



Saturday, May 2, 2020
10:00am PT / 1:00pm ET

Dear Friends,

Just a quick reminder to RSVP if you haven't already. KD is doing a free virtual event with The Shift Network, that you don't want to miss!

Join us on Saturday, May 2, for an introduction to the sacred process and profound effects of chanting — in a free video event, **Enter Into the Heart Through Chanting Practice with Krishna Das: A Kirtan Musical Experience to Find Loving Presence & Peace of Mind.**

You can register here:

<https://shiftnetwork.isrefer.com/go/cpKD/a16711/>

Devotional chanting, which is practiced in a wide range of wisdom traditions, has been used for centuries as a way to train people to stay present in the here and now.

Chanting helps you stay focused... using the mantra as the object of awareness.

It coaches you to exercise your *letting-go muscle* — and develop inner strength to release negative thoughts and emotions and the stories you believe about yourself... or anything else that takes you away as each moment comes and goes.

During this profound and inspiring hour, you'll discover:

- How to **release your thoughts — and let go of the stories** you believe about yourself and your life
- A chant in which you recite names of the Divine... to start to **uncover love and peace in your heart and develop your inner warrior**
- Respite from your overactive mind and anxiety around the global pandemic — a much-needed reset
- The many ways you'll begin to *sit differently in your heart* as you practice chanting — and how that may manifest in your life
- A taste of how, when you chant as daily spiritual practice, you start to **calm your mind, relax your body, and come into rhythm** and alignment with the deeper, more radiant Presence within us

Each time you come back to the mantra, you create new neural pathways in the brain which allow you to move more deeply into who you really are: Truth, Beauty, Unlimited Joy... and Real Love.

During this event, KD will engage you in a specific chant — a devotional mantra in which we recite different names of the Divine Presence.

Repeating this mantra wholeheartedly can help you calm your mind and access your inner strength, which influences your experience of life regardless of what's going on in the outside world, even if just for a few minutes.

You can RSVP for free and even if you can't attend live, you'll receive a downloadable replay later:

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