



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

(#28)

WAAH YANTEE KAR YANTEE...* (Nirinjan Kaur)

WaaH Yantee

Great Macroself

Kar Yantee

Creative Self

Jag dut pateo

All that is creative through time

Aadak it waahaa

All that is the great One

Brahmaadeh traysha Guru

Three aspects of God: Brahma, Vishnu, Mahesh

It Wahe Guru

That is Wahe Guru

RAKHE RAKHANHAAR (Singh Kaur)

Rakhe Rakhanhaar

*Thou who savest, save us all and take us across
uplifting and giving the excellence.*

aap ubaarian

*You gave us the touch of the lotus feet of the Guru
and all our jobs are done.*

Guru ki pairi

*Thou has become merciful, kind and compassionate;
then our mind does not forget Thee.*

pae kaaj sawaarian

*In the company of the Holy beings you take us from
misfortune, calamities and scandals.*

Hoaa aap dayal manho

*Godless, slanderous enemies –
you finish them for all time.*

na visaarian

That great Lord in my anchor.

Saadh janaa kai sang

Nanak, keep Him firm in your mind.

bhavjal taarian.

*By meditating and repeating His name all happiness
comes and all sorrows and pain go away.*

Saakat nindak dust

khin maiha bidaarian.

Tis sahib ki tek

Nanak manai maiha

Jis simarat sukh hoe

sagale dukh jai.

HEAL ME * (Nirinjan Kaur)

Heal me, heal me love me.

Heal me, heal me, love me.

Thou are my Lord forever. Never say
never. Love, hugs, kisses for you.
Thy will is supreme too. Thy will is
supreme too.

CHORUS:

Kudrat kavan kaha veechar
Vaariaa na jaavaa ayk vaar
Jo tudh bhaavai saae bhalee kaar
Too sadaa salamat nirankar
Heal me, heal me, heal me.
Heal me, heal me, heal me.

*I am powerless, O Lord to even describe Thy
teachings. I cannot even once be a sacrifice
unto Thee. Whatever pleases Thee is the only
good done, O Thou Eternal and Formless One.*

Love, live and be alive.
Ten bodies, seven chakras, three
gunas and tattvas five.
Power, prosperity, and happy will.
Health, happiness, by Thy will, it's
by Thy will.

CHORUS:

Meditate to ask Thee, elevate me
And stand by me.
Thou art my love, oh Lord, of healing
Love, life and smiling. Love, life
and smiling.

CHORUS:

Thou is beyond and above me.
I call on Thee and Thou I call:
Never say never...
Forever say ever. Forever say ever.

CHORUS:

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
Trikhāa na utarai shaant na aavai
Bin Darshan sant pi-aaray jee-o
Hao gholee jee-o ghol ghumaa-ee
Gur Darshan sant pi-aaray jee-o
Tayraa mukh suhaavaa jee-o
Sahaj dhun bhaneē
Chir ho-aa daykhay saaring paanee

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 bhagavanta
Mo-eh rain na viahaavai 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

*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 the 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.*

*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 Guru.*

*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

**SAT NAM
WAHE GURU**

*God's Name is Truth whose identity is the
indescribable ecstasy of consciousness*

I AM THINE IN MINE MYSELF, WAHE GURU *(Livtar Singh)
I AM THINE IN MINE MYSELF, WAHE GURU
HUMEE HUM, TOOMEE TOO (M) WAHE GURU

SAY SARASWATI (Nirinjan Kaur)
Say Saraswati Sarang Hay Bhagwatee Har-rang
La Lockshmee Naring, Karn Kaaran Karing
Dayv Mah Dayv Dayvung Sarb Shaktee Sayvung -
Tarn Taaran Taring, Neel Narayan Naring
Guru Dayv Dayving, Sarb Loke Sayving
Goddess of Love -- happiness
Shakti power -- victory
Goddess of wealth -- prosperity
God's three aspects -- fulfillment
Nurtures the experience of totality
The God of gods - the Infinite One, under and over
God is love, All creation serving