

ABSOLUTE MAGNETISM

2020 Daily Naam Meditation Practice

We are pleased to share this 2020 Daily Naam Meditation Practice with you, designed to positively align you with the energy of 2020, so that you may enjoy optimum health, success and happiness throughout the year. We invite you to work with this practice all year long! If you are starting in January and using this as part of your New Year's resolutions, know that this is a powerful practice to do for the first 32 days of the year, and in particular, for the first 12 days of the year, to put you in harmony with the corresponding 12 months of 2020. According to Divine Spiritual Wisdom, everything we do during the first 12 days of the New Year will impact our entire year. There are seven creative forces that govern all kingdoms of the macrocosm and manifest in the 12 signs of the zodiac. What you do on the first day of the year will affect the entire month of January, what you do on the second day of the year will affect the entire month of February and so on. Working with this meditation practice for the first 12 days of 2020, will allow you to synchronize your energy with time and space. While the first twelve days of the year correspond to the astral plane, the first 32 days of the year correspond to the material plane. If you happen to be starting this practice after the New Year, don't worry, it will still serve as a most powerful, uplifting and harmonizing practice for every aspect of your physical, emotional and mental wellbeing. May this meditation practice bring harmony into your life, purity into your mind and open the door to countless blessings and opportunities. May it cause you to be so strong, so positive and so unshakable that each day of your life becomes a blessing to yourself and to everyone you love and serve.

TUNE IN

Choose either Aum OR Bhramari Pranayam to tune in.

AUM

Preparation: Become still and prayerful. Move into a place of reverence and connect with your heart.

Posture/Movement: Sit calmly and comfortably in Easy Pose, or in a chair with your feet flat on the floor. Keep the spine straight, and have a slight Neck Lock.

Focus: The eyes are either closed and focused at the third eye point or 9/10ths closed gazing at the tip of the nose.

Mudra: The hands are in Prayer Pose with the thumbs in the indentation in the center of the collarbone at the base of the throat (the suprasternal notch).

Mantra: *AUM*

Time: 1-3 minutes

End: Inhale, hold the breath for 5-10 seconds while gently squeezing the entire body, exhale and relax. Sit quietly for 20-30 seconds and enjoy the benefits of this exercise.

Recommended Music: Absolute Magnetism album, track 1

Additional versions of AUM can be found on the following Rootlight Albums:

Naam Mala Meditation <http://bit.ly/1RtdQ9Q>

Sacred Aum <http://bit.ly/35kn2rT>

Golden Shield <http://bit.ly/2sy3KAB>

Comments: AUM is not only the universal name of the Creator, but also, it is the key to the true knowledge of Self. The entire essence of all the scriptures is enshrined in the word AUM. By working with AUM, you align your consciousness with the source of the flow of Love, Wisdom and Truth. It will expand your perception of reality beyond that which is limited to your five senses and take you to the center, the quintessence of life.

Bhramari Pranayam

Posture: Sit calmly and comfortably in Easy Pose, or in a chair with your feet flat on the floor. Keep the spine straight and lower the chin slightly to keep the back of the neck open (Neck Lock).

Focus: The eyes are closed, focused upward toward the third eye.

Breath: Inhale deeply through the nose. As you exhale, vibrate the sound OM. The mouth and lips remain closed. It should be a loud, high-pitched humming sound, similar to that of a bee. Notice how the sound waves gently resonate throughout the tongue, teeth and sinuses. It is a smooth, even and stable sound. The exhalation should be extended for as long as possible, while focusing on the humming sound. As you chant OM, imagine that divine bliss is descending upon you.

Mudra: The hands are in Ganesh mudra: Form a loose fist and have the thumb placed between the index and middle fingers. Rest the hands on the knees (the palm sides of the hands face up).

Mantra: Om

Time: Repeat seven rounds of breath, for a total of 7 vibrations of OM.

End: After the last repetition, sit quietly and keep your eyes closed for 20-30 seconds. Observe the sensations in the body and the quietness within.

Recommended Music: Absolute Magnetism album, bonus track

Benefits: The therapeutic benefits of Bhramari Pranayam are extensive and it is simple to perform. The humming vibration has a positive effect on the whole mind and body and a particularly stabilizing impact on the nervous system. Bhramari Pranayam makes it easy for us to meditate. It facilitates the relaxation and rejuvenation of the mind so that it may become calm and peaceful.

