Sacred Valley Tribe Songbook MANTRAS



sacredvalleytribe.com

by Diego Palma v.19.09

Song Index

Aad Guray Nameh	6
Amataye	7
Anandamayi	9
Arunachala Shiva	11
Asato Maa - Claire	13
Asato Maa - Deva	15
Ayodhya Vasi Ram	17
Baba Hanuman *	18
Bhagawan Krishna	21
Closing	23
Ganesha Gayatri	25
Ganesha Jay	26
Ganesha mantra	28
Ganeshaya	29
Gate Gate *	31
Gayatri mantra	32
Govinda Gopala	34
Govinda Hari Gopala Hari	35
Govinda Jay Jay *	36
Govinda Jaya	37
Govinda Narayana	38
Govindam Adi Purusham	39
Green Tara Mantra	41
Green Tara Mantra II	41
Guru Ramdas	43
Guruji Guruji	45
Hanuman Puja / Om Shanti Om *	47
Hare Krishna - Alonso	48
Hare Krishna - Lakshmi	49
Hare Krishna - Maneesh	51
Hare Krishna - Danzas	51
Hare Krishna / Sri Ganesha	52
Hey Amba *	53

	Sacreuvaneytribe.c
Jai Ambe	54
Jai Ambe Maa	55
Jai Ganesha Deva	57
Jai Ma *	58
Jaya Radha Madhava	59
Jaya Shiva Shankara	60
Jin Prem Kio	61
Kali Jaya	62
Karpur Gauram	63
Krishna Jai	64
Krishna Manohara	65
Maha Lakshmi / Jai Ma	66
Maha Mantra - Sri Vishnu	67
Mahamrityunjaya mantra	69
Mahamrityunjaya mantra 2	71
Mata Bhavani	73
Mere Gurudev	75
Moola Mantra	77
Mulam Guro	79
Nataraja	80
Om Ah Hum	81
Om Chakshuhu	83
Om Guru *	84
Om Jesus Christaya	86
Om Mani Padme Hum	88
Om Marapa Tsanati	90
Om Namah Shivaya - Ani	91
Om Namah Shivaya - Darbari Raga	92
Om Namah Shivaya - Hare Krishna	93
Om Namah Shivaya Shivasandaraya *	95
Om Namoh Amitabhaya	97
Om Shanti - Yopi *	98
Om Shree Sache *	99
Prabhu Aap Jago	100
Pritham Bhagauti	101
Purnamadah mantra	103

	<u>ouorourunojinoo.o</u>
Radhe Gopal	104
Ramachandra	105
Saraswati (Bija Mantra)	107
Saraswati *	109
Sarva Mangala	111
Sat Narayan	113
Sat Siri Siri Akaal	115
Sat Siri Siri Akaal - Alexia	115
Shankara Shiva *	117
Shiva Shambo *	119
Shivaya Namah Om	120
Shivayah	121
Sri Krishna Sharanam *	123
Sita Ram	125
Sri Ma	127
Sri Siksastakam	128
Tayata Om Muni	131
Teyata Om Bekance	132
Teyata Om Bekance II	133
Uru Shanti Naraguam	135

Aad Guray Nameh

Original song by Snatam Kaur

Capo II

Aad Gu<u>ray</u> Na<u>meh</u> C Fmaj7 C Jugaad Gu<u>ray</u> Na<u>meh</u> Fmaj7 C Sat Gu<u>ray</u> Na<u>meh</u> Fmaj7 C Siri Guru De<u>veh</u> Na<u>meh</u> G C kitakitúm takíI bow to the primal Wisdom

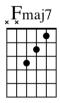
I bow to the Wisdom woven through all times I bow to the true Wisdom

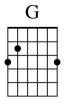
I bow to the inside of me

Mantra in Gurmukhi language. This is a mantra of protection and is recited to invoke the protective energy of the universe. Yogi Bhajan taught that this mantra should always be chanted 3 times in a row.









Amataye

Mantra in Hindi language to the Divine Mother "Ammaji" (Sri Amritanandamayi ji).



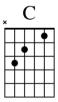
Capo III

Hey Amma he ___Anna Purne Hey Amma he (bis) Am G Am

Amma Amma Taye Am G Am Akhilandeshwari Niye Am G Am Annapourneshwari Taye Am G Ohhh Adi Parashakti Niye (x2) С G Am kitakitúm takí-







Translation:

Mother Mother, Dear Devine Mother Mother of the Universe Giver of food to all creatures You are the supreme primordial Shakti Truth-Realization is not a seeking process. It's a deconstruction process of all what is un-true. All what is not. Nothing remains stand. This is not a self development journey at all. It's not the realization of what is, but of what's not.

NETI NETI

(not this, not that) In the seeing of who you are not, the reality of who you are emerges by itself.

~ Sri Nisargadatta Maharaj ~

Anandamayi

Sri Anandamayi Ma, was an indian saint from Bengal. Precognition, healing and other miracles where attributed to her by her followers.

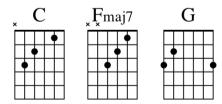
"The individual suffers because he perceives duality. It is duality which causes all sorrow and grief. Find the One everywhere and in everything and there will be an end to pain and suffering."

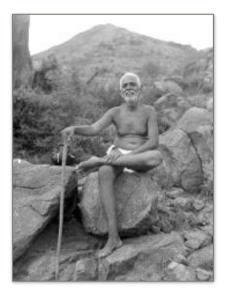


Original song by Brenda McMorrow

Capo III Om Anandamayi, <u>Chai</u>tanya Mayi C Fmaj7 Satya Mahi Para<u>mesh</u>wa<u>ri</u> C G C

kitaki<u>túm</u> takí-





Ramana Maharshi at Arunachala hill in South India.

"Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside."

- Ramana Maharshi -

Arunachala Shiva

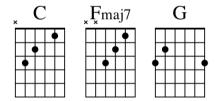
Original Song by Maneesh De Moor

Capo I

Arunachala Shiva, Arunachala Shiva C Fmaj7 C Arunachala Shiva, Arunachala Shiva G Fmaj7 C

takitaki<u>túm</u>

Aruna means "Red Fire of Wisdom," and Achala means "Hill." "Hill of Wisdom"





This is perhaps one of the most profound Vedic mantras ever. What this chant is asking for is the Highest of the Highest. It is a mantra which is implying that the seeker understands finally that there is no peace or happiness in anything material. That anything material will forever be transient and will forever bring suffering. Understanding this, the seeker chants this mantra and asks only for Truth, Truth and Truth.

Above in the meanings, the implications are as follows. In asking for deliverance from "Asat", the seeker is asking for deliverance from Maya, duality or the dream world. The seeker is saying, I feel this reality is not the Truth, please awaken me to the Absolute Truth (Sat). The seeker is aiming for God Realization.

Similarly, in the second line, the seeker is asking to be delivered form darkness (Tamaso), meaning ignorance, to light (Jyotir), meaning awakening. Again, the seeker, understanding that what is most important in life, is awakening to the Truth, asks for nothing material, but asks for Enlightenment and True Knowledge instead.

In the third line, the seeker is not asking for eternal life or immortality. The seeker is asking for Self Realization. The seeker is asking to be awakened to his Infinite, Timeless, Un-born and Eternal nature. The seeker is requesting to be awakened to his True Nature, to who he truly is, and that awakening to the eternal Self is the freedom from time and death which he is seeking.

Asato Maa - Claire

Veda Invocation, Sanskrit mantra from the Upanishads Original song by Claire Ludwig

Capo III ___Asato Maa Sadgamaya Am Em Am Tamaso Maa Jyotir Gamaya Em Am Mrityor Maa Amritam Gamaya ___ Em Am Em Oh <u>lord</u> please <u>lead</u> me Em Am Em Am from il<u>lu</u>sion to re<u>al</u>ity Am Em Am Em Oh <u>lord</u> please <u>quide</u> me Am Fm Am Fm from <u>death</u> to immor<u>ta</u>lity ____ Am Em Am Em from <u>dark</u>ness to <u>light</u> Em Am Em Am ___from ignorance to knowledge ___ Am Fm Am Fm

takitaki<u>túm</u>





Remember..

Any reality that comes into manifestation comes because you choose to perceive it in that particular way and believe it to be true. All comes from belief.

"What do I believe is true?"

That's the only question that determines what you experience in your reality.

 \sim Bashar \sim

Asato Maa - Deva

Original song by Deva Premal + Diego Palma

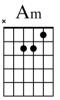
Capo III Om __Asato Maa <u>Sadg</u>amaya Am Em7 Am __Tamaso Maa <u>Jyo</u>tir Gama<u>ya</u> Em G Em Mrit<u>yor</u> Maa <u>Am</u>ritam <u>Ga</u>maya __ F G Am Em7

<u>Om shan</u>ti, <u>shan</u>ti, shanti <u>om</u> (bis) C G Dm Am

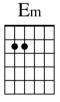


__Oh lord please <u>lead me</u>__from illusion to re<u>al</u>ity C G Dm Am __Oh lord please <u>guide</u> me __from death to immor<u>ta</u>lity C G Dm Am __from darkness to <u>light</u> __from ignorance to <u>know</u>ledge (x2) C G Dm Am

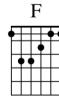
takitúm • wop-chí- • tumchá



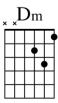
Em7



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Page 15



Lord Rama, the resident of Ayodhya, and the beloved son of King Dasharatha, is the savior of the fallen and the Lord of Janaki (Sita).

Ayodhya Vasi Ram

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Capo IV
 _Ayodhya Vasi Ram Ram Ram
С
Dasharatha Nanda<u>na</u> Ram
Dm
                     G
  Pateetha Pavana Janaki Jeevana
С
                   Am
Sita Mohana Ram (bis)
F
     G
              С
Sita Sita Sita Sita Ram, Sita Sita Sita Ram
                       F
С
                  Am
                                         G
Sita Sita Sita Sita Ram, Sita Sita Sita Sita Ram (bis)
С
                  Am
                       F
                                G
                                         С
 This is a prayer for the Earth, sweet Earth,
С
___may all beings live in peace
                          G
Dm
  And drink clean water, ___and breathe fresh air,
С
                       Am
and walk the beauty way
     Dm
             G
                    С
     kitakitúm takí-
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Baba Hanuman *

Original song by Krishna Das

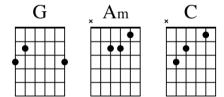
According to popular tradition, Hanuman is not only the greatest devotee in terms of loving Rama, but also the greatest in worshipping him, particularly in the devotional chanting known as kirtan that calls upon sacred pranic energies which serve to quiet the mind, remove obstacles, open and heal the heart, and bring us back to the center of our being. According to popular belief, Hanuman is present wherever Rama's name is sung, since taking part in this is his highest bliss.

