

9 Centers Audios Timestamps

Intro (2:06 mins)	CD 1 // Track 1
Spleen (28 mins)	CD 1 // Track 2-4
Ajna (40:15 mins)	CD 1 // Track 5-7 CD 2 // Track 1
SolarPlexus (56:11 mins)	CD 2 // Track 2-6
Sacral (42:39 mins)	CD 3 // Track 1-4
Root (33:05 mins)	CD 3 // Track 5-6 CD 4 // Track 1
Head (33:57 mins)	CD 4 // Track 2-4
Ego (35:17 mins)	CD 4 // Track 5-6 CD 5 // Track 1
G/Self (49:23 mins)	CD 5 // Track 2-5
Throat (34:01)	CD 6 // Track 1-3
Wrap up (29:24)	CD 6 // Track 4-6

Notes:

Wrap up - Ra is discussing some charts plus other stuff

For the sacral and root, on CD 3 - track 5, he does a relationship between the two by discussing the channels. I just put the audio under root just FYI