Triple Mantra for Protection

Posture/Movement: Sit calmly and comfortably in Easy Pose, or in a chair with your feet flat on the floor. Keep the spine straight and have a slight Neck Lock.

Focus: The eyes are either closed and focused at the third eye point or 9/10ths closed gazing at the tip of the nose.

Mudra: Bring the hands into Gyan Guru Shakti mudra. Interlace the hands and extend the index fingers and the middle fingers of both hands so that they are side by side and pointing forward. Hold this mudra at the level of the solar plexus, taking care that the extended fingers point straight in front of you and not upwards.

Mantra: *Ad Guray Nameh*
Jugad Guray Nameh
Sat Guray Nameh
Siri Guru Devay Nameh

Ad Such
Jugad Such
Hay-Bee Such
Nanak(a) Hosee Bee Such

Ad Such
Jugad Such
Hay-Beh Such
Nanak(a) Hosee Beh Such

Time: 11 minutes

End: Inhale, hold the breath for 5-10 seconds as you gently squeeze the entire body, exhale and relax. Sit quietly for 20-30 seconds and enjoy the benefits of this exercise.

Recommended Music: Absolute Magnetism album, track 2

Additional versions of Triple Mantra can be found on the following Rootlight albums:

Naam Lumière <http://bit.ly/1PAXfhH> and Triple Mantra <http://bit.ly/1RUwh82>

Comments: This meditation will bestow protection and ensure that all negative influences known or unknown will leave you. Whenever you feel indecisive, vulnerable or scattered, stop and do Triple Mantra and collect yourself so that you may connect with your higher self. By vibrating Triple Mantra, all the currents running through you will be brought into harmony and whatever the circumstances, you will sense a powerful, peaceful balance within you that

nothing can disturb. By doing Triple Mantra with Gyan Guru Shakti Mudra, you will come to make the best of all of your challenges, causing them to work in your favor.

Breath of Glow Twists

Posture: Sit calmly and comfortably in Easy Pose, or in a chair with your feet flat on the floor. Keep the spine straight, and have a slight Neck Lock.

Focus: The eyes are closed, focused upward toward the third eye.

Breath: You will be doing Breath of Glow. Exhale through the nose with medium force, about one time per second. The inhale will take care of itself, just focus on exhaling. While exhaling there is a downward pressure on the intestines and lower abdomen beneath the navel. If you are new to breath work, allow yourself to rest when needed and then continue with the breath. Do not force anything. The experience should feel easy, effortless and revitalizing.

Mudra/Movement: Twist the upper body, as one unit from the head to the waist, side to side. Work with Breath of Glow in this way: exhale as you twist right. Exhale as you twist left. As you twist, open and close the hands (which are palms facing up at the sides): when you are twisting to one side, the hands close to form fists (thumbs on outside), open the palms quickly so the hands are flat and open while you twist to the other side at which point you quickly form a fist again. Continue twisting side to side in this way. Note: When forming the fists, make sure to press the four fingers into the palms so as to stimulate the brain and get the maximum benefit of the exercise.

Contraindications: Pregnant women should not do this breath practice and it is suggested that during her moon cycle, a woman should take a break from this breath or pump very lightly. Please consult your doctor in case you have a heart or any other medical condition or concern.

Time: 3 minutes

End: Inhale, hold the breath for 5-10 seconds as you gently squeeze the entire body, then exhale. Stretch and shake the body for about one minute to remove any stagnant energy. Sit quietly for 20-30 seconds and enjoy the benefits of this exercise.

Recommended Music: *Absolute Magnetism* album, track 3, *Liberation*

You may also choose to work with track 3 on the Rootlight album *Naam Liberation*:
<http://bit.ly/2LQM3De>