Capo V

_Namo... Na<u>mo</u>... __Namo... Na<u>mo</u>... __Anjaninanda <u>na</u>aya G C G C G C __Jaya Seeyaram Jaya Jay Hanuman (x2) G _Jaya Seeyaram Jaya <u>Jay</u> Hanuman Am __Jaya Seeyaram Jaya <u>Jay</u> Hanu<u>man</u> Am G __Jaya Bajarangabalee __Baba Hanuman (x2) G C _Sankata Mochan __Kripaa Nidhaan Am C Am __Sankata Mochan __Kripaa Ni<u>dhaan</u> Am C G Am _Jaya Seeyaram Jaya <u>Jay</u> Hanuman... С G

__Jai Jai Jai Hanu<u>man</u> Gosaee (bis) G C __Sankata Mochan __Kripaa Nidhaan Am C __Lala Langotta __Laala Ni<u>shaan</u> Am C G __Jaya Seeyaram Jaya <u>Jay</u> Hanuman... G C G C G C Hanu<u>man</u> __Jai Hanu<u>man</u> __ G C G C G C Hare <u>Ram</u>a Rama Ram Sita <u>Ram</u>a Rama Ram (xx) G C C

kitakitúm takí-



"There is no difference between dream and the waking state, except that the dream is short and the waking state long. Both are the result of the mind. Because the waking state is long, we imagine that it is our real state."

- Ramana Maharshi -

Bhagawan Krishna

Capo III He Bhaga<u>wan</u> Krishna Am He Madha<u>va</u> Krishna G6 He Achyu<u>ta</u> Krishna F6b5 Krishna Krish<u>na</u> (bis) E

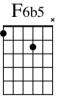
Radha Ma<u>no</u> Thada Am He Radha <u>Ji</u>vana G6 He Gopi <u>Ma</u>dhava F6b5 Krishna Krish<u>na</u> (bis) E

F6b5 - E - F6b5 - E (x2) Amadd9 - G - F6b5 - E (x2)

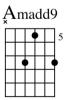
kitakitúm takí-















Anusara Invocation

I bow to Lord Shiva, the auspicious one In the form of consciousness and bliss Who is beyond and above this world Free from all support and luminous



Lokah Samastah

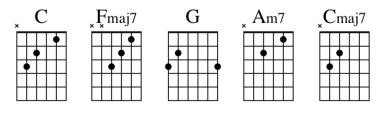
Sanskrit mantra meaning "May all beings in all worlds be free and happy"

Universal prayer (Sarve Bhavantu Sukhinah)

May all be prosperous and happy May all be free from illness May all see what is spiritually uplifting May no one suffer

Asato Maa mantra

Vedic Invocation, Sanskrit mantra from the Upanishads O, Lord please lead me from the unreal to the real Lead me from darkness to light Lead me from death to immortality May there be peace, peace and perfect peace



Closing

Anusara Invocation, Lokah Samastah prayer , the Universal prayer and the Asato Maa mantra.

Capo II

<u>Om</u> Na C	<u>Om</u> Namah Shivaya Gurave C						
-	chidananda	Murtave					
Fmaj7		G					
•	prapanchay	a Shanta	va				
G	. ,						
Nir	alam <u>ba</u> ya To	eja <u>se</u>					
Fmaj7	G	С					
Lo <u>kah</u> S	Samas <u>tah</u> S	uki <u>no</u> Ba	<u>van</u> thu				
С	Am7	Fmaj7	С				
Lo <u>kah</u> S	Samas <u>tah</u> S	uki <u>no</u> Bay	<u>van</u> thu (bis)				
С	Am	F	G				
Sar <u>ve</u> E	3havantu Su	ıkhi <u>nah</u>					
С		Am					
Sarve S	San <u>tu</u> Ni <u>rā</u> m	ayāḥ					
	Fmaj7 G	•					
Sar <u>ve</u> E	Bhadrāņi Pa	<u>śyan</u> tu M	ā				
Am		Em					
Ka <u>shch</u>	<u>iit</u> Duḥ <u>kha</u> B	hāgbha <u>v</u>	<u>et</u>				
F	G	(C				
Om Asa	ato Maa <u>Sac</u>	dgamaya					
С	Am						
Tan	naso Maa Jy	/o <u>tir</u> Gam	aya				
Fmaj7	,	C	-				

___Mrityor Maa Amritam Gamaya

C Am7

Om <u>Shan</u>ti Shanti Shan<u>ti</u> Fmaj7 Cmaj7 C

...you're in a dream. Wake up!



Row, row, row your boat, Gently down the stream. Merrily, merrily, merrily, merrily, Life is but a dream.

Ganesha Gayatri

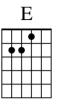
Original song by Prebabanda

Om Weinka Pataya __Dimahi Am E E7 Am Vakra Tundaya __Dimahi E E7 Am Tadunanji Pratcho Daya С G Om ___Pratcho Daya (bis) E E7 Am Om Ganapataye Namaha F С Dm

Ganapata<u>ye</u> Nama<u>ha</u> (x3) C Dm <u>Om</u> __Pratcho Da<u>ya</u> E E7 Am

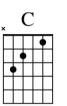
kitaki<u>túm</u> takí-















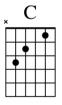
Ganesha Jay

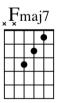
Original song by Wayra

Capo II Ganesha <u>Jay</u> Ganesha <u>Jay</u> Fmaj7 Cmaj7 Fmaj7 С __Ganesha Jay Hare Hare (bis) С Fmaj7 G С Guru Ram Hare Ram Guru Ram Hare Krishna Fmai7 С G С Guru Ram Hare Ram Guru Ram Hare Krishna Cmaj7 Fmaj7 С С

Shiva <u>Tan</u>da Shiva <u>Ja</u>ya Shiva <u>Ma</u>ha<u>de</u>va Cmaj9/B Fmaj7 G7 C Shiva <u>Tan</u>da Shiva <u>Ja</u>ya Shiva <u>Ma</u>ha<u>de</u>va C7 Fmaj7 G7 C

takitaki<u>túm</u>





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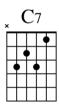
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G7





Ganesha (Ganapati) is Shiva's first son. Lord Ganapati, who has an elephant head, occupies a very special place in the hearts of Hindus because they consider him the god of wisdom, success, the remover of obstacles and dissolver of sorrows.

When we call upon Ganesha, the beloved elephant-faced God, we invoke his desire to remove all obstacles, large or small, internal or external, that may hinder our paths.

> O elephant-faced God, Ganesha, you are served by the attendants of Shiva and you eat forest apples and blackberries. You are Uma's son, the destroyer of sorrows. I bow to the lotus feet of the remover of obstacles

Ganesha mantra

Original song by Prembabanda

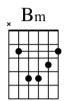
Om Parvati Pataye <u>Ha</u> ra Hara Hara Mahadeva Em Bm
Gajana <u>nam</u> Bu <u>ta</u> (bis)
C D Em
Ganadi SevatamKapitha Jambu Em Bm Phalacha <u>ru</u> <u>Bha</u> kshanam (bis) C D Em
<u>Um</u> asutam ShokaVinasha Karakam
Em Bm
Namami <u>Vig</u> neshvara <u>Pa</u> da Pankajam (bis)
C D Em

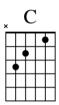
Pp(21)3 taki<u>túm</u> tumchá

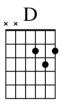
<u>Om</u> Gam Ganapataye Namaha (x2 Em	2)
<u>Om</u> Gam Ganapataye Namaha G Bm	
<u>Om</u> Gam <u>Ga</u> napata <u>ye</u> Namaha Em	
rúm • chá takichá takí- kichá	

Em

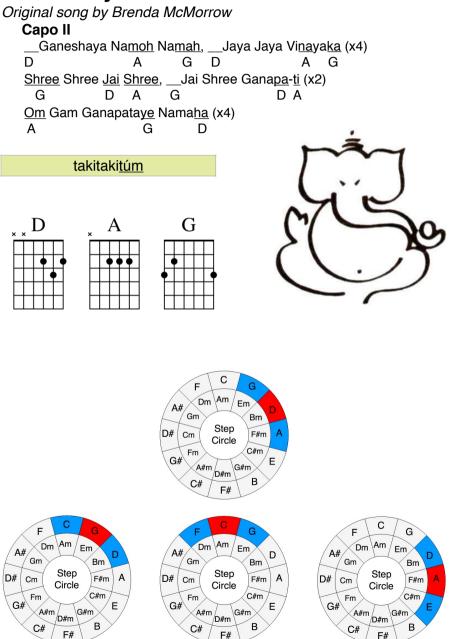








Ganeshaya





This mantra is consider to be the mantra of the Heart Sutra, which is a famous and important sutra in the Mahayana Buddhism.

Gate means *gone*, gone from suffering to liberation. *Paragate* means *gone all the way to the other shore* (to Nirvana). *Sam* means *everybody*. *Bodhi* means awakening and *svaha* is an expression of delight and excitement. So the whole mantra translates as something like:

Gone, gone, all the way over everyone's gone beyond to the other shore Enlightenment... svaha!

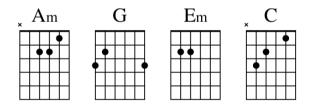
Gate Gate *

Capo VI Gate <u>Ga</u>te Paragate Am G Para<u>sam</u>gate Bodhi <u>Sva</u>ha (bis) Em Am

Gate <u>Ga</u>te Paragate C G

Para<u>sam</u>gate Bodhi <u>Sva</u>ha (bis) Em Am

takitakitúm -kitakichá





Gayatri mantra

Among all the mantras, the Gayatri mantra is called the essence of all mantras. All spiritual powers and potencies are contained hidden within it. The Gayatri is meditation on spiritual light. It is practiced by Hindus and Buddhists alike. This mantra is for the purpose of enlightening the intellect.

By unwrapping the power of this mantra, one can sit in meditation and commune with celestial beings, sages, saints, masters, Maha Sidhas and Rinpoches in the higher realms. Because of its ability to bring into the

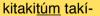


subtle body keys to tuning one's consciousness to the higher realms, the Gayatri is called a Master Mantra.

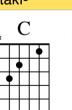
Pictures of Gayatri show her with five heads, Lakshmi (the primordial power of manifestation), Saraswati (the power of knowledge and divinely empowered speech), Durga (the power of protection), Radha (the power of ecstatic bliss), and Bhu Devi (the power of the Earth).

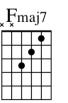
We meditate on the most sublime light of divinity, that which is the source of eternal Bliss beyond measure. May this light illumine our awareness and dispel all darkness. Original song by Claire Ludwig (first part) and Shimshai (second part).

