



Sat Nam. Welcome to White Tantric Yoga® in Millis. We are glad that you are here.

In order to enhance your experience, please respect the environment and energy field as a sacred space and honor the following:

- *Photos and video recordings are not allowed. This means during the kriyas, breaks and during warm-ups, and includes 'selfies', photos of facilitators and photos of participants in lines. Photos are allowed outside of the room.*
- *Cell phones must be turned off. If you are a doctor or expecting an emergency call you can check your phone during the breaks. Vibrating phones disturb others' meditation.*
- *Please refrain from using any aromatherapy as many participants are allergic.*

The facilitator is always available for conversation and questions.

Following are the mantras and songs that are in the video today. Please familiarize yourself with them as soon as possible which will allow greater focus during the meditations. The ones that are to be chanted or sung aloud are indicated with a "*".

Mantras for Today's Workshop

***HUMEE HUM BRAHM HUM** (Nirinjan Kaur)

We are we and we are God.

***MOOL MANTRA** (Sada Sat Kaur)

Ek Ong Kar

One Creator

Sat Nam

Truth is His Name

Karta Purkh

Doer of Everything

Nirbhao

Fearless

Nirvair

Revengeless

Akaal Moort

Undying

Ajoonee

Unborn

Saibung

Self-Illumined

GurPrasaad

Guru's Grace

Jap!

Repeat

Aad Sach

True in the beginning

Jugaad Sach

True through all the ages

Haibee Sach

True even now

Nanak Hosee Bhee Sach

Nanak says truth shall ever be

HAR SINGH NAR SINGH (Nirinjan Kaur)

HAR SINGH NAR SINGH

God the protector takes care of the universe.

NEEL NARAYAN

They who live in God's consciousness

GURU SIKH GURU SINGH

and they live in His power, they chant Har Har Har Har all the time.

HAR HAR GAAYAN

Meditate on Wahe Guru and live in that ecstasy

WAHE GURU WAHE GURU

Those who recite God's Name and relate to

HAR HAR DHIAA-YAN

God, all of the negativity is cleared.

SAKAT NINDAK DUSHT MATHAAYAN

SOCHAI SOCH NA HOVAI (Matamandir Singh)

Sochai soch na hovai je sochi lakh var



Chupai chup na hovai je lae rahaa liv tar.
Bukhia bhukh na utri je banna puria bhaar.
Sahas sianpa lakh hoi ta ik na chalai nal.
Kiv sachiaara hoiai kiv kurai tutai paal.
Hukam rajai chalna Nanak likhia naal.

*By reflecting upon the nature of God,
No knowledge of Him is ever obtained;
Even if one were to try thousands of times,
By maintaining silence He cannot be known,
The consciousness must still be united with Him.*

*If one were to gather up all the goods of the world,
Still the hunger of the hungry would not be appeased.
Though a man may possess hundreds of thousands of skills,
Yet not one will go with Him into the court of the Lord.
Then how can a man be True and dispel the veil of illusion?
Sayeth Nanak: When, by His Grace, a man's destiny is perfect
And he lives in His Will,
The veil of illusion is dispelled.*

PEACE AND TRANQUILITY (Nirinjan Kaur)

Give me the wisdom, give me the glory
Peace and tranquility, forever
I long for You, I long to belong to You
My Lord, my dream, my love, myself
I long for You, forever I see You in all.
I see all of You in and around me.
I longingly see, see You forever.
Oh, I longingly see, see you forever.
My lord, myself, love me, hug me, kiss me
Raise me to, raise me to ecstasy.

I longingly see, see You forever
Oh, I longingly see, see You forever
My Lord, myself, love me, hug me, kiss me
Raise me to, raise me to the ecstasy

Mayra man lochai Gur Darshan taa-ee
Bilap karay chaatrik kee ni-aa-ee
Trikhaha na utarai shaant na aavai
Bin Darshan sant pi-aaray jee-o
Hao gholee jee-o ghol ghumaa-ee
Gur Darshan sant piaray jee-o
Tayraa mukh suhaavaa jee-o
Sahaj dhun bhanee
Chir ho-aa daykhay saaring paanee

*My soul longs for the Blessed Vision of the Guru
It cries out like a pied-cuckoo
My thirst is not quenched, I find no peace, without
The Vision of the Beloved Saint Guru
I am a sacrifice, my soul is a sacrifice unto vision of the
Beloved Saint Guru
Your face is so beautiful, and the Sound of Your Words
Imparts Divine Knowledge
It is so long since the sparrowhawk has had a glimpse of
water*

Continued



Dhan so days jahaa to(n) vasi-aa
Mayray sajan meet muraaray jee-o
Hao gholee hao ghol ghumaa-ee
Gur sajan meet muraaray jee-o

I long for you, I long to belong to you

Ik gharee na milatay taa kalijug hotaa
Hun kahd milee-ai pri-a tudh bhagavantaa
Mo-eh rain na vihaavai need na aavai
Bin daykhay gur darbaaray jee-o
Hao gholee jee-o ghol ghumaa-ee
Tis sachay gur darbaaray jee-o

Bhaap ho-aa Gur sant milaa-l-aa
Prabh abhinaasee ghar meg paa-i-aa
Sayv karee pal chasaa na vichuraa

Jan Nanak daas tumaaray jee-o
Hao gholee jee-o ghol ghumaa-ee

Jan Nanak daas tumaaray jee-o

HAPPINESS, HAPPINESS, ALMIGHTY... (Nirinjan Kaur)
HAPPINESS, HAPPINESS, ALMIGHTY
GRACE, GRACE, NOBILITY
HAPPINESS, NOBILITY AND INFINITY
ALL IS THOU'S PROSPERITY
AAD ANEEL ANAAD ANAHAT
JUG JUG AYKO VES (2x)

HAR HAR WAHE GURU BLISSFUL (Nirinjan Kaur)
Har Har Wahe Guru Blissful
Har Har Wahe Guru Blissful
Har Har Wahe Guru Blissful, Blissful, Blissful
Har Har Wahe Guru
Conquering Lord of Mine
Har Har Wahe Guru
All Victory is Thine
All Victory is Thine

*Blessed is the land where You love,
Oh my Friend and Intimate Divine Guru.
I am a sacrifice, I am a sacrifice
Unto my Friend and intimate Divine*

*When for one moment I could not be with You,
The dark age of Kali Yuga dawned for me.
When shall I meet you, O my Beloved Lord?
I cannot endure the night, and sleep does not come,
Without the sight of the Beloved Guru's Court
I am a sacrifice unto the True Court of the Beloved Guru.
It is by good fortune that I met the Saintly Guru.
The Immortal Lord, I have found in my home.
I will now ever serve you, and not for even a moment will
I ever separate myself from You.
Servant Nanak is your slave, O Beloved Master.
I am a sacrifice, my soul is a sacrifice unto You, O Lord.*

Servant Nanak is your slave, O Lord.

*He is the primal one, pure, without beginning
or end, through all the ages He is the one.*