Comments: Through the navel we can connect with our true life force, giving us true freedom and harmony. Your lower abdomen is considered the seat of power, health and vitality. It is your center of energy and power. It is your life center. That is where disease starts. This practice will strengthen the immune system. It will stimulate the parasympathetic nervous system. We need to bring blood and life to this location, and cultivate energy in this area. It will maintain your health and it is also good for fertility. This breathing exercise is beneficial for all the internal organs including the liver, spleen, kidneys and prostate gland. It is good for all stomach ailments, asthma, allergies, sinusitis and all mucus-related diseases. It strengthens the entire sexual system and activates the natural flow of energy. It also helps to reduce cholesterol, triglycerides, heart blockage and obesity (particularly the central fat on the belly), and restores gastric health. This practice leads to improved elimination of toxins and waste, helps increase energy and elevate the mood. It also detoxifies the cells and purifies the blood and has a positive effect on the digestive and metabolic functions of the body. It activates the Solar Plexus and hence, strengthens the digestive system, toning up the abdominal glands. Intestinal peristalsis movement is toned, so the passage of food becomes easy and we do not suffer from constipation. It will heal abdomen-related diseases like gas and flatulence, including acidity. It helps alleviate the symptoms of rheumatoid arthritis. It strengthens the lower back. The heart gets stronger from the rhythmic stroke of the navel. General physical health is improved and all the internal organs receive a gentle rhythmic massage from this exercise. This practice also addresses a variety of mental and emotional conditions with its unique ability to purify the mind.

The combination of Breath of Glow Twists with this hand movement works to strengthen the functioning of the brain. As you twist side to side, you are massaging the liver, the kidneys and the intercostal muscles. On every exhale, feel that you are expelling negativity, bad energy, obstacles and disease. Know that you are pushing all blockages out of your life. You are cleaning and purifying your life. Every exhale is an opportunity to become lighter, and in turn, more positive. A person is strongest when they exhale versus when they inhale. Breath of Glow can be thought of as one continuous exhalation. When you focus on the exhale you become an empty vessel ready for the universe to fill your cup with energy, vitality and blessings. When you practice this meditation, you are continuously accumulating energy and replenishing your reserves. Furthermore, this meditation helps in calming the mind, while bestowing clarity and concentration. Nothing is impossible to those that practice this meditation daily. Those who know this practice can manifest God in their heart at their command.

Ha Breath

Posture: Sit calmly and comfortably in Easy Pose, or in a chair with your feet flat on the floor. Keep the spine straight and remember to apply Neck Lock throughout this exercise. Begin by having the right hand, palm facing down, in front of the body, near the lap, but not touching the lap, the fingers of the hand pointing toward the left knee, so that your right arm is at a diagonal to your body.

Focus: The eyes are either closed and focused at the third eye point or 9/10ths closed gazing at the tip of the nose.

Breath/Mudra/Mantra:

1. Use the left index finger to close off the right nostril. Inhale through the left nostril. Make sure to apply Neck Lock. Plug both nostrils using the left thumb and index finger. Hold the breath as you listen to these words of the Rootlight recording Divine Sodarchan:

God is Love

God is Wise

God is Kind

God is Good

God is Love

God is Wise

God is Kind

God is Good

God is Good

Good is God

God is Health

Health is God

God is Strength

Strength is God

God is Life

Life is God

Har Har, Infinite Substance is manifesting in me right now Wahe Guru

2. When you hear the words "Har Har" above, raise the right arm up to the level of the right shoulder as if you are taking an oath.

3. After you hear the words, *Wahe Guru*, in the mantra above, vibrate the sound *HAAAAAA* from your throat as you lower the right hand back down to its original position. The nose is still plugged with the left thumb and index finger.

3. Repeat steps one through three, this time inhaling through the right nostril instead of the left. Continue for 3-5 minutes, alternating nostrils each time on the inhale.

Time: 3

End: Inhale, hold the breath for 5-10 seconds as you gently squeeze the entire body, then exhale. Stretch and shake the body for about one minute to remove any stagnant energy. Sit quietly for 20-30 seconds and enjoy the benefits of this exercise.

Recommended Music: *Absolute Magnetism* album, track 4, *Divine Sodarchan*

This music can also be found on track 2 of the Rootlight album *Absolute Goodness*:

<http://bit.ly/2rQsqnZ>

Comments: The HA Breath increases the capacity of the lungs. The total energy of the body is contingent upon our lung capacity. If we are breathing at 3%, we can only expect the total energy capacity of the body to be 3%. When our bodies experience a deficit of energy, we are constantly dissatisfied with life, no matter what happens. This breath helps to clean the body of impurities. The more impurities we can let go of, the healthier and more productive we can become. The purer the body is, the more oxygen the brain receives and the more intelligent one is. Oxygen is food for the brain. It makes a person happy to be alive. This breath is highly recommended for anyone who smokes, uses drugs or drinks (or is addicted to alcohol).