Capo V Bhur Bhuvaha Swaha G С Tat Savitur Varenyam Fmaj7 С __Bhargo De<u>vas</u>ya Dhi<u>ma</u>hi Fmaj7 C G С Dhiyo Yonaha G С Prachodayat Ahh Fmaj7 С G Om Bhur Bhuvaha Swaha Fmaj7 Am Em Tat <u>Savitur</u> Varenyam G Am Em Fmaj7 Bhargo Devasya Dhimahi C [Am] G Dhivo Yonaha Em Fmaj7 Prachodayat Am G



G







Am

Govinda Gopala

Original song by Brenda McMorrow

<u>Ha-re</u> <u>Hare</u> <u>Govin-da</u> Go<u>pa</u>la (x3) Em D C Cmaj7 Em D C Go<u>vin-da</u> Go<u>pa</u>la Em D C

<u>Ha</u>re Go<u>vin</u>da Go<u>pa-a-la</u> <u>Ha</u>re Go<u>vin</u>da Em D G D C Em D Go<u>pa-a-la</u> (x4) Em D C

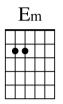
<u>Di-na</u> Ta<u>ya</u>la Hare Pa<u>ra</u>-<u>ma</u> Ta<u>ya</u>la Em D C Em D C <u>Ra-dha</u> Ra<u>ma</u>na Hare Go<u>vin-da</u> Go<u>pa</u>la (x2) Em D C Em D C

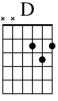
<u>Ma-du</u>ra Ma<u>na</u>ra Krishna Go<u>vin-da</u> Go<u>pa</u>la Em D C Em D C <u>Ra-dha</u> Ra<u>ma</u>na Hare Go<u>vin-da</u> Go<u>pa</u>la (x2) Em D C Em D C

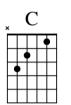
<u>Mira Key Pra-a-bhu</u> <u>Ha-re</u> G D G D C Em D Go<u>pa-a-la</u> (x4) Em D C

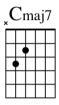
Hare Krishna Hare Krishna Krishna Krishna Hare Hare Em D C Go<u>vin-da</u> Go<u>pa</u>la (x8) Em D C Go<u>pa - a - la</u> (x...) Em D C

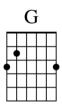
takitúm • wop-chí- • tumchá







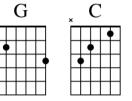




Govinda Hari Gopala Hari

Capo V Go<u>vin</u>da Hari Go<u>pa</u>la <u>Ha</u>ri G C D __Hey Prabhu Dinada<u>yal</u> Ha<u>a</u>ri C D G

takitúm • wop-chí- • tumchá







Govinda Jay Jay *

Original song by Yopi

Capo II

__Govinda Jaya Jaya, Gopala Jaya Jaya C __Radha Ramana Hare, Radha Ramana Hare (bis) G

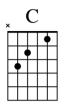
Govinda...

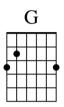
С ___Radha Ramana Hare Radha Ramana Hare G

Gopala...

__Radha Ramana Hare Radha Ramana Hare G

takitúm tumchá takitúm tumchéki





Govinda Jaya

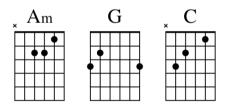
Original song by Jarah Tree

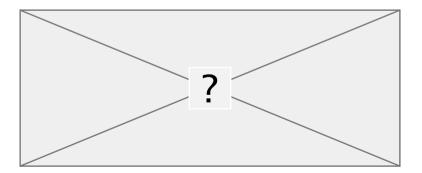
Capo II

__Govinda Jaya Ja<u>ya</u>, Gopala Jaya Ja<u>ya</u> (bis) Am G Am <u>Rad</u>ha Ha Ramana Hare __Govinda Jaya Ja<u>ya</u> (bis) Am G Am

__Govinda Jaya Jaya, __Gopala <u>Ja</u>ya Jaya (bis) Am G Am <u>Rad</u>ha Ha Ra<u>ma</u>na Hare __Govinda <u>Ja</u>ya Jaya (bis) Am C G Am

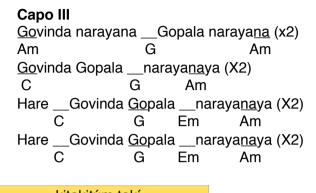
kitakitúm • chá takí- kitakí-



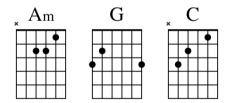


Govinda Narayana

Names of Krishna, incarnation of Vishnu (Narayana)



kitaki<u>túm</u> takítaki<u>túm</u> • wop-chí- • tumchá



takitúm · wop-chí- · tumchá

Govindam Adi Purusham

Prayer to Lord Krishna as Govinda, meaning "Govinda the Original Person I do worship"

Playing the flute, as blooming lotuses His eyes, A peacock's feather on top, His fine form like blue clouds, of millions of cupids his charm, His unique so lovely.

Capo III

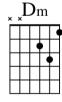
Go<u>vin</u>dam Adi <u>Pu</u>rusham <u>Tam</u> Aham Bhaja<u>mi</u> (x3) Am F Dm E Govindam E7

__Venum K<u>va</u>nantam Ara<u>vin</u>da-dalaya<u>tak</u>sham Am F E Am Barhavatamsam <u>As</u>itam Buda-<u>Su</u>ndarangam F E Dm Am __Kandarpa <u>Ko</u>thi Kamaniya Vis'esha S'obham Am F

kitakitúm takí-



F ••



E						





"May that transforming power of those three qualities arise within me."

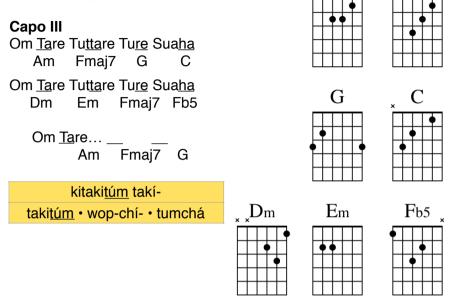
It is a request to bring our body, speech and mind into synchronism with those of the enlightened beings, to have the qualities of the Bodhisattva's path of the three levels of training. The final syllable SOHA, has a sense of imperative, but in a requesting tone.

Fmaj7

Am

Green Tara Mantra

Original song by Deva Premal



Green Tara Mantra II

Capo V

Om Tare Tuttare <u>Tu</u>re Suaha (x3) C Am <u>Om</u> Tare Tuttare <u>Tu</u>re Suaha (x3) G Am

takitúm takitáki

Human beings have a drive for security and safety. *Freedom is a state of complete and absolute insecurity and not knowing.* There is no security in freedom. This is, of course, why it is so free: there's nothing there to grab hold of.

The Unknown is more vast, more open, more peaceful, and more freeing than you ever imagined it would be. If you don't experience it that way, it means you're not resting there; you're still trying to know. That will cause you to suffer because you're choosing *security over Freedom*. When you rest deeply in the Unknown without trying to escape, your experience becomes very vast.

As the experience of the Unknown deepens, your boundaries begin to dissolve. You realize, not just intellectually but on a deep level, that you have no idea who or what you are. A few minutes ago, you knew who you were—you had a history and a personality—but from this place of not knowing, you question all of that.

Liberated people live in the Unknown and understand that the only reason they know what they are is because they rest in the Unknown, moment by moment, without defining who they are with the mind.

- Adyashanti -

Guru Ramdas

Original song by The Yoga of Sound

Guru Ram Das (meaning servant of God) was the fourth master of the Sikhs.

As a Guru, one of his main contributions to Sikhism was organizing the structure of Sikh society. Additionally, he was the author of Laava, the hymns of the Marriage Rites, the designer of the Harmandir Sahib, and the planner and creator of the township of Ramdaspur (later Amritsar).



<u>Gu</u>ru <u>gu</u>ru <u>wa</u>he gu<u>ru</u> D A D G Guru <u>Ramdas</u> gu<u>ru</u> (bis) D A G

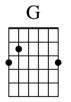
__Guru <u>gu</u>ru <u>wa</u>he guru Bm G D __Guru <u>Ra</u>mdas gu<u>ru</u> Bm G A

__Guru <u>gu</u>ru <u>wa</u>he guru Bm G D __Guru <u>Ra</u>mdas gu<u>ru</u> C G A

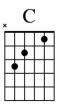
taki<u>chá</u> takichá













The Hindu trinity consisted Brahma, Vishnu and Shiva. Brahma is the creator of the universe, Vishnu is the preserver or protector, and Shiva is the destroyer.

Guruji Guruji

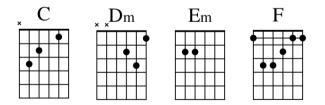
Original song by Prembabanda

Capo II

<u>Gu</u>ruji Guruji Guruji Guruji Guruji Guruji Guruji C Dm <u>Gu</u>ruji Guruji Guruji Guruji Guruji Guruji Guruji Em F

Guru Brahma, Guru Vishnu, Guru Devo, Maheshvara C Dm Em F Guru Sakshat, Param Brahma, Tashmai Shri, C Dm Em Guruvey Namaha F

P3(21)3 tákicheki tákicheki



"The belief in things which are untrue is what imprisons us in the dream state. We must question all of our beliefs and assumptions down to the very source of our being until that which is true, real, and everlasting reveals itself. I am is the absolute truth. Everything else is a belief. Awareness is all."

~ Adyashanti ~

Hanuman Puja / Om Shanti Om *

Original song by Mani Om

Capo II Jay Sri Baba Hanuman Am Jay Sri Baba Hanuman G Sita Ram, Sita Ram, Sita Ram Em Jay Sri Baba Hanuman (bis) Am Mere Bhagavan, Mere Bhagavan F С Jay Sri Baba Hanuman (bis) E7 Am Om Gurur Brahma, Gurur Vishnu Am Dm Gurudeva Maheshwarah E E7 Gurureva Parabrahma Tashmahi Sri Am Dm Gurave Nama<u>ha</u> (bis x 3) С E E7 Om Shanti Om, Om Shanti Om Dm Am Om Shanti Om, Om Shanti Om С Е E7 takitúm · wop-chí- · tumchá

Hare Krishna - Alonso

Original song by Alonso del Río

__Hare Krisna, <u>ha</u>re Krisna, <u>Kris</u>na, Krisna, <u>ha</u>re, hare G D6/F# Em C

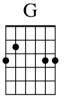
G - D6/F# - Em - C

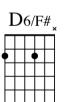
__Hare Rama, <u>ha</u>re Rama, <u>Ra</u>ma, Rama, <u>ha</u>re, hare G D6/F# Em C

G - D6/F# - Em - C (bis)

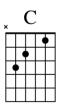
__Hare Krisna, <u>ha</u>re Krisna, __Krisna, Krisna, <u>ha</u>re, hare G D6/F# Em C __Hare Rama, <u>ha</u>re Rama, __Rama, Rama, <u>ha</u>re, hare G D6/F# Em C

taki<u>túm</u> taché





Em							





Hare Krishna - Lakshmi

Original song by Jaya Lakshmi

Capo II Hare <u>Krish</u>na, Hare <u>Krish</u>na, Krishna <u>Krish</u>na, Hare <u>Ha</u>re G D C D Hare <u>Ra</u>ma, Hare <u>Ra</u>ma, Rama <u>Ra</u>ma, Hare <u>Ha</u>re (bis) G D C D

__Hare Krishna, Hare Krishna, <u>Krish</u>na Krishna, Hare Hare G D __Hare Rama, Hare Rama, <u>Ra</u>ma Rama, Hare Hare (bis) C D

__Goranga, Goranga, <u>Go</u>ranga Bo G D __Goranga, Goranga, <u>Go</u>ranga Bo (bis) C D

__Cheitaña, Cheitaña, <u>Chei</u>taña Bo G D __Cheitaña, Cheitaña, <u>Chei</u>taña Bo (bis) C D

Nita Nita Nita Nita Nita he Goranga G D Nita Nita Nita Nita Nita he Goranga (bis) C D

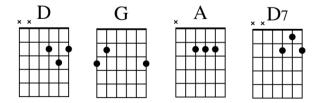
takichá takichá

Hoboi Stu shishi, Krishna Cheitaña Mahakdagu Goi Goranga, in your form like letting go You purified the heart with the nectar of your Budhi name.



