

Krishna Das - Enter Into Your Heart Space Through Devotional Chanting 2022

In this online course with worldwide icon Krishna Das, you'll discover:

- Powerful guided practices, including chanting, awareness of breath, **repetition of the name with breath** (*japa*), the Loving-Kindness (*metta*) meditation, and many heart-opening chants
- How to **release your thoughts — and let go of the stories** you believe about yourself and your life
- Respite from your **overactive mind and anxiety around the global pandemic** — and a much-needed reset
- How **cultivating your spiritual practice can help you move through times of crisis**
- Practices to help you **let go of negative emotions, calm your monkey mind**, and release yourself from everything else that takes you away from where you are right now
- How **families, teachers, and cultures affect the way you think about yourself** — and keep you caught in a worldview that doesn't include Real Love and Real Happiness
- The power of **getting accustomed to just being here**, sitting with yourself
- Krishna Das' experience in India that saved him — and showed him **it was OK for him to be alive**, and that *maybe everything was going to be OK*
- His Guru's teachings on how to find God by serving others
- The **4 Immeasurable Qualities**: Equanimity, Loving-Kindness, Compassion, and Sympathetic Joy
- How your spiritual practices can empower you to return again to the space within yourself where true love and joy live

What You'll Discover in These 6 Modules

In this 6-module transformational online course, **Krishna Das** will guide you through the skills and competencies you'll need to release negative thoughts and return to kindness, compassion, and love.

Transformative Chanting Practices

Krishna Das will share practices to deepen your understanding of spiritual archetypes and devotional personalities through the lens of his own powerful life stories.

Each module will open with a chanting practice, and Krishna Das will introduce you to wisdom teachings — with plenty of pre-recorded question-and-answer sessions woven throughout.

Module 1: Meeting the Spiritual Path



In this opening module, Krishna Das (KD) will share how his own moments of recognition started him on his spiritual path...

... and how YOU are likely becoming more and more aware of your own need and longing to find a more fulfilling way of living in this world.

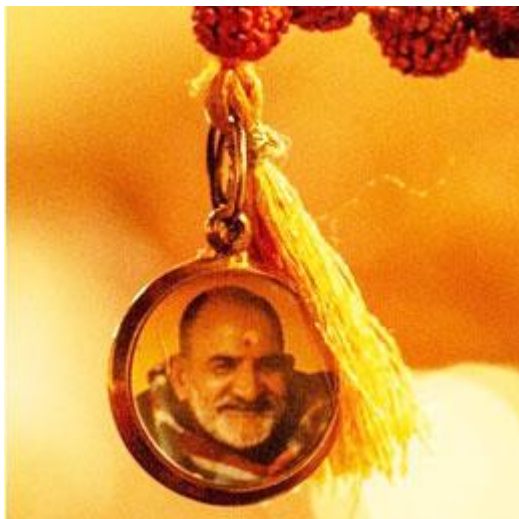
Along the way, you'll explore the true meaning of spiritual practice and why it's so different from religious practice.

Krishna Das will also walk you through the causes of suffering and the Four Noble Truths of Buddhism.

In this first module, you'll discover:

- What KD learned from his **early life and hidden pain**
- How to **recognize what your dissatisfaction with your life means** — and your desire to find a deeper, more meaningful way of living
- **The Path of Yoga:** including the concepts of Karma, Bhakti, Jnana, and Raja Yoga
- The **books that have impacted KD's journey**, including *Autobiography of a Yogi*, *The Gospel of Sri Ramakrishna*, and *Zen and Japanese Culture*
- A guided practice: **Awareness of Breath**
- A **short opening chant** with KD

Module 2: A Life-Changing Meeting With Ram Dass



As the path becomes real, you'll begin to understand that real love exists in the world... and that, as KD puts it, somehow you've tripped and fallen onto *the Path to that Love*.

In this module, he'll share how reading the epic poem *Ramcharitamanasa* rewired his brain for a whole different type of love...

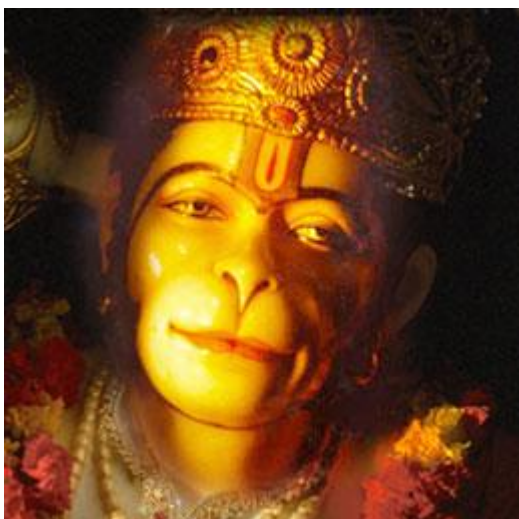
In the story of Ramacharitamanasa, the individual soul has been kidnapped by the ego, held captive by the senses and the many distractions of the external world — until it's rescued and returned to the presence of God.