Alternate Nostril Breathing

Posture: Sit calmly and comfortably in Easy Pose, or in a chair with your feet flat on the floor. Keep the spine straight, and have a slight Neck Lock.

Focus: The eyes are either closed and focused at the third eye point or 9/10ths closed gazing at the tip of the nose.

Breath/Mudra/Affirmation:

Use the left index finger to block off the right nostril. Inhale slowly and deeply through the left nostril. Hold your breath for eight counts, thinking to yourself *Wahe Guru 8X* as you keep count (while holding your breath you may choose to close both nostrils completely with the left thumb and index finger). Now block off only the left nostril with the left thumb and exhale through the right nostril. Immediately inhale through the right nostril. Hold your breath for eight counts, thinking to yourself *Wahe Guru 8X* as you keep count. Now block off only the right nostril with the left index and exhale through the left nostril. Continue this cycle for 5 minutes.

Advanced Option: For those who would like to practice an advanced application of this technique, use the following guidance:

Inhale for four counts of *Wahe Guru*
Hold the breath for sixteen counts of *Wahe Guru*
Exhale for eight counts of *Wahe Guru*

Mantra: *Wahe Guru*

Time: 5 minutes

End: Inhale, hold the breath for 5-10 seconds as you gently squeeze the entire body, then exhale. Stretch and shake the body for about one minute to remove any stagnant energy. Sit quietly for 20-30 seconds and enjoy the benefits of this exercise.

Recommended Music: *Absolute Magnetism album, track 5, Mystic Sage*

This music can also be found on track 1 of the Rootlight album *Mystic Sage*:
<http://bit.ly/2rNlvfi>

Comments: Alternate Nostril Breathing balances the flow of Ida and Pingala or the positively and negatively charged currents of energy that run up and down the spine and end respectively in the left and right nostrils. By balancing these currents, we balance our entire body. The left nostril current promotes overall healing, a calm mind and a healthy heart. The right nostril current promotes analytical thinking. Alternate nostril breathing has been shown in studies to lower perceived stress levels in practitioners and to have a positive effect on cardiovascular function. It helps to lower one's heart rate, respiratory rate and blood pressure.

Sitali Pranayam

Posture: Sit calmly and comfortably in Easy Pose, or in a chair with your feet flat on the floor. Keep the spine straight, and have a slight Neck Lock.

Focus: The eyes are either closed and focused at the third eye point or 9/10ths closed gazing at the tip of the nose.

Breath: Curl the sides of the tongue up and extend your tongue slightly as the lips enclose it. Inhale slowly and deeply through the curled tongue. When you can no longer inhale, draw the tongue back into the mouth and exhale slowly and deeply through the nose. Continue this cycle.

Mudra: Bring your hands into Sarab Shakti mudra at the level of the solar plexus. The hands are interlaced and both index fingers are extended out and up.

Time: 5 minutes

End: Inhale deeply as you raise the hands above your head. Suspend the breath briefly and then exhale as you shake the entire body. Sit quietly for 20-30 seconds and enjoy the benefits of this exercise.

Comments: Sitali Pranayam leads to heightened intuition and other miraculous abilities. It soothes the eyes and ears, cools every system of the body and can help to lower fevers. It helps to remove toxins from the spleen, the liver and the digestive system. Amazing powers of revitalization, rejuvenation and detoxification are attributed to a regular practice of this breath.

Recommended Music: *Absolute Magnetism* album, track 6, *Notre Père*

This music can also be found on the Rootlight album *Naam Lumiere*: <http://bit.ly/2sy53iY>

Eck Ong Kar Sat Gur Prasad for Positivity and Success

Posture/Movement: Sit calmly and comfortably in Easy Pose, or in a chair with your feet flat on the floor. Keep the spine straight and have a slight Neck Lock.

Breath: Inhale in four quick, short, segmented breaths and then chant the mantra 7X on one breath.

Mudra: With the palms facing up, bring the pinky sides of the hands to touch each other. Cup the hands as if you are holding water. Bring the thumb tips to touch the tips of the index fingers.

Focus: The eyes are either closed and focused at the third eye point or 9/10ths closed gazing at the tip of the nose.