Krishna is one of the most powerful incarnations of Vishnu, the Godhead of the Hindu Trinity of deities. Of all the Vishnu avatars he is the most popular, and perhaps of all Hindu gods the one closest to the heart of the masses. People in India consider Krishna their leader, hero, protector, philosopher, teacher and friend all rolled into one.

Govinda is the name of Shri Krishna (incarnation of Lord Vishnu on earth). Literally means "the protector of cows." Gopala, Rama and Narayana are other names of Krishna. Hare or Hari means "Shining One"

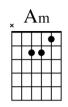


Hare Krishna - Maneesh

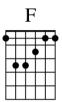
Original song by MDM

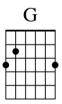
Capo V Hare <u>Krish</u>na Hare Krishna (x2) Am Krishna <u>Krish</u>na Hare Hare (x2) Em Hare <u>Ra</u>ma Hare Rama (x2) Am Rama <u>Ra</u>ma Hare Hare (x2) (bis) Em

Hare <u>Krish</u>na Hare Krishna (x2) F Krishna <u>Krish</u>na Hare Hare (x2) Em Hare <u>Ra</u>ma Hare Rama (x2) F Rama <u>Ra</u>ma Hare Hare (x2) G









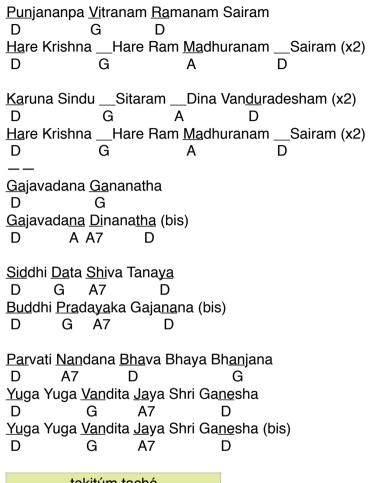
chekitúm chekitáki

Hare Krishna - Danzas

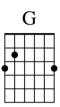
__Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare D G D A D __Hare Rama, Hare Rama, Rama Rama, Hare Hare D7 G D A D

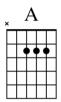
kitakitúm • chá takí- kitakí-

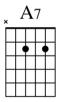
Hare Krishna / Sri Ganesha



× × D







taki<u>túm</u> taché

Worship the elephant-faced Lord Gajanana, the Lord of demi-gods. The son of Lord Shiva and Mother Parvati who bestows success and removes the fear of crossing the ocean of life and death, is worshipped during all yugas (ages).

Hey Amba *

Dm

Am

С

Jagadambe Jey Jey Ma (x3) G

kitakitúm takí-

Capo II Hey Amba (x3) Bol Dm Am Ishwara Sata Chita Ananda Bol (bis) G Em Am Am Sambasada Shiva (x3) Bol Am Dm Palaka Preraka Satya Pati Bol (bis) Am G Em Am Amba Amba Jai Jagadamba Am Dm Am Akhinlandeshwari Jaya Jagadamba (bis)

G

Am

Am

Jai Ambe

Original song by Shimshai

Capo V

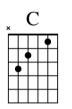
<u>Jai</u> Ambe <u>Jag</u>adam<u>be</u> Am D Am <u>ma</u>ta Bha<u>va</u>ni <u>Jai</u> am<u>be</u> (bis x 4) C G D Am

__Durkha Vinashini D<u>urg</u>a Jaya Jaya Am C __Kala Vinashini <u>Ka</u>li <u>Ja</u>ya Jaya (bis) G D Am

Uma Rama Brah<u>ma</u>ni Jaya Jaya G Am __Radha <u>Ru</u>kamini <u>Si</u>ta Jaya Jaya (bis) C G D Am









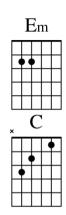
túmki- cháki-

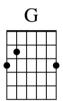
Hail to the Mother of the World, Hail to the Mother Bhavani, consort of Shiva, Hail to the remover of all misery, Durga! Hail to the destroyer of Death, Kali! Hail to Parvati, Laksmi and Sarasvati! Hail to Radha, Rukmini (Krishna's Wife) and Sita (Rama's Wife).

Jai Ambe Maa

Capo IV Jai Ambe Maa Em Jai Ambe Maa С Jai Ambe Maa G Durga Durga (bis) D Ama, __Jai Maa Kali Em __Jai Mata Devi С <u>Jai</u> Maa Kali G __Amritanandamayi (<u>Maa</u>) (bis) D Em

kichékitum chekí-







Take action as a pure response to each moment, free from indecision, beliefs or agenda, acting in inspired certainty.

Wait for unfolding and feel the answer within the peace of your breath.

Thought and understanding will come after the event, not as the cause.



"Remain in a state of not knowing, work without effort, give to others and be in abundance."

~ Sri Shibendu Lahiri ~

Jai Ganesha Deva

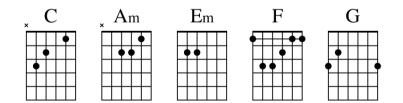
Original Song by Manu Om

Capo IV Jay Ganesha Deva, Jay Durga Ma C Am Uma Parvati Ananda Ma Em F G Om Namah Shivaya, Om Namah Shiva C Am Mahadeva Shambo Em F G

C - Am - Em - F - G

Sham<u>bo</u> Sham<u>bo</u> Am C <u>Ma</u>hadeva Sham<u>bo</u> __ (bis) Em F G

P-p2-3p3 taki<u>túm</u> • wop-chí- • tumchá



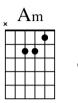
Jai Ma *

Original song by Wa!

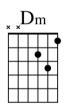
Capo III <u>Am</u>rita-Mahi A<u>nan</u>da-Mahi Am G <u>Am</u>ritananda <u>Ma</u>hi-<u>Ma</u> (bis) Dm C G

Jai Ma, Jai Ma, Jai Ma, Jai Ma (x2) Am G Am G Am Amrita-Mahi Ananda-Mahi G Am Amritananda Mahi Ma Dm Am G Amrita-Mahi Ananda-Mahi G Am Amritananda Mahi Dm Am G Jai Ma, Jai Ma, Jai Ma, Jai Ma (bis) Am G Am G Jai Ma, Jai Ma, Jai Ma, Jai Ma (x4) G Am G Am С Am Jai Ma Durga Jai Ma Durga (x2) F С G Am Jai Ma Durga Jai Ma Durga (x2) G Am G Am Jai Ma, Jai Ma, Jai Ma, Jai Ma (x4) G Am G Am С Am

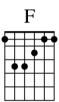
takitúm • wop-chí- • tumchá









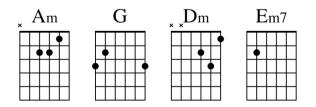


Jaya Radha Madhava

Krsna is the lover of Radha. He displays many amorous pastimes in the groves of Vrndavana, He is the lover of the cowherd maidens of Vraja, the holder of the great hill named Govardhana, the beloved son of mother Yasoda, the delighter of the inhabitants of Vraja, and he wanders in the forests along the banks of the River Yamuna.

Capo V Jaya <u>Rad</u>ha Madha<u>va</u> Am G Dm Jaya __Kunja Vihaari (bis) Em7 Am Jaya Gopi-jana Vallabha Am Jaya Giri Varamdhari (bis) G Fm7 Am Jasoda Nandana, Braja Jana Ranjana (x2) Em7 G Am Jamuna Tira Vana Chari (x2) G Em7 Am Mitai Huna Haribol Am Mitai Huna Haribol (bis) G Am Em7

takitúm • wop-chí- • tumchá

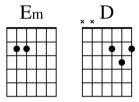


Jaya Shiva Shankara

Original song by Namaste

Jaya Shiva Shankara Bom Bom Hare Hare (x2)EmDEmD______Hare Hare _____Hare Hare Bom Bom Hare Hare (x2)EmDEmD

taki<u>túm</u> tumchá



Jin Prem Kio

Song in Gurunakti language, language of the Kundalini yoguis

Jin <u>Prem Kio</u> Tin <u>Hee</u> Prabh <u>Pay</u>oh D Am C D

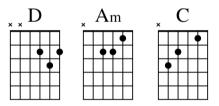
<u>Sat</u>cha Ka<u>hon</u> Suna <u>Lea</u>yo Sa<u>beh</u> D Am C D

Ang <u>Sung</u> Wahe <u>Gu</u>ru D Am Ang <u>Sung</u> Wahe <u>Gu</u>ru C D Only those who love have realized God

I speak the truth, listen everyone

Wahe Guru is with me all the time

takitaki<u>túm</u>



Kali Jaya

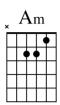
Original song by Amy Thiessen

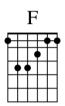
Capo IV Kali Jaya Jaya, Kali Jaya Jaya Am F __Amrit Ananda Durga Jaya Jaya Em Am __Durga Jaya Jaya, Durga Jaya Jaya Am F __Amrit Ananada Parvati Jaya Jaya Em Am Parvati Jaya Jaya, Parvati Jaya Jaya

__Parvati Jaya Jaya, __Parvati Jaya Jaya Am F __Amrit Ananda <u>Ka</u>li Jaya Jaya Em Am __Kali Jaya Jaya, __Kali Jaya Jaya Am F __Amrit Ananada <u>Dur</u>ga Jaya Jaya Em Am

Kali -> Durga -> Parvati -> Kali -> ...

takitúm • wop-chí- • tumchá





Em						

Karpur Gauram

Ancient Sanskrit śloka related to Lord Shiva



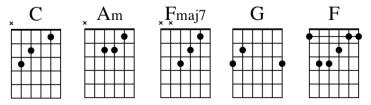
Capo II

Karpur Gauram Karunavataram Fmaj7 С Am G Samsara Saram Bhujagendra Haram Am F С С Sada Vasantam Hridavara-vinde Fmaj7 G С Bhavam Bhavani Sahitam Namami С Am F С

takitaki<u>túm</u>

Translation

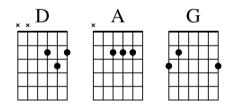
Pure as the camphor, the personification of compassion. The one who is essence of the world, the serpent king. Always residing in the lotus-like heart. Oh Lord and Goddess Sati I bow to you both.



