

See inside pages for guidelines.

*“Cut through the projections of the mind
to the inner reality of your true being.
You will discover not only the brilliance of your
own soul but a whole new, expanded world.
It’s worth the effort.”*

Jeru Kabbal



ACCELERATED
PERSONAL
TRANSFORMATION

© Jeru Kabbal, Tantra Productions
The Institute for Accelerated Personal Transformation
P.O. Box 1111, Mill Valley, CA. 94942
Tel. (415) 435-7531, Fax (415) 898-8501
<http://www.jerukabbal.com>

Manufactured and printed by Disc Makers, New Jersey, U.S.A.

Note: If friends would like to experience this process with their own copy,
please ask them to order from the address inside this folder or refer them to
their local music or bookstore.

CDQ104

Powerful spiritual expansion

Gentle inner transformation

Satisfying emotional release

SUNRISE OF THE SOUL

WITH JERU KABBAL

*from The Quantum Light Breath series
The transformational breathing process
with evocative music that you can do in the privacy of your own home!*

IMPORTANT GUIDELINES:

Before beginning, make sure that you will be undisturbed.
It is important not to interrupt the process.

Posture is extremely important. Even a small backward bending of the spine can block your entire experience.
Sit with spine straight with the small of the back arched forward.

Breathe either through the nose or mouth.

If any physical symptoms develop which seem unpleasant, either slow down the breathing or focus more on the inbreath.

If possible, allow some time to be with yourself after the process. Do not drive or operate equipment until 10-15 minutes after finishing.

You may do the process as often as feels right for you. However, a minimum of once a week is suggested in order to maintain your progress. Doing it more frequently will accelerate your transformation.

*For further tips ask for the free booklet,
"How to Get More from The Quantum Light Breath."
Send \$1 for postage to address on following page.*

CDQ104

JERU KABBAL

A modern sage, Jeru is a teacher whose path began with western psychology, western religion and western business. Giving up all of this, he delved deeply into eastern mysticism, spending twelve years in intense association with the Indian master, Osho.

One of the foremost pioneers in the new field of psycho-spirituality, Jeru is a master at combining western pragmatism with such seemingly diverse subjects as the subconscious mind, Quantum physics and eastern mysticism.

TO LEARN MORE ABOUT JERU'S WORK

Jeru is the founder of The Institute for Accelerated Personal Transformation and the clarity process.® He conducts workshops and seminars helping people open up their hidden potential by connecting with their true nature. For those unable to attend these workshops he offers tapes, videos and home study courses.

For information:

The Institute for Accelerated Personal Transformation

P.O. Box 1111, Mill Valley, CA. 94942
Tel. (415) 435-7531, Fax (415) 898-8501
<http://www.jerukabbal.com>

SPECIAL THANKS

Our gratitude to those inspired, soul-touching composers whose works we have used in this recording.

© 1995 Jeru Kabbal, Tantra Productions
P.O. Box 1111, Mill Valley, CA 94942