Mantra: *Eck Ong Kar Sat Gur Prasad Sat Gur Prasad Eck Ong Kar*

Time: 5 minutes

End: Inhale, hold the breath for 5-10 seconds as you gently squeeze the entire body, exhale and relax. Sit quietly for 20-30 seconds and enjoy the benefits of this exercise.

Recommended Music: *Absolute Magnetism* album, track 7, *Sat Gur Prasad*

This music is also featured on the Rootlight album *Naam Liberation*, track 4:

<http://bit.ly/2LQM3De>

Comments: The breath holds magnetic power and carries a great deal of strength that we can extract and store as vitality. Through the proper use of the breath, we can develop more magnetism to attract what we need. Repeating the Naam *Eck Ong Kar Sat Gur Prasad 7X* per breath causes you to develop the magnetism necessary to bring health and success into your body. This mantra has the power to banish the kind of negative thoughts that produce unhappiness. Against all odds, chanting this mantra can shape your destiny to one of complete prosperity.

Gobinday Har for Magnetism and a Pure Destiny

Posture/Movement: Sit calmly and comfortably in Easy Pose, or in a chair with your feet flat on the floor. Keep the spine straight, and have a slight Neck Lock.

Focus: The eyes are either closed and focused at the third eye point or 9/10ths closed gazing at the tip of the nose.

Breath: Vibrate five rounds of the mantra on one breath, and in between, inhale in four fast, quick segmented breaths through the nose.

Mudra: Surya mudra: the thumb tip touches the tip of the ring finger. Rest the backs of the hands on the knees.

Mantra: *Gobinday*
 Mukunday
 Udaray
 Aparay
 Hariang
 Kariang
 Nirnamay
 Akamay
 Har Har Har Har

Time: 9 minutes

End: Inhale, hold the breath for 5-10 seconds as you gently squeeze the entire body, exhale and relax. Sit quietly for 20-30 seconds and enjoy the benefits of this exercise.

Recommended Music: *Absolute Magnetism album, track 8, Gobinday Har*

This music is also featured on the Rootlight album Naam Mala Meditation:

<http://bit.ly/1RtdQ9Q>

Comments: It is said that those who do this mantra can completely rewrite their destiny. This mantra will develop your self-confidence and clear your path for prosperity and success. Surya mudra builds your magnetism, causing you to attract success and opportunities more effortlessly.

Naam Star Kriya for a Vast & Beautiful Magnetic Field

Posture:

1. Come into a standing position. The legs are wide apart and the arms are extended out to the sides, parallel to the ground. Both palms are facing forward. Keep the tip of the tongue touching the upper palate slightly while performing the Square Breath pattern that will cause you to be in harmony with nature. Stay in this posture for exactly 3 minutes.

2. Step the feet together. The insides of the feet are touching. Clasp the hands overhead. Do not interlace the hands, rather clasp them as if in a handshake. The arms remain long and straight up over head. Try to keep your arms aligned with your ears. Remain in this posture for 5 minutes, vibrating the mantra Protective Guru Ram Das as described below.

Focus: The eyes are either closed and focused at the third eye point or 9/10ths closed gazing at the tip of the nose.

Breath/Mantra:

Posture One: Work with the Aleph Star mantra affirmation as you do Square Breath. Inhale deeply. Hold the breath in, as you vibrate mentally: *"Har Har Universal Life Energy is flowing through me, now I feel it. Har Har Infinite Substance is manifesting in me right now. Wahe Guru."*

Exhale fully. Now, hold the breath out, as you mentally vibrate the powerful affirmation again: *"Har Har Universal Life Energy is flowing through me, now I feel it. Har Har Infinite Substance is manifesting in me right now. Wahe Guru."*

Posture Two: With your hands clasped overhead, chant the Guru Ram Das mantra 7X on one breath.

Guru Guru Wahe Guru Guru Ram Das Guru

Time:

Position 1: 3 minutes

Position 2: 5 minutes

End: Come and lie on your back for 1-3 minutes to fully absorb the benefits of this exercise.