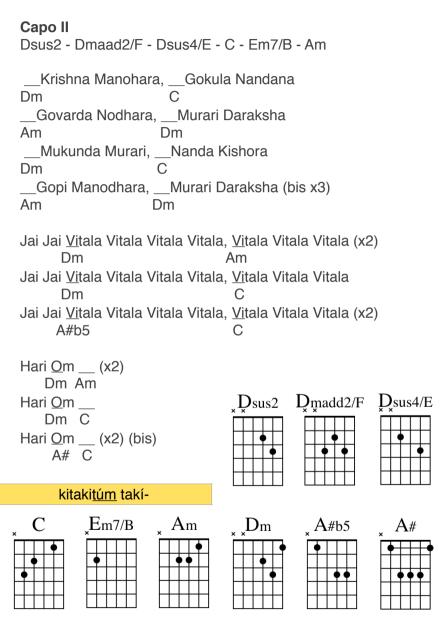
Krishna Jai

Capo II Gopi Kamala Hare Bhiyari D Mayi Mira Mana Bihari A Madana Mohana Murli Dharli <u>Krish</u>na Jai (bis) G <u>D</u> <u>Krish</u>na Jai (Krishna Jai) D <u>Krish</u>na Jai (Krishna Jai) A Go<u>pa</u>la Pala Pala Radhe __Krishna Jai (bis) G D

kichékitum chekí-



Krishna Manohara



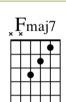
Maha Lakshmi / Jai Ma

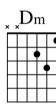
Original song by Brenda McMorrow

Capo IV Om Shree Maha Lakshmi Hey __ Swaha __ (x4) Fmaj7 Dm C F G С Jai Jai Ma Jai Ma Jai Ma Dm F С G Jai Ma Jai Ma C Dm F G Sarasvati / ___ Kali <u>Durg</u>a Ma F G G Jaga Dambe / Mata Amritananda Mayi Om Lakshmi / Amri Parvati Ma Ave María / Kia Ma Shandra Ma Om Shree Madre / Jai Maja Maje Ma Om Tara / Jai Shree Radhe Radhe Anandamayma / Adi Shakti Maha Shakti

kichéki<u>tum</u> chekí-











Maha Mantra - Sri Vishnu

Original song by Alonso del Río

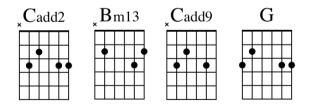
<u>Sri</u> Vishnu, <u>Sri</u> Vishnu <u>Sri</u> Vish<u>nu</u> (bis) Cadd2 Bm13 Cadd2 Cadd9 G

__Laira laira rarai la<u>rai</u>rai lara <u>rai</u>rai (bis) Cadd2 Bm13 Cadd2 G

Laira laira rarai lairai lara rairai lara rairai (bis) Cadd2 Bm13 Cadd2 G

__Hare Krisna, <u>ha</u>re Krisna Cadd2 Bm13 <u>Kri</u>sna, Krisna, __hare, hare Cadd9 G __Hare Rama, <u>Ha</u>re Rama Cadd2 Bm13 <u>Ra</u>ma, Rama, __hare, hare (bis) Cadd9 G

taki<u>túm</u> taché





"Tryambakan" refers to the Three eyes of Lord Shiva, referring to God as Omniscient (Brahma), Omnipresent (Vishnu) and Omnipotent (Shiva). "Yamahe" means "we sing Thy praise".

"Sugandhim" refers to His fragrance of knowledge, presence and strength. "Pusti Vardhanam" as representing Brahma, the Omniscient Presence sustainer of all life.

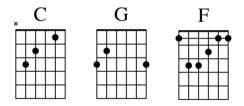
"Urva Rukamiva" refers to the powerful and all-pervading suffering quality of ignorance that is "Bandhanan", referring to "bounding us down.

"Mrtyor Muksheeya" refer to "take us from death to the final truth". "Ma-Amritat" refers to "with your holy nectar".

Mahamrityunjaya mantra

Capo III Om Tryam Bakan Yajamahe C G F Sugandhim Pusti Vardhanam C G C Urva - Rukamiva Bandhanan G C Mrtyor - Muksheeya Ma - Amritat G C

takitaki<u>túm</u>



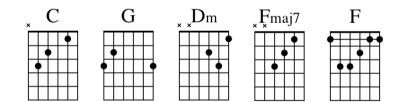
"That which rises in this body as 'I' is the mind"

~ Ramana Maharshi ~

Mahamrityunjaya mantra 2

Capo II <u>Om</u> Tryam Ba<u>kan</u> Yajama<u>he</u> Dm Fmaj7 С G __Sugandhim Pusti Vardhanam С G Dm Urva - Rukamiva Bandhanan Mrtvor F С G Muksheeya Ma - Amritat Dm Muksheeya Ma - Amritat G

takitúm • wop-chí- • tumchá





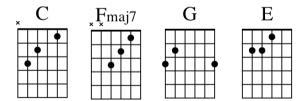
Shakti (Parvati, Kali, Durga, Gauri) is the consort of Shiva and is considered the personification of material energy (Mother of the Universe). As Parvati she is kind, but as Kali appears cruel and frightening. Durga, in a warlike form, is equipped for battle to protect her devotees. Shakti is often addressed as Devi (goddess).

Mata Bhavani

Original song by Manu Om

Capo IV Dúrgatí Nashíni Durga Jay Jay Jay Fmai7 G C С Kala Bínashíni Kali Jay Jay Jay С Fmaj7 G C Jai Ambe Jagatambe Mata Bhavani Jai Ambe Fmaj7 Е G С Uma Rama Bráhmaní Jay Jay Jay С Fmaj7 G C Radha Sita Rúkahmíni Jay Jay Jay С Fmaj7 G C Jai Ambe Jagatambe Mata Bhavani Jai Ambe Fmaj7 Е G С

takitaki<u>túm</u> -kitumchá



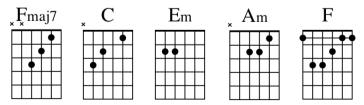


Brahma, Vishnu, and Shiva are not three different individual anthropomorphic beings or three different entities...in fact, they are not beings or entities at all...**they are the three different aspects of the one all-ensouling Life of the Universe.** This is very important to understand. Brahma-Vishnu-Shiva is not three but is ONE, manifesting in three different ways at three different times.

Brahma, the Creator

Although Brahma is popularly called the Creator, Hinduism does not actually teach creation but teaches emanation and evolution. Brahma is the great Evolver. The Upanishad puts it like this... "This universe comes forth from Brahman, exists in Brahman, and will return to Brahman. Verily, all is Brahman."

Brahma is the Universal Soul without form and no limits; it is Reality and Truth. The OM or AUM symbol is the sacred symbol of Brahman and the divine oneness of all life.



Mere Gurudev

Original song by Manu Om

Capo III __Om Guru Brahma, Guru Vishnu, __Guru Devo Maheshvara Em Fmaj7 Fmai7 Em С С __Guru Devo ParaBrahma, __Tashmahi Siri Gurave Namo Em Fmaj7 Fmai7 С С Fm Mere Gurudev, Mere Gurudev, Mere Gurudev, Mere Guru Em С Am Hey Krishna, Karuna Sindhu Dina Bandhu Jagat-patev Fm Gopesha Gopika-kantu Radha-kantu Namastute Mere Gurudev С Am Em Mere Gurudev, Mere Gurudev, Mere Gurudev, Mere Gurudev Em Am С Em You are my light where there is darkness Fmai7 Em С You are bliss and truth in our hearts Fmai7 Fm Always your love pure and immortal Fmai7 Em С Your are Brahma, Vishnu, Shiva; you're One Fmai7 С Em __ Om Namo Bha<u>ga</u>van, __Om Namo Bha<u>ga</u>van (bis) Fmai7 F Em С __ Om Shanti <u>Shan</u>ti Shanti <u>Shan</u>ti (bis) Fmaj7 Em С takitúm tumchá

tum<u>túm</u> • chá taki<u>túm</u> • chá takí-ki -kichá

Om Sat-Chit-Ananda Parabrahma

OM is the supreme primordial sound where the whole creation emerged from. Sat - Chit is the formless Consciousness of the universe Ananda is pure love, bliss and joy Parabrahma is the supreme creator

Purushothama Paramatma

Purushotama is the avatar incarnation in human form Paramatma, who manifest as the inner voice of the heart

Sri Bhagavathi Sametha

The feminine aspect shakti of creation arising within (sametha)

Sri Bhagavathe Namaha

The masculine aspect of creation, which I acknowledge and bow to (namaha)

The Moolamantra has given great peace and joy to people all over the world, who have chanted, or even listened to it. It has the power to transport ones mind to the state of causeless love and awareness expansion. The calmness that the mantra can give is to be experienced, not spoken about.

The Mantra is like calling a name. Just like when you call a person he comes and makes you feel his presence, the same manner when you chant this mantra, the supreme energy manifests everywhere around you.

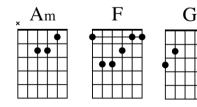


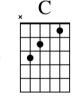
Moola Mantra

Original songs by Diego Palma, Seven & Deva Premal

Capo V Om Sat Chit Ananda Parabrahma Fmai7 Am G Purushothama Paramatma Fmai7 G Am Sri Bhagavathi Sametha Fmaj7 G Am Sri Bhagavathe Namaha G Am Fmai7 Om Sat Chit Ananda Parabrahma Am Purushothama Paramatma Sri Bhagavathi Sametha F G Sri Bhagavathe Namaha Am Hari Om Tat Sat, Hari Om Tat Sat Am G Hari Om Tat Sat, Hari Om Tat Sat Fmaj7 С G Am

kitakitúm takí-





, F maj7					
	•				

Truth doesn't need your devotion. It need you to open up your eyes.

Awakening is the process of deprogramming. Enlightenment is the unprogrammed state.

Mulam Guro

Original song by Manu Om

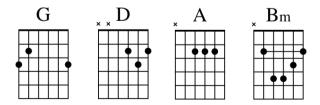
Capo II Dhyana Mulam Gurur Mur<u>ti</u> G D Pujaa Moolam Guro Pa<u>dam</u> G D Mantra Moolam Gurur Vaa<u>kyam</u> Bm G Moksha Mulam Guro Kri<u>pa</u>. D G Hari <u>Om</u> Tat <u>Sat</u>, Hari <u>Om</u> Tat <u>Sat</u>

D G D G Hari <u>Om</u> Tat <u>Sat</u>, Hari <u>Om</u> Tat <u>Sat</u> D A Bm G

kichékitum chekí-

Meaning:

The Root of Meditation is the Form of the Guru, The Root of Worship is the Feet of the Guru, The Root of Mantra is the Word of the Guru, The Root of Liberation is the Grace of the Guru.



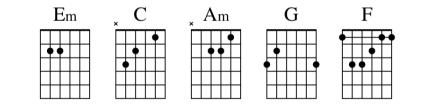
Nataraja

Original song by Brenda McMorrow

Capo V

__Nata<u>ra-ja</u>___(x3) Em C Em C __Nata<u>ra-ja</u>____Nataraja (bis) Em C Am G F __Natar<u>aja Jay</u> Shiva Shankara __Nataraja (x4) F C Am G __Shivaraj Shivaraja Shambo <u>Shan</u>kara Shivaraja (x2) F Am G __Om Namah Shivaya __Shivaya Om Nama<u>ha</u> (x4) F C Am G

taki<u>túm</u> taché



Om Ah Hum

Vajra Guru Mantra - Mantra de Padmasambhava

OM AH HUM – Las tres sílabas representan las bendiciones transformadoras del cuerpo palabra y mente de todos los budas. VAJRA – Diamante, la sabiduría inmutable e indestructible de los budas.

