jamshied Sharifi on piano, pump organ, bass, accordion and electric guitar.

Also Available from Mirabai Ceiba



- | | |
|----------------------------------|------|
| 1. Ardass Bhaee | 8:22 |
| 2. Ocean | 6:27 |
| 3. Sa Re Sa Sa | 5:53 |
| 4. Ajai Alai | 8:39 |
| 5. Ant Na Siphatee | 7:24 |
| 6. Song to the Pleiades | 6:58 |
| 7. Long Time Sun (El Eterno Sol) | 2:22 |

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Ocean's songs and chants carry you on a gentle tide of harp, acoustic guitar, cello, bansuri flute, tablas and the delicate interweaving of Gurmukhi mantra with English, and Spanish lyrics. Mirabai Ceiba is a partnership between Angelika Baumbach and Markus Sieber, whose perfect union is revealed as they weave in and out of their songs with the lightest of touches. Angelika's crystalline voice floats above the music as she plucks delicately on her harp. Markus plays acoustic guitar with a bright Spanish style, and his gentle voice adds a rich depth to the music. Thomas Barquee's expert production showcases their music in this album that is the perfect companion for yoga, relaxation, meditation and healing.

Also Available from Mirabai Ceiba



- | | |
|----------------------|-------|
| 1. Corazon | 5:11 |
| 2. Hon Hon Hon | 3:57 |
| 3. Flores de Colores | 5:19 |
| 4. Aportua | 6:14 |
| 5. El Mar | 4:58 |
| 6. Ojos | 4:10 |
| 7. Ayum Mapu | 4:35 |
| 8. El Viento | 7:13 |
| 9. Guru Ram Das | 13:00 |

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Featuring stirring songs on love and life from the Mexican Hispanic and Native Indian cultures, Flores is both spiritual and sensual.

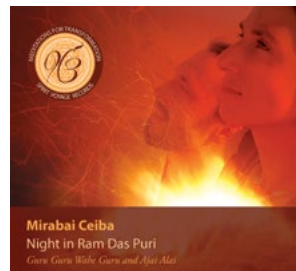
Angelika and Markus found a deep connection in the expression of their music and perform together as Mirabai. The album is a beautiful interplay of rich vocals, reflective poetry, celestial harp and gentle nylon-string guitar. Cello, woodwinds, keyboard, bass, and percussion bring flavors from around the globe to their stunning debut album.

Yoga music, world music, meditation music, reflective music, deeply moving music - all of these labels fit Mirabai's first album.

Also Available from Mirabai Ceiba

The Mantras for Transformation Series

The basic guideline for these meditations is to try them out for at least 40 days. According to Yogi Bhajan, in 40 days you will break a bad habit, in 90 days you will create a new positive habit, and by 1000 days you will experience mastery.



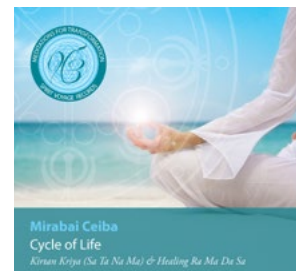
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