KD will share how this striking story can apply to your life, too — opening you up to this new type of love.

In this module, you'll also explore:

- How KD **first crossed paths with Ram Dass** — and how it changed his life and spiritual path forever
- Why KD knew he had to go to India in search of Ram Dass' legendary guru **Neem Karoli Baba (Maharaj-ji)** — even though he'd just been offered a spot as the singer of a soon-to-be very successful rock band
- A powerful practice: **repetition of The name with breath** (*japa*)
- A brief-yet-transformative chant

Module 3: Going to India & the Power of Devotion



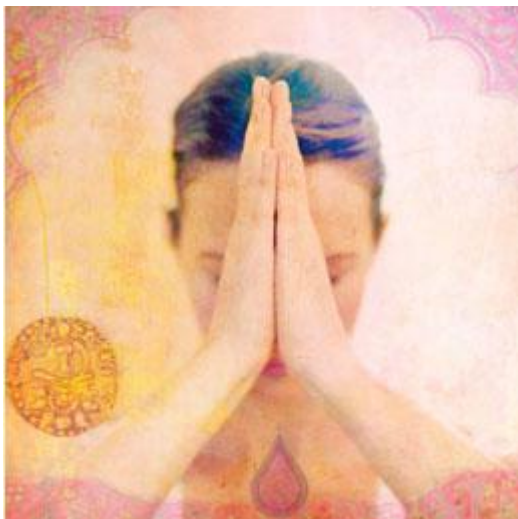
In this module, you'll explore the ways you're likely seeing the world through the lens of what Krishna Das calls "**our Western neuroses**" — the result of being born into a culture that often seems to only believe in sense pleasures and emotional love.

You'll also discover one of the most revered hymns of the Indian devotional tradition, the **Hanuman Chalisa** — and explore how these 40 powerful verses can fill you with divine energy, remove obstacles on your path, and **fulfill your true desires**.

In this module, you'll:

- Discover how chanting really works — and why Sri Ramakrishna taught that **every repetition holds the potential of openness**, awareness, and freedom
- Explore the wisdom of **the Old Devotees**: Dada Mukherjee, Tewari, and Krishna Kumar (KK) Sah
- Discover how Ram Dass' stories of the legendary guru **Neem Karoli Baba (Maharaj-ji)** inspired Krishna Das to leave behind his rock-star dreams — and seek out this remarkable Being
- Hear the story of Shiva Puja with the Tewari family in Nainital
- Chant the **Hanuman Chalisa** along with KD

Module 4: Refuge & Shelter in the Heart



What is the **Path of Loving Devotion** — and what does it mean for a **Western person in a modern world**?

In this module, you'll deepen your understanding of this path as Krishna Das shares devotional chants and stories that have brought this path to thousands of seekers...

The words of these chants are called the **divine names** — and as you'll discover, they come from a place in your own heart that's deeper than your thoughts and emotions.

From the repetition of the names, you'll move more deeply into your own true nature — and gain a new understanding of yourself as you finally experience the grace of trusting your own heart.

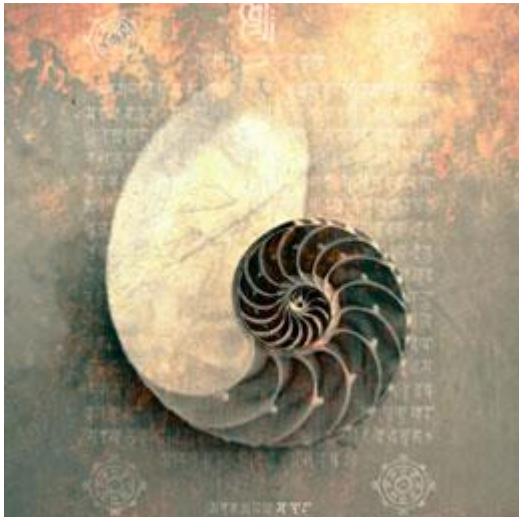
As you chant along with Krishna Das, you'll release thoughts and emotions that create suffering and pull you out of yourself.

In this module, you'll discover:

- Powerful **quotes from saints and scriptures** that can deepen your journey

- How **devotional chanting helps you directly experience the liberating power** of faith, compassion, and surrender
- How to **develop faith and confidence** in your practice and your life
- How the practice of chanting can **remove the obsession we all have with our small “s” selves** — what Krishna Das calls “the movie of me” — as you free yourself from the negative emotions (fear, anxiety, and more) that stem from separation
- A series of **uplifting chants**, led by Krishna Das

Module 5: Kindness, Compassion & Grace



At this point in your journey through this course, you’ll discover **how to plant the seeds that will grow into a life of joy**, happiness, and freedom from your Shadow...

In this module, Krishna Das will share stories of his time with **Maharaj-ji (Neem Karoli Baba)** — and explore the many ways he taught and transformed his students.

KD will also share the story of how he once hurt his knee in India so badly he could barely walk — and how **Maharaj-ji shared a Bible passage that taught him to surrender** to the higher power and the deeper place within.