GURU – De mucho peso, rebosante de cualidades. Representa a Avalokiteshvara, el buda de la compasión y Padmasambhava.

PADME – Loto. Padmasambhava es "nacido del loto".

SIDDHI – Auténtico logro, bendición.

HUM – Representa la mente de sabiduría de los budas, y es el catalizador sagrado del mantra. Es como proclamar su poder y su verdad, "así sea!"

Capo III

Om Ah Hum Vajra Guru Padme Siddhi Hum Em Asus2 Em

taki<u>túm</u> takitáki







I am is the fundamental constant of knowledge, everything else is a belief.

The only truth is I Am - I Exist. That is the only truth. Everything else is a concept.

Om Chakshuhu

Original song by Henry Marshall

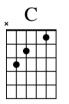
This song is a praise to Lord Ganesha.

Oh God! May my eyes be blessed with power and strength.



Capo II Om <u>Chak</u>shuhu <u>Chak</u>shuhu <u>Chak</u>shuhu C G C Tejaha Sthiro Bhava Mam <u>Pa</u>hi Pahi ___Tvaritam G C <u>Chak</u>shu-Rogaan Shama<u>ya</u> Shamaya G C

kitakitúm takí-



G



Om Guru *

Original song by Yonatan Meit Kimchi

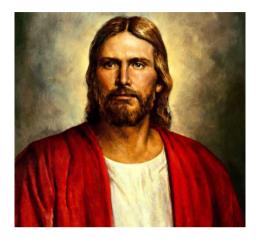
Capo V __Om Sarva Mangala Mangalye Em Am Shive Sarvartha Sadhike G D Sharanye Tryambake Gauri Em Am ___Narayani Namostute (bis) G D Om Namoh Narayani Am Em Narayani Namah (bis) G D __Om Guru Jeya Guru, __Om Guru Shiva Guru Em Am __ Om Guru Shakti Guru <u>Je</u>ya Jeya (bis) G D Om Namoh Narayani ... Am Em ___ I know you're always with me, ___ I trust in you completely Am Fm I feel your love every<u>where</u> (bis) G D Om Namoh Narayani ... Am Em

Om <u>Shi</u>va, Om <u>Shak</u>ti, Om <u>Shi</u>va, Om <u>Shak</u>ti (bis x4) Am Em G D

__ Tu siempre estas conmigo, __completo en ti confío Am Em __ Siento tu amor en todo lugar G D

taki<u>túm</u> takitáki

Om Jesus Christaya

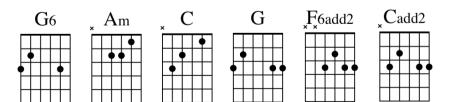


Capo VI

__Om Jesus <u>Chris</u>taya _Paramatmani _Purusha G6 Am C G6 __Avatar<u>ya</u> Nama<u>ha</u> (bis x3) Am C G6

Am - C - G6 - G - F6add2 - Cadd2 - G6

takitúm • wop-chí- • tumchá



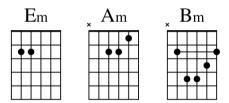
Om Mani Padme Hum (Sanskrit) or Om Mani Peme Hung (Tibetan) is the oldest and most well known mantra of Tibetan Buddhism. The mantra is associated with Avalokiteshvara, the Bodhisattva of Infinite Compassion, and means "jewel in the lotus."

The first syllable, OM, is not a word but an evocation of spiritual power and the presence of the absolute. For Tibetan Buddhists, "jewel in the lotus" represents bodhichitta. In Sanskrit bodhi means "awakened" and chitta means "heart". So Boddhichitta, "awakened heart" is the compassionate wish to realize enlightenment or liberation for all beings, not just oneself.

Om Mani Padme Hum

Capo IVOm Mani Padme Hum,
AmOm Mani Padme Hum
BmOm Mani Padme Hum,
EmOm Mani Padme Hum
Em

taki<u>túm</u> takitúm taki<u>túm</u> takichá





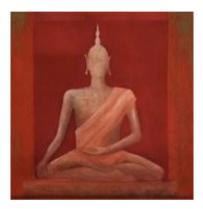
Namah means bowing to the divine. Shivaya is the force of the divine that sweeps away the negative and renew the spirit. "I bow to the inner self" or "I honor the God inside myself and in all things."

Om Namah Shivaya es un mantra en Sánscrito extraído de los grandes maestros del linaje Siddha. La sílaba Om es descrita por las escrituras de la India como el sonido primordial o palabra de donde emerge todo el universo, namah significa "honrar a" y Shivaya significa "el Señor". Om Namah Shivaya significa "Me inclino ante el Señor".

Om Marapa Tsanati

Original song by Ani Williams

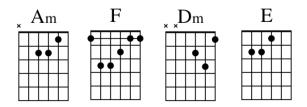
This a mantra to Marapa who was recognized as Milarepa's main Guru.



Capo III Om Marapa <u>Tsa</u>nati Am F <u>Om Marapa <u>Tsa</u>nati (bis x3) Dm E</u>

<u>Om Ah, Om Oh</u> Dm E Dm E

kitaki<u>túm</u> takí-



Om Namah Shivaya - Ani

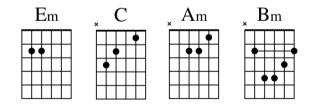
Original song by Ani Williams

Capo II

Om namah Shivaya Em Om namah Shivaya C Om namah Shivaya Am Om namah Shiva (bis x3) Bm

Om Shiva Om Am Bm Shiva Om Am Shiva Om (bis) Bm

takichá takichá



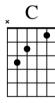
Om Namah Shivaya - Darbari Raga

Capo III Om namah Shiva, Om namah Shivaya (x2) Em C D Em C Em Om namah Shivaya, Om namah Shivaya Am Em7 Am G Am Om namah Shivaya, Om namah Shivaya Am Em7 Am G Bm Om namah Shivaya, Om namah Shivaya (x2)

Em D Em C D Em

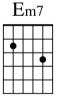
takitaki<u>túm</u>





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Page 92

Om Namah Shivaya - Hare Krishna

Original song by Satyaa & Pari (Jey Shiva Shankara)

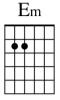
Om <u>Na</u>mah Shivaya, Om Namah Shivaya, Em Namah Shi<u>va</u>ya Namah <u>Om</u> D G <u>Na</u>mah Shi<u>va</u>ya, <u>Na</u>mah Shi<u>va</u>ya, G D Am Em Namah Shi<u>va</u>ya Namah <u>Om</u> (bis) D Em

Hare KrishnaHare KrishnaEmDEmKrishna KrishnaHare HareEmDEmHare RamaHare RamaGDRama Rama Hare Hare (bis)DDEm

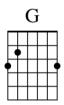
_ Jey Shiva Shankara, Jey Shiva Shankara, Em Jey Shiva Shanka Hari Om G D Jey Shiva Shankara Parameshwara. Am Em ___Jey Shiva Shanka Hari Om (bis) D Em Om Namoh Shivaya, Om Namoh Shivaya (x4) Em G D Am Em takitúm tumchá

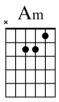
takí-ki -kichá

* Also played in Capo V (Am, G, C, Dm)









What is Kirtan?

Kirtan is a form of devotional group chanting, like praying together, that brings us the same stillness of mind as meditation and has the power to open the heart. It breeds a sense of connection.

By simply repeating mantras, you can release your mind from its daily chatter and bring a powerful heart-opening effect.

Singing Kirtan allows us to become peaceful, to have a direct experience of the stillness inside.

In Kirtan, no knowledge of Sanskrit is needed to receive and experience the yogic benefits of chanting. It is not a question of how much you know, if your heart is even a bit open, the sacred names will bring joy. And when the music stops, your mind is quiet.

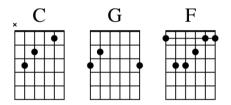
Kirtan is a very simple & powerful way to meditate. It's effortless & joyful; the music does the work for you as you flow with the melody & rhythm. All the participants are creating the experience together. Singing is the heart of kirtan, and no one cares what you sound like. At a kirtan concert all voices merge together to become One Voice.

Om Namah Shivaya Shivasandaraya *

Kirtan mantra - (brought by Elahn & Radhe)

Capo II Om Namah Shivaya <u>Shi</u>vasandaraya C G Om Namah Shivaya <u>Om</u> (bis) C Om Namah Shivaya <u>Shi</u>vasandaraya C F Om Namah Shivaya <u>Om</u> (bis) C G

takitúm tumchá





Amitabha is the most ancient Buddha among the Dhayni Buddhas. He is said to reside in the Land of Ultimate Bliss (Pure Land) in peaceful meditation. He is of red color originating from the red syllable (HRIH).

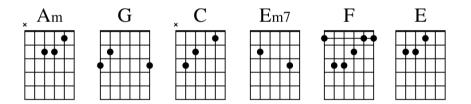
Amitabha, Sanskrit word, literally means boundless light and boundless life. He is the Buddha in which all beings enjoy unbounded happiness.

Om Namoh Amitabhaya

Capo III <u>Om</u> Namo Ami<u>ta</u>bhaya Am G <u>Bud</u>dhaya, <u>Dhar</u>maya, <u>San</u>ghaya (bis) C Em7 Am

Om Namo, Om Namo Am G Om Namo Ami<u>ta</u>bhaya (bis) F E

taki<u>túm</u> • chá



Om Shanti - Yopi *

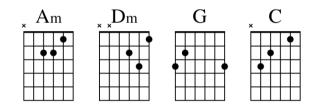
Original Song by Yopi

Capo IV

<u>Om</u> Shanti Shanti-<u>ii</u>, <u>Sha</u>n - <u>ti</u> - <u>ii</u> (x2) Am Dm G Am G

Rama Rama <u>Ra-ma</u> C G Am G Am Rama Rama <u>Ra-ma</u> (bis) C G Am G

> taki<u>túm</u> -kichéki tum<u>túm</u> -kichéki



Om Shree Sache *

Original song by Deva Premal / Diego Palma

May the ultimate truth be victorious. May that which is beyond all boundaries be victorious. May there be peace, peace, peace.

Que la verdad última renazca victoriosa. Que aquella que existe más allá de las limitaciones renazca victoriosa. Que haya paz, paz, paz.

