



*Sat Nam. Welcome to White Tantric Yoga® in Los Angeles, CA. 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 "\*".***

#75

**SAT NAM WAHE GURU** (Lata Mangeshkar)

*Truth is God's Name*

**\*EK ONG KAR**

*One Creator Created this Creation*

**SAT NAM**

*Truth is His Name*

**SIRI**

*He is so Great*

**WAHE GURU**

*There are no words to describe His Infinite Ultimate Wisdom. "Wow!"*

**MOOL MANTRA** (Simran Kaur and Kirtan Singh)

**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**

*The One*

**HARAY**

*The Projected One*

**HAREE**

*The Merged One*

**WAHE GURU**

*The Ecstasy of God*

**WAHE GURU HAR HARAY HAREE**

\*WAHE GURU WAHE GURU (Gianji)  
WAHE GURU WAHE JIO

*The ecstasy of consciousness*

\*ANG SANG WAHE GURU (Nirinjan Kaur) *The Infinite God is with you, with every part of you.*

\*HEALTHY AM I  
HAPPY AM I  
HOLY AM I  
WAHE GURU