You’ll hear the story of how Krishna Das’ Guru continues to teach, train, and guide him — even now, 45+ years after He left the body.

In this module, you’ll explore:

- Krishna Das’ experience in India that saved him and showed him it was OK for him to be alive and that maybe *everything* was going to be OK!
- His Guru’s teachings on how you can find God by serving others
- The Hungry Hearts chant — and **what we can learn about the spiritual practice of serving others** from the story of its creator, Zen master and social justice activist Roshi Bernie Glassman
- The **4 Immeasurable Qualities and how they manifest in our lives**: Equanimity, Loving-Kindness, Compassion, and Sympathetic Joy
- The powerful Loving-Kindness (*metta*) meditation and chanting practice

Module 6: Pujas, Prayers & Practice



In your closing module with Krishna Das, you'll synthesize everything you've been learning. KD will share the subtle, yet deep nature of the real changes he's experienced through committed practice — changes you can experience too, even after this course comes to a close.

As you'll explore, it's essential to consistently exercise your *letting-go* muscle — and discover how happiness allows you to remain fully engaged with whatever's happening in the moment.

You'll come to understand that **your natural state is joyful, and not dependent on external circumstances.**

In this final module, you'll discover:

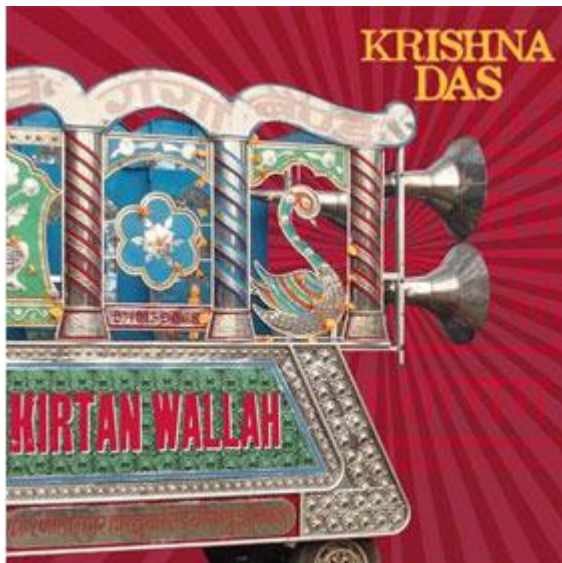
- The true **meaning of grace and surrender** — and how they help you recognize your life as your Path
- Powerful quotes from saints — including **Ramana Maharshi, Ramakrishna, and Buddha** — that you can apply to your spiritual life right now, and moving forward
- KD's memorable and impactful **"happiness story" featuring the Dalai Lama**
- **A discussion about grace versus personal effort**
- **A closing chanting practice with KD** and your new global community

The Devotional Chanting Bonus Collection

In addition to KD's transformative 6-module online course, you'll receive these powerful bonuses to complement the course and take your understanding and practice to an even deeper level.

Kirtan Wallah

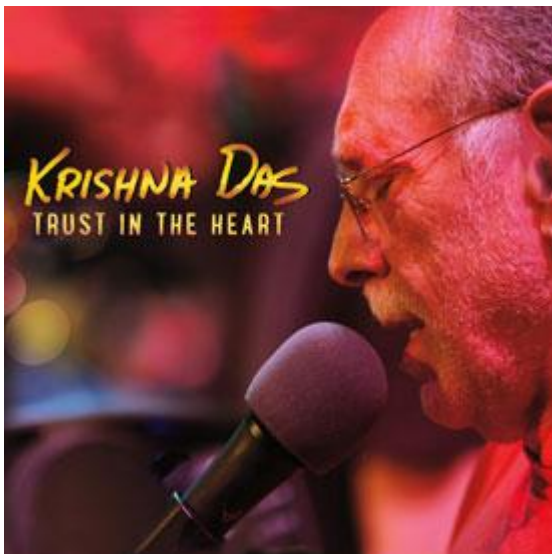
Audio Album From Krishna Das



With the release of his 14th album, *Kirtan Wallah* (one who sings kirtan), Krishna Das offers a Westward-leaning album, **fully embracing his American roots in rock and country** — while embodying the spirit of deeply devotional Indian chants. You'll hear traditional melodies, bansuri flute, acoustic guitars, country swing, and so much more.

Trust in the Heart

Audio Album From Krishna Das



On his 15th album and newest full-length release, Krishna Das has woven together an elegant, uncompromising collection. The groove is restrained, sparse, and deep, creating **the perfect space for the Divine Presence to manifest**. KD offers the bare essence of kirtan — a calling out to the divine presence within ourselves.

Harmonium Tutorial Song: Govinda Hare/Pilgrim Heart

Video Teaching From Krishna Das



Follow Krishna Das' mini video tutorial, as you learn to **play KD-style chords** on your harmonium. Designed for those who have some familiarity with playing music, this training session was recorded in his own living room.