Capo II

Em D Om Shree Saché Maha Prabhu Em D Ki Jai Paramatma Ki Jai Em D G Om Shanti Shanti Shanti Om Em D B7 G \mathbf{B}_{7} _Om Shree Sa<u>che</u> Maha <u>Pra</u>bhu G Em D Uuu Ki Jay Paramatma Ki Jai С G D Em Om Shanti Shanti (bis) С Om Shanti Shanti Shanti Om __ (x2) Em C G D Om Shanti Shanti Shanti Shanti Shanti Shanti Shanti Shanti Om G D Em С G Paramatma Ki Jai Em C D takitáki takitáki kitakitúm takí-

Page 99

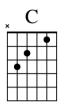
Prabhu Aap Jago

Original song by Carioca

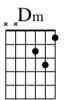
Capo II

Prabhu <u>Aa</u>p Jago Prabhu <u>Aa</u>p Jago C Fmaj7 Prabhu <u>Aa</u>p Jago Para<u>mat</u>hma Jago (bis) Dm G

Mere <u>Sar</u>va Jago Sar<u>va</u>tra Jago Em Am Prabhu <u>Aap</u> Jago Para<u>mat</u>hma Jago Dm G Mere <u>Sar</u>va Jago Sar<u>va</u>tra Jago Em Am Prabhu <u>Aap</u> Jago Para<u>mat</u>hma Jago Dm G C



Fmaj7





Lord, You wake up! Lord, You wake up!

Lord, You wake up! The highest of the highest wake up! Everywhere inside of me wake up! Everywhere outside of me wake up!

Lord, You wake up! The highest of highest WAKE UP

Cease the cause of suffering, illuminate the cause of joy (bis) Dm С Fmai7 G Cease the cause of suffering, illuminate the cause of love Am Dm Fm G Cease the cause of suffering, illuminate the cause of love Em Am Dm G С

takitúm takitáki





Pritham Bhagauti

Original Song by Snatam Kaur

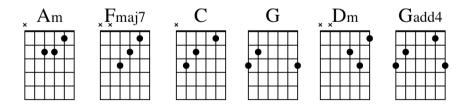
First call up Bhagauti (consort of Visnu, or the goddess Durga) in your mind, then meditate on Guru Nanak.

Capo III

Pritham Bhagauti Simari Kei Gur Nanak Lain Dhiai Fmai7 Am С G Fidi Aum Diti Guru Te Amare Das Ram Das Sehoi Sahai Fmai7 Am С G Are Jane Are Gobind Deno Simiro Hosiri Habe Dai Dm Fmai7 С G Siri Hare Krishna Dhiai Djesede Desabadu Kechai Fmaj7 Dm G С Te Bagaha Tede Simiri Hai Gare No Nidia Betai Fmaj7 Dm G С Sab Taesohai Siri Guru Gobind Singh Sabtai Hoe Sahai G Gadd4 G Dm Fmai7 С

__Danei <u>Dan</u>ei Siri <u>Gu</u>ru Grab Pe<u>sai</u> He Ebeji (x4) Am F C G

kichéki<u>tum</u> chekí-



"That is whole; this is whole; From that whole this whole came; From that whole, when this whole removed, What remains is whole."



m, is a beautiful Sanskrit word which means completely filled - a filledness which (in its Vedic scriptural sense) is wholeness itself, absolute fullness lacking nothing whatsoever.

Adah, which means 'that', is always used to refer to something remote from the speaker in time, place or understanding, something which, at the time in question, is not available for direct knowledge. Purnamadah means "Wholeness is that".

Idam, which means 'this', refers to something not remote but present, here and now, immediately available for perception, something directly known or knowable. Purnamidam means "Wholeness is this".

PurNam, completeness, absolute fullness, must necessarily be formless. PurNam cannot have a form because it has to include everything. Any kind of form means some kind of boundary; any kind of boundary means that something is left out - something is on the other side of the boundary. Absolute completeness requires formlessness.

Purnamadah mantra

Original songs by Shantala & Satyaa & Pari The Purnamadah Mantra is the opening prayer of the Upanishad.

Capo III

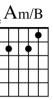
Purnamadah Am Am/B Purnamidam Am/B Am Purnat Purnamudachyate Am/B Am Am/B Am Purnasya Purnamadaya Am/B Fmai7 G Am Purnamevava Sheshyate Am Fmai7 G6 Om Am Fmaj7 G6 Om Am Fmaj7 G6 Gadd9 G(5)

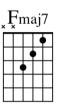
Am - Am/C - Am/B / Am - Am/C - Am/B - Am

Om Purnamadah __Purnamidam Am G F F Purnat Purnamudachyate Am G F F Purnasya Purnamadaya G F Е Am Purnamevava __Sheshyate _ Е E7 Am G

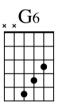
cheki<u>túm</u> chetatúm chetúm kijkitúm

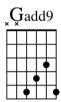


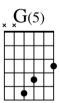


















Radhe Gopal

Capo III Nanda Guela Murai Gopal (x2) Am G <u>Gi</u>ri Dhari <u>Go</u>vinda <u>Radhe</u> Go<u>pal</u> (x2) Am G Em Am Nanda Mukunda Radhe Gopal (x2) Am G Radhe Jai Radhe Jai Radhe Gopal (x2) Am Em Am G

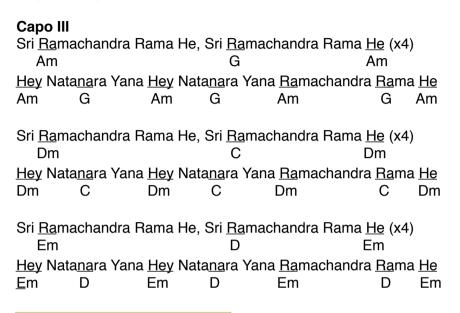
takitaki<u>túm</u>

, Am	G	Em		
••	•	••		

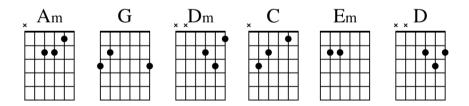


Ramachandra

Original song by Jaya Lakshmi



takitúm • wop-chí- • tumchá



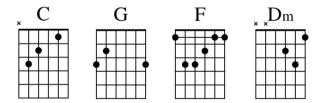


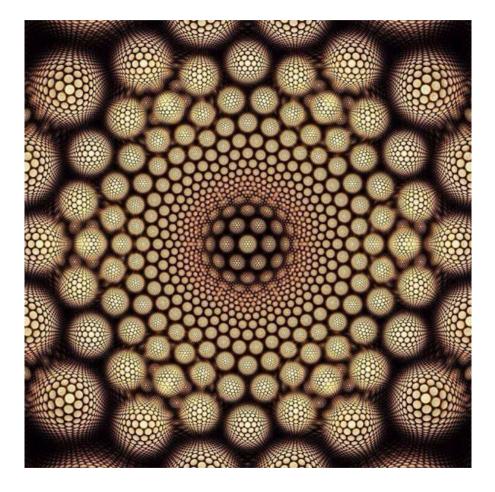
Saraswati, the goddess of knowledge and arts, represents the free flow of wisdom and consciousness. Saraswati is the daughter of Lord Shiva and Goddess Durga. It is believed that goddess Saraswati endows human beings with the powers of speech, wisdom and learning.

Saraswati (Bija Mantra)

Capo II Om Aim Saras<u>wa</u>ti Nama Om (x2) C G F Om Aim Saras<u>wa</u>ti Saras<u>wa</u>ti Dm G C F Saras<u>wa</u>ti ____Nama Om Dm G F C takitaki<u>túm</u>

Original "Aum Aing Saraswathye Namah Aum". The Bija Mantra is is chanted by devotees as an offering or salutations to Maa Saraswati.



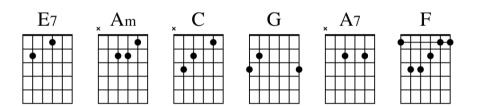


Saraswati *

Capo III

Saraswati Maha Lakshmi E7 Am E7 Am Durga Devi Namaha _____ C G C A7 Saraswati Maha Lakshmi Dm Am Durga Devi Namaha F G Am

kitaki<u>túm</u> takí-





This prayer is to Goddess Durga, also known as Parvati, Gauri or Narayani. She is the consort of Lord Shiva, and worshipped as Shakti.

The Goddess Durga is said to have the combined powers of Lakshmi, Saraswati and Kali. This mantra is often used for protection against internal or external negative forces.

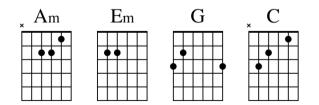
This hymn is addressed by every hindu during every possible marriage ceremony because Parvati is the goddess of fertility and marriage.



Sarva Mangala

Capo V Sarva Mangala Mangalye Am Em Shive Sarvartha Sadhike G Em Am Sharanye Tryambake Gauri Em Narava -ni Namostute Am G Em Am Narava -ni Namostute (bis) Am G Em Am Om Namah Shivaya, Om Nama Shiva (x3) Am С G Om Namah Shivaya, Om Nama Shivaya Am С G Am Shivaya, Shivaya, Shivaya (x3) Em Am Am Shivaya, Shivaya Om Namah Shivaya (x3) C G Am

takichá takichá



Self inquire... What is true about who I am? Tear away layer after layer. Ask yourself what's true until you know. Neti Neti. Think for yourself. Don't follow. Stay with the question. Everything is available for direct knowing.

You have to become less false by illuminating what is not true and let the truth to reveal itself, what remains is the unspeakable truth. So, instead of seeking for the truth, you illuminate what is not, what belief you are holding to be true.

Truth realization doesn't require anything but purity of intent.

Sat Narayan

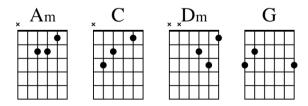
Gurmukhi Chant inspired by Ajeet Kaur

Capo IV

Sat Narayan Wahe Guru Am G Hari Narayan <u>Sat</u> Nam (bis) Dm Am Sat Narayan Wahe Guru С G _Hari Narayan <u>Sat</u> Nam (bis) Dm Am From the waves of emotion we enter this pure devotion G Dm Am Through the storms of emotion we transmute into this pure devotion Dm Am С G We are <u>cleansed</u> by <u>your</u> healing <u>waters</u> (x2) Dm С G Am

kitakitúm takí-

This mantra is chanted to create inner peace so one can project outer peace, happiness and good fortune. Narayan is the aspect of Infinity that relates to the water element. This mantra helps you "go with the flow" and takes you beyond the world to the experience of Infinity.

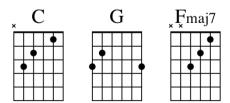




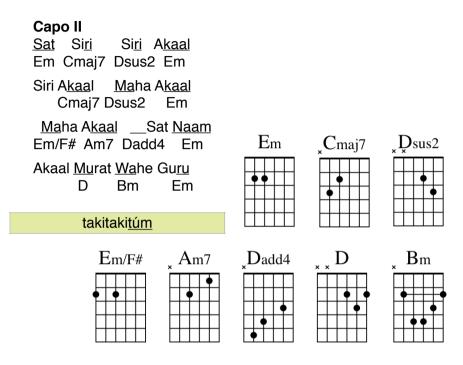
"Sat" means truth and "Akaal" means timeless being, without .beginning, without end, without death, inmortal. "Maha Akaal" means the great infinity beyond comprehension. "Sat Nam" is the recognition of All that is as truth. "Akaal Murat" is the embodied form as an image of the infinite. "Wahe Guru" is the Ecstatic totality of "All that is" or God.

