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A World of Chant is a weekly one-hour radio show produced in Penticton British Columbia at Peach City Radio (CFUZ-FM). Host Ken Almond strives to bring the sounds of universal chanting to listeners. Chanting is a combination of the heartfulness of a sing-a-long with the ecstasy of a rock concert, and the spirituality of meditation. Take a journey from culture to culture, religious tradition to tradition, and experience the sound of universal chanting, some of which is thousands of years old. Chanting is a bridge between the world of spirit and the material world we live in and is good for the mind, body and soul.

Email: worldofchant@peachcityradio.org

Frequency: **Weekly**

Release: **Thursdays at 1600h Pacific Time**

Episode: **11**

Original Air Date: **February 1, 2018**

Length: **58**

Title: Sikhism : **Chanting Mantras**

Host: **Ken Almond**

Guest: **n/a**

Description: **There are two languages for chants sung in the Indian tradition: Sanskrit for Hinduism and Gurmukhi for Sikhism. Sikhs pray to the One Divine Creator by chanting which typically involves repeating a mantra or a prayer. "Man" means mind and "tra" means across, so a mantra is something that is repeatedly crossing your mind to control your thoughts for meditation.**

TRACKLIST (Artist/Album/ Track) – CANCON: **0/6 (0%)**

* Denotes incomplete track

- 1. Snatam Kaur/Live in Concert/Ong Namo (13:00)**
- 2. Mirabai Ceiba/A Hundred Blessings/ Sa Ta Na Ma (8:02)**
- 3. Gurunam Singh/The Journey Home/Mul Mantra (7:45)**
- 4. GuruGanesha Band & Snatam Kaur/Live performance/Adi Shakti (8:27)**
- 5. Ajeet Kaur/At the Temple Door/Ajai Alai (8:43)**
- 6. Tina Turner/Tina Turner Beyond Children/Ra Ma Da Sa (3:49)**