

The following ragas are available to study for meditative purposes. I will teach which ragas correspond to which chakrās. Some of them follow the deep traditional notation, some follow the teachings of the late Dr. Pt. Arun Apte and some come through my own meditative study.

Raga Name	Bandishes (Vilambit khyal/chota Khayal)
Agni Mandal- Fire circle	
ShyāmKalyān	1 Sāvan ki Sānj Vil/ Nand bulāvat –Pt Arun Jere. 2 Tērō dhyān ati pāvan Late Pt Arun Apte 2 Jiyō mērō lāl-Vil- Pt Haldankar.
AliyaBilawal Dēvgiri bilawal	Daiyā yē kahāVil/Kavan batariyā Pt Arun Jere. Piyābin kai sē kahiya/Tumbin kaon khabar mōri lini-Pt Haldankar.
Mahuvanti	Jāvō jāvō rē Vil /Kāhē mankarō Late Pt Abhyankar and Pt. Digrajkar
Gauri (Bhairav that) Kabirigauri-kāpar Subhragauri	Tōre milanki /Tōre binā Pt Haldankar Yār katāni/Sāvan garaj rahi Akbar daura Rajan Āyā
Lalitāgauri	Pritam saiya/Shubha mangal Prasādvā-Late Pt Limayebuva-seminar
Māravā	Tu hi jagdātā/Māru kavan kāj Pt Arun Jere Gurubin gyān –own bandish Mankar
Yaman	Kai sakhi kai sakhi/Eri Ali piyā bin/Mōndar man lāgē-Pt Arun Jere Nāda bramha-Pt Arun Kulkarni Gārē mangal-Mankar Mātāji tu hi bhavāni/Ghar āye Mātāji/Saraswati vandanā Late Pt. Arun Apte
Tōdi	Ab mōre Rām/Langar kā kari/ Kanhā muraliyā Pt. Arun Jere
Depak Rāga	Intro only Purvi/Kalyan/Bilawal thāt
Adana	Mata Kalika Late Pt Abhyankar and Kunjika stotra-Sanskrit
Surya Mandal –Sun circle	
Bhatiyar	Uchat gai/Ea kartar. Pt Arun Jere and lalat bhatiyār Pt. Haldankar
Gunkali	Gunkri (Bhairav that) Sāvriyā man bhāyā/sāvriyā Gahar nahi āyā Pt Arun Jere Damaru Har kar bāje – Pt Abhyankar. Gunakali (Bilawal thāt) – Mōhē lēt
Lalit	Rain kā sapanā/Bhandā yāradā/Piyā piyā karat papiharā Pt Arun Jere.
Abhōgi Kanadā	Kundan ki Zalakari/Dars bin byākul –Pt Arun Jere and Prakash Patil
Malkauns	Dukhavā mai kaisē/Mukha mōra mōra Pt Arun Jere Karō Dhyān Shri Nirmalā mā kā-Pt Shayam Poharekar Nagpur Tarānā-Tānum tanat dērē Pt Arun Apte
Hamsadwani	Barmha shōdhilē-Bhajan and Vātāpi Ganapati Bhajē ham-Karnataki-South Indian style
Sanskrit stōtrā	Annapurnā Stōtrā
Kēdēr	Ban thanakā/ jō jō bunda padē Pt Arun Jere, Gururaya majavari-Mankar
Durgā	Sakhi mōri rum zum/Jivan kē mam prān-Pt Arun Jere Jai Jai hō mahimā –Late Pt Arun Apte, Jai Jai Shri Durgā mātā- Pt Abhyankar
Bhairav	Bālamuva mōrē saiya/ Jāg Jāg Pt Arun Jere, Shivpanchakshri stōrā- Pt Arun Apte
Ahir bharav	Banarā Mōrā/Rasiyā Mhārā Pt Arun Jere Jai Shankarā-Pt Arun Apte
Natbhairav	Tu hai ata nād anāhat nād/Shankara mhā rē Pt Arun Jere
Anand Bhairav	Nāhi Mōme gun esō āj/Yē man murakh jān Pt Haladankar
Shivranani	Dhrupad Sādarā, Māvēnā Nayani ānand (Sajana na aye –Thumari)
Gujari Tōdi	Nārayan Har/ ab mori naiyā/ Bēgun Gun Gāyiyē Pt Arun Apte
Khamāji Bhatiyar	Mahādēv-Late pt Anandbuva Limye
Miyamalhār	Hē karim nām/ Bōlē rē papi Pt Arun Jere
Jaijivanti	(Bāgeshri ang) E piyā ham jān/Mōrē mandir ab Pt Arun Jere (Khamāj/Dēs ang) Kripā karō Pt Arun Apte and Mahā mantrās
Jōgkauns	Sugar bhar pāyō/Pir parāi Pt Arun Jere.
Shri	Sanja bhai ājahuna hi āyē/Yēri hōtō āsan/Mōndilarā bājō/Garibanvāj-Pt Haldankar
Bihāg	Kaisē sukha sōve/ Bālam rē mōrē man ki/Lat ulazi/zanan Pt. Arun Jere.
Marubihāg	Rasiyā hōna jā/ Nainā lagāi Pt Arun Jere.
Madhukauns	Yē mōhē daras di/Jā jā rē pathikavā Dr Bharati Vaishampayan and Pt Digrajkar
MadamādSārang	Jabsē man lāgā- Jā rē bhavarā tu Dr Bharati Vaishampayan

