



Sat Nam. Welcome to White Tantric Yoga® in Sydney. 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 “*”.

(#53)

THE CALLING (Guru Prem Singh & Nirinjan Kaur)

Verse 1:

In the walk of life, in the dance of life, we all kiss the pranic breath,
In the total surroundings of our wonderful world, we are born to find our depth.

CHORUS:

There is a calling and it is time, to awaken the rhythm of me and mine.
There is a light shining bright, throughout all God's space and to all by His Grace.

Ek Ong Kar Sat Nam Siri Wahe Guru.

Verse 2:

We have to walk on the path of the Self to find our own Grace,
My inner love, a feeling in feelings, the knowledge of the entire universe.

CHORUS:

Verse 3:

But I also know that love is the power, it's the Guru's blessing and God's merciful shower. In joy we are happy, in sadness we find it, in Bliss we enjoy it, with courage we grind it. Small atoms move in their trinity dancing, Love is the power, Infinite beauty romancing.

CHORUS:

REMEMBER HIM (Singh Kaur)

I am a sacrifice unto the One day or night with every breath

Remember Him

Remember Him

Remember Him

Day or night, remember Him

Aap Sahaaee Hoaa Sachay Daa Sachaa Dhoa, Har Har Har

Here and hereafter the Lord is my protector, Har Har Har
The Divine One is merciful to the humble, Har Har Har
The Lord Himself protects his children, Har Har Har
His beautiful songs resound in every heart, Har Har Har
Aap Sahaee Hoa Sachay Daa Sachaa Doa, Har Har Har
The Lord Himself has become my refuge, Har Har Har
True is the support of the true Lord, Har Har Har
All greatness lies in devotion of service
Unto Thee, my sweet Lord
I have obtained such a greatness O Lord by seeking Thy shelter
Aap Sahaee Hoa Sachay Daa Sachaa Dhoa, Har Har Har

WAHE GURU*

The ecstasy of God

SAT NAM*

God's Name (Identity) is Truth

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.*

ANG SANG WAHE GURU* (Nirinjan Kaur)

*The Infinite God is with you with every part
of you*