Recommended Music: *Absolute Magnetism* album, track 9, *Aleph Star (Position 1)* and track 10, *Protective Guru Ram Das (Position 2)*

While in Posture 1, you may choose to do an advanced application of Square Breath, which can be found on *Aleph Star for Health and Prosperity* CD, Track 2 available here:

<https://bit.ly/2Aq9ptH>

While in Posture 2, you may choose to work with the *Protective Guru Ram Das* track from *Naam Infinitum*: <http://bit.ly/2YXW9HI>

Comments: Naam Star Kriya is a posture of health and longevity whose rejuvenating and life-giving benefits cannot be overemphasized. It is the ideal human posture of mathematical and natural perfection. By doing Naam Star Kriya we are aligning our bodies to the Golden Ratio in order to align our lifestyle more precisely with the Divine Proportion. This kriya will elevate your mind, heal your body and awaken your consciousness. It is an excellent practice for those administering healing treatments and it also helps to keep negative energies out of one's life.

Hari Nam Sat Nam

Posture: Sit calmly and comfortably in Easy Pose, or in a chair with your feet flat on the floor. Keep the spine straight and have a slight Neck Lock.

Focus: The eyes are either closed and focused at the third eye point or 9/10ths closed gazing at the tip of the nose.

Breath: Breathe naturally as you chant the affirmations and time the hand movements with the rhythm of the music.

Mantra: *Hari Nam Sat Nam Hari Nam Hari*
Hari Nam Sat Nam Sat Nam Hari

Mudra/Movement: Magnify the impacts of this mantra with this energizing hand movement:

1. Both hands tap the hips.
2. Right hand taps left shoulder.
3. Left hand taps right shoulder.
4. Clap the hands in front of you.
5. Tap the hips with both hands again.
6. Clap the hands in front of you again.
7. Extend the arms 60 degrees in front of the heart center with the hands in Prayer Pose.
8. Bring the hands, still in Prayer Pose, back to the heart center.

Time: 3-5 minutes

End: Inhale as you stretch the hands up over head and then burst out laughing as you vigorously shake the arms and upper body. Sit quietly for 20-30 seconds and enjoy the benefits of this exercise.

Recommended Music: **Absolute Magnetism album, track 11, *Hari Nam Sat Nam***

This music can also be found on track 1 of the Rootlight album *Naam Liberation*:

<http://bit.ly/2LQM3De>

Comments: Hari purifies the misdeeds of the past and facilitates a fresh start. Hari Nam means the Nam (Name) emanating from Hari. Hari is the destroyer of sorrow and suffering, that blesses the one who vibrates it with the benefaction of the Divine Name. When one remembers the name of God, and then repeats it, sins, karmas, and negative astrological influences are steadily erased, and pain and suffering are removed.

Tune Out

This is an optimal time to use all the blessings you have received throughout your practice to bless others. When we recite the Prayer of Love, Peace and Light at the end of our meditation practice we are increasing its potency as we spread the energies of love, peace and light generated while meditating out into the world, blessing and uplifting humanity. Bring your hands into Prayer Pose as you recite this prayer.

Prayer of Love, Peace and Light

*Love before me, Love behind me
Love at my left, Love at my right
Love above me, Love below me
Love in me, Love in my surroundings
Love to all, Love to the Universe*

*Peace before me, Peace behind me
Peace at my left, Peace at my right^[SEP]
Peace above me, Peace below me^[SEP]
Peace in me, Peace in my surroundings^[SEP]
Peace to all, Peace to the Universe*

*Light before me, Light behind me
Light at my left, Light at my right
Light above me, Light below me^[SEP]
Light in me, Light in my surroundings
Light to all, Light to the Universe*

A beautiful recording of the Prayer of Love, Peace and Light by Dr. Levry is available in English – Rootlight CD Pranic Power, Track 3 <http://bit.ly/1CLlvcD> and in Spanish – Rootlight CD Heart of Naam, Track 4 <http://bit.ly/1AFB94L>

Om Shanti Shanti Shanti

With your hands still in prayer pose, inhale deeply and close out your meditation practice with *Om Shanti Shanti Shanti*.

For more information or to download music by Dr. Levry and see our full range of books and CDs, visit Rootlight.com. Select music is also available now on iTunes!

ABSOLUTE MAGNETISM

Shortened 2020 Daily Naam Meditation Practice

Below is a shortened version of the 2020 Naam Meditation practice, should you have less time to commit to the full version. Follow the same times and directions for each technique as listed above in the full practice.

Tune In

Triple Mantra

Breath of Glow Twists

Naam Star Kriya

Hari Nam Sat Nam

Tune Out