	Ab tō mōri lāja/Rang dē Rang dē rējavā Pt Arun Jere.
Vrundāvani Sārang	Nā bōlō shyām/Ban ban dhundan jāvu Pt Arun Jere
Bhup or Bhoop	Yē ri āj bhailavā/Jab sē tumsan –Prakash Patil Pt Arun Jere Mā Nirmalā kē gun sab gāvat-Pt Shyam Poharekar
Bāgēshri	Kaun gat bhāi/Pāyal bājē mōrē Pt Arun Jere Mā tum hamkō darsan-Pt Shyam Poharekar Gund lavō rē- Pt Arun Apte
Bibhās (shudhadha)	Narahar nārāyan/Har vāgina takinā Pt. Abhyankar. (Late Pt Abhisheki style)
Gopi Basant	Vidhyādāni dayani –Pt. Arun Jere
Chandra Mandal (Moon circle)	
Jōg	Piharvā kō biramā/Sājan Mōrē-Pt Haldankar Mātāji mōrē sahastrara āvō mantrā- self
Sanskrit stōtrā	Mahālxmi stōrā
DarabāriKānadā	Mubārak bādiyā/Madhuvā bhar Pt Arun Jere Hājarat tōrē/Samajat Nā tu man Pt Digrajkar, Jai Jai Shri Durgē Jai Jai Shri Kalaki-Pt Arun Apte.
Kaushi Kānadā	Malkuans Ang- Rājankē/Kanhā karat/Dāmōdar hari nām-Dr Bharati Vaishampayan Darbari Ang-Yē kanhai kō kausat hō darbār/Kāsē kahu Pt Haldankar
Jivanpuri	Yē bājē Zan/Ab pāyal bājē, Pt Arun Jere, Dēvā tuzā mi sōnār-Abhang
Nand- Anandikalyān	Dhōndu bārē saiya/Ajahun āyē Late Pt Nilkanthbuva Chikhalikar/Pt Arun Jere.
Mēgh- Mēghmalhār	Garjē Ghatā Ghana/Barasan kō āyē –Pt Arun Jere
Gorakhakalyān	Dhan Dhan Bhāg/Kāhnā rang khēlō/Piyā nahi āyē Tarānā –Pt Haldankar.
Salāg varāli	Umar sahib sultān Pt Arun Jere and Ghei chand Pt Arun Apte
Dhāni	Ghei chand Pt Arun Apte
Bhairavi	Saiyā nikasa gayē, Tarānā-fast Payaliyābājē mōri -Pt Arun Apte
Sindhairavi	Sarvātmakā sarvēswarā Late Pt Arun Apte (Late Pt Abhisheki Style)
Bairāgi bhairav	Pāra karō mōri naiyā/ Sumirat nisdin tumarō nām and Viswa vanditā-bhajan.
Khat(Todi 6 ragas)	Vidhyādhar guniyan sō-Pt Haladankar
Bahāduri tōdi	Mahādēv dēv
Trivēni (3 Ragas)	Kālindī Saraswati/Kalinidī tatar chōras vrundāvan –Pt Limayebuva/Pt Gindebuva