

RENEW TO BE NEW #24

(Mantras and Songs 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.*

BOUNTIFUL, BLISSFUL AND BEAUTIFUL * (Nirinjan Kaur & Sada Sat Kaur)

I am Bountiful, Blissful and Beautiful
Bountiful, Blissful and Beautiful, I am

Ek Ong Kar

Sat Gur Prasaad

Anand Bhaiaa mayree maa-ay

Satiguru mai paia

Satigur ta paia sahaj seti

Man vajia vadhaia

Raag rataan parvaar paria

Shabad gaavan aia

Shabado ta gavoh Hari kera

Man jini vasaia

Kahai Nanak anand hoa

Satigur mai paia

*There is One Creator of the Creation,
this is realized by the True Guru.*

*O my mother, I am in ecstasy,
for I have found my True Guru.*

*I have found the True Guru with ease,
and within my mind resounds the music of bliss.*

*With the music of jewels and crystals,
the celestial fairies hymn the Word.*

*They sing the Word of the Lord,
whom they enshrine in their mind.*

*Says Nanak: I am in ecstasy,
for I have found the True Guru*

GURU RAM DAS LULLABY (Mata Mandir Singh)

1. Close your eyes -- it's the end of another busy day.

I wouldn't be surprised if a lot of other children slept this way

CHORUS:

With Guru Ram Das to protect them, keep them safe all through the night,

Oh, Dhanna Dhanna Guru Ram Das Rakho Sarnai

2. Meditate on Guru Nanak, may you love God with his clarity

Meditate on Guru Angad, may devotion fill your heart and set you free.

CHORUS:

3. Meditate on Guru Amar Das, may none leave your house unfulfilled.

Meditate on Guru Ram Das, your prayers will heal the weak and the ill.

CHORUS:

4. Meditate on Guru Arjun, His poem is a jewel beyond all worth.

Meditate on Guru Hargobind, you'll find God on Heaven and on Earth

CHORUS:

5. Meditate on Guru Har Rai, God and you will never be apart.

Meditate on Guru Harkrishan, His sacrifice brings compassion to your heart.

CHORUS:

6. Meditate on Guru Teg Bahadur, no enemy shall disturb your inner peace.

Meditate on Guru Gobind Singh, defend truth 'til your soul is released.

CHORUS:

7. Siri Guru Granth Sahib, may Gurbani be the love of this child's life.

May it fill their hearts with wisdom, and courage to bear the tests of the time.

And Guru Ram Das, protect them, keep them safe all through this life,

Oh Dhanna, Dhanna Guru Ram Das, Rakho Sarnai.