

RENEW TO BE NEW #10

(Mantras for Today's Course)

Mantras marked by * are chanted aloud

The artist for these versions of the mantras are stated in ()

*ONG NAMO GURU DEV NAMO (Nirinjan Kaur) *I bow to the Creator, I bow to the transparent
guiding Teacher*

*MOOL MANTRA (Sada Sat Kaur)

Ek Ong Kar

Sat Nam

Karta Purkh

Nirbhao

Nirvair

Akaal Moort

Ajoonee

Saibung

GurPrasaad

Jap!

Aad Sach

Jugaad Sach

Haibee Sach

Nanak Hosee Bhee Sach

One Creator

Truth is his name

Doer of everything

Fearless

Revengeless

Undying

Unborn

Self-Illumined

Guru's Grace

Repeat

True in the beginning

True through all the ages

True even now

Nanak says truth shall ever be

WAHE GURU, WAHE GURU, WAHE GURU JIO

The ecstasy of consciousness

*HAR (Nirinjan Kaur)

HARAY

HAREE

WAHE GURU

The One

The Projected One

The Merged One

The Ecstasy of God

*HAR HAR GOBINDAY (Liv Singh)

God – Sustainer

God – Liberator

HAR HAR GOBINDAY HAR HAR MUKANDAY

Har Har Gobinday
Har Har Mukhanday
Har Har Udharay
Har Har Aparay
Har Har Har-ee-ang
Har Har Kar-ee-ang
Har Har Nirnamay
Har Har Akamay

*God – Sustainer
God – Liberator
God – Enlightener
God – Infinite
God – Destroyer
God – Creator
God – Nameless
God – Desireless*

GHOR DUKHIAN (Gur Raj Kaur)

Ghor dukhian anik hat yung
Janam daaridrung maha bikhadung

Mitant sagal simarant har nam
Nanak jaisay pavak kast
Bhasmung krot.

*The dreadful diseases, the sins of various murders
The penury of many births and supreme miseries are all
destroyed.*

*Contemplating the Lord's Name.
O Nanak, as the fire reduces to ashes
the pile of woods.*