



N A A M
MOVE. CREATE. MEDITATE.

AUM

Om Namō Bhagavate Vasudevaya Namah

Triple Mantra:

Ad Guray Nameh

Jugad Guray Nameh

Sat Guray Nameh

Siri Guru Devay Nameh

Ad Such, Jugad Such, HehBee Such, Nanak o See Bee Such

Ad Such, Jugad Such, HehBeh Such, Nanak o See Beh Such

**Har Har I am One with the Universal Life Energy It's
flowing through me now I feel it!**

Arm Swings

SA TA NA MA WAHE GURU

Eck Ong Kar, Sat Nam Siri, Wahe Guru

Guru Brahma:

Om Om Om

Gurur Brahma, Gurur Vishnu, Gurur Devo Mahesh Varah

Guru Sakshat Para Brahma (2x)

Tasmai Shri Guruve Namah (3x)

Om Om Om

Gobinde Mukande Udare Apare
Hariang Kariang Nirname Akame

Aap Sahaaee Hoaa Sachaa Dhaa Sachaa Doah Har Har Har

Guru Guru Wahe Guru Guru Ram Das Guru

Lumen de Lumine, Deum de Deo
Lumen de Lumine, Deum verum de Deo vero
Lumen de Lumine

Guru Binah Hoe Na Gyan Gawahi Veda Puran
Om Shanti Shanti Shanti