This mantra in Punjabi language is said among the kundalini yogis to be the mantra for the Aquarian Age. When we chant it we affirm that we are timeless, deathless beings, and imparts a deep sense of peace to the chanter.

"Sat Siri Akaal" is also a greeting used mostly by the followers of the Sikh religion, as a blessing and recognition of the timeless being of truth within you.



Sat Siri Siri Akaal



Sat Siri Siri Akaal - Alexia

Original song by Alexia Chellum

__Sat Siri <u>Si</u>ri Akaal, <u>Si</u>ri Akaal <u>Ma</u>ha Akaal C Fmaj7 C G __Maha Akaal <u>Sat</u> Naam <u>Akaal</u> Murat __Wahe Gu<u>ru</u> C Fmaj7 C G C

takitúm • wop-chí- • tumchá

Shiva, the Destroyer

Shiva (Mahadeva, Nataraja) is that particular great Energy which comes into full force at the end of the Day of Brahma. Shiva is the force of culmination, completion, finalization, dissolution, disintegration, and destruction but this is not a negative or bad role to play...it is an absolute necessity in order to bring change and transformation. Shiva's destructive power is *regenerative*: It's the necessary step that makes renewal possible.

Shankara Shiva *

Original song by Kristin Luna Ray

Capo IV

 Shankara Shiva Shankara Shiva Shambo __Mahadeva Shankara

 Am
 Fmaj7
 C
 G

 Shiva Shiva Shambo __
 Shiva Shambo __
 G

 Shiva Shiva Shambo __
 Shiva Shambo __
 G

 Am Fmaj7
 C
 G

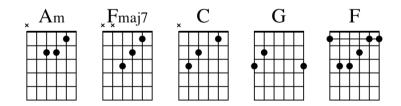
taki<u>tá</u>ki takitáki kitakitúm takí-

tachetatúm wopchí-

Shankara Shiva Shankara Shiva Shambo Mahadeva ShankaraAmFCGShankara Shiva Shankara Shiva Shambo MahadevaAmFCG

Every little thing is gonna be alright Am F C G

wóp-chí-



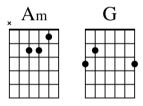


Shiva is one of the three Gods of the Hindu trinity: Brahman, Vishnu and Shiva. Shiva is responsible for the creation and desolution of the universe. He is the eternal yogi, blissfully unaffected by maya (illusion). He destroys our attachments and delusions and brings our liberation. Shiva is often depicted with a third eye with which he burned Desire (Kāma) to ashes.

Shiva Shambo *

Capo IV Jaya Jaya Shiva Shambo, Jaya Jaya Shiva Shambo (x2) Am Am G Maha Devi Shambo, Maha Devi Shambo (x2) Am G Am Shiva Shiva Shambo, Shiva Shiva Shiva Shambo (x2) Am G Am Maha Deva Shambo, Maha Deva Shambo (x2) Am G Am

takitúm tumchá



Shivaya Namah Om

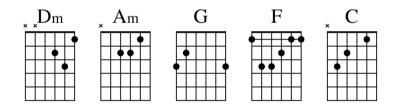
Capo III

Shi<u>va</u>ya Namah <u>Om</u> Dm Am Shi<u>va</u>ya Namah <u>Om</u> G Dm Shi<u>va</u>ya Namah <u>Om</u> Dm Am <u>Om</u> Namah Shi<u>va</u>ya (bis x4) G Dm Rama Kare, Rama Kare

F C

Rama Kare, Rama Kare (bis x3) G Dm

kitakitúm takí-



Shivayah

Canción original por Shimshai

A Prayer to Shiva.

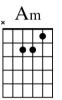
He whose ecstatic Dance of Universal Destruction tears away the veils of ignorance.Oh Fearsome One, The Primordial Being who wears the moon as an ornament, free me from the chains of temporal existence. I bow to You.

Capo VII Shivaya ParaMeshvaraya Am Em Am Em Shashi Shakaraya Namah Om Dm G Am Em Bhavaya __Guna Sumbhavaya __ Am Em Am Em Shiva Tandavaya Namah Om (bis) Dm Fm Am Em Hare Shiva Shankare Sheshanka Shekara Fm Am Hare Bom Hare Bom Bom Bombolo Am Fm Baba Bayan Gara Girida Shankara Dm Em Dimi Dimi Dimi Takanan Tanga Kelo Am Em Hare Om Namah Shivaya С G Om Namah Shivaya

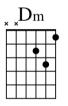
F

kichéki<u>tum</u> chekí-

G













"The ultimate understanding is that there is no ultimate understanding."

~ Nisargadatta Maharaj ~

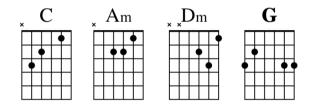
Sri Krishna Sharanam *

Original song by Manu Om

Capo III

<u>Sri Krishna</u> <u>Sha</u>ranam <u>Sha</u>ranam (x4) C Am Dm G <u>Go</u>vinda Ja Hari <u>Go</u>pala Ja (x3) F C <u>Ra</u>da Ramana Hare <u>Go</u>vind Ja Ja Dm G

takitakitúm • tumchá





"Sri" means blessed and "Jai" means glory to. "Sita" is the goddess Sita, consort of Rama an embodiment of devotion and loyalty, especially in divine union. She is also considered the primal energy of the Kundalini Shakti.

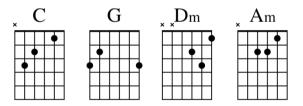
"Ram" is the god Rama, an embodiment of integrity and truth on the earth. Rama is an embodiment of Vishnu, lord and protector of the created universe. This mantra is a recognition of the divine couple, the union of male and female energy within, shiva and shakti.

Sita Ram

<u>Sri</u> Ram Jai Ram <u>Jai</u> Jai Ram C G <u>Sri</u> Ram Jai Ram <u>Jai</u> Jai Ram (bis) Dm Am

Sita <u>Ram</u> Sita Ram Sita <u>Ram</u> Sita Ram C Sita <u>Ram</u> Sita Ram Sita <u>Ram</u> Sita Ram (bis) Dm Am

taki<u>túm</u> takitáki



Think for yourself and figure out what's true

Sit down, and ask yourself what's true until you know. That is the only spiritual teaching.

Think for yourself. Look for yourself. Open your eyes. Look. Nourish your discontent. Cultivate a skeptic mind and approach. Start fresh. Think for yourself. Trust in self reliance.

You do that through a process of elimination, by figuring out what's not true. That's the master key.

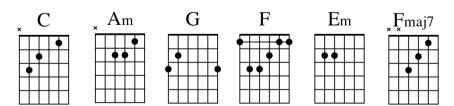
You're completely on your own. Just think for yourself and figure out what's true.

Sri Ma

Original song by Brenda McMorrow

Capo III Yadevi Sarba Bute-Shu Shante Rupena Samstetha-a F С Am G F С Am G Namastah-Sie Namastah-Sie Namastah-Sie Namoh Namah (bis) F С С Am G Namastah-Sie Namastah-Sie Namoh Namah Am G F Om Mata Sarasvati Eh, Om Mata Jagadum-be Am G Am G F Am G Am F G Om Mata Sarasvati Eh, Om Mata Jagadum-be G Am G Em F Sri Ma Jai Ma, Jai Jai Ma (x4) G Fmai7 C G С Namastah-Sie Namastah-Sie Namoh Namah (x2) Am G F Namastah-Sie Namastah-Sie Namastah-Sie Namoh Namah (bis) Am G Fmai7 С Namastah-Sie Namastah-Sie Namoh Namah Am G F

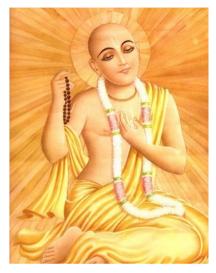
kitakitúm takí-



Sri Siksastakam

Lord Sri Krishna Chaitanya Mahaprabhu (1486-1535) is the most recent incarnation of the Supreme Personality of Godhead Sri Krishna.

His worldwide Sankirtan mission of propagating the chanting of the holy name of the Lord (the process of self-realization for this age - to meditate upon the sound of the maha-mantra: *Hare Krishna Hare Krishna, Krishna Krishna Hare Hare, Hare Rama Hare Rama, Rama Rama Hare Hare*). He left us only eight verses, called *Siksastakam*, in which His mission and precepts are revealed.

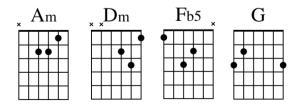


Capo V Che<u>to</u> Darpana Marjanam Bhava Ma<u>ha</u> Am Dm Davagni __Nirvapa<u>nam</u> Fmaj7 G Am Shre<u>yah</u> Kairava Chandrika Vitara<u>nam</u> Am Dm Vidya<u>va</u> __Dhu-jiva<u>nam</u> Fmaj7 G Am Anandambudhi Vardhanam Prati Padam Am Dm Purnamri ___ Taswadanam Fmaj7 G Am Sarvatma Snapanam Param Vijayate Am Dm Sri Krishna ___ Sankirtanam Fmai7 G Am Sri Krishna Chaitanya Am Prabhu Nityananda Dm Sri Adwaita Gadadhara Fmaj7 ___Shrivasadi Gaura Bhakta Vrinda (bis) G Am Hare Krishna Hare Krishna Am Krishna Krishna Hare Hare Dm Hare Rama Hare Rama Fmaj7 ___Rama Rama Hare <u>Ha</u>re

Am

kitakitúm takí-

G



Healing is the process of accepting all, Then choosing best

Tayata Om Muni

Capo II Taya<u>ta</u> Om Mu<u>ni</u> Mu<u>ni</u> Maha <u>Mu</u>naye Soha (bis) C Fmaj7 G C Taya<u>ta</u> Om Mu<u>ni</u> Mu<u>ni</u> Maha <u>Mu</u>naye Soha (bis) F C G C kitakitúm takí-

The mantra of Shakyamuni Buddha could be said to be the essence of the Buddha, the essence of his enlightenment. It is in no way separate from the Buddha himself.

Mantras are said to carry this enlightenment essence in the very sound of the syllables themselves. It's an energetic thing of simply experiencing the sound that is being generated.

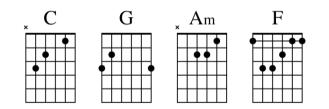


Teyata Om Bekance

Capo III Teyata Om Bekance Bekance Maha <u>Be</u>kance C G Randza <u>Sa</u>mungate <u>So</u> Ham Fmaj7

<u>Teyata Om Bekance Bekance</u> C G <u>Ma</u>ha Bekance Am Randza <u>Sa</u>mungate <u>So</u> Ham G F

kitakitúm takí-

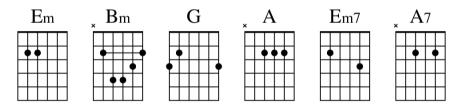


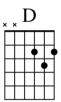
Teyata Om Bekance II

Capo II <u>Teyata Om</u> Bekan<u>ce</u> Bekan<u>ce</u> Maha Bekan<u>ce</u> Em Bm G Em G Randza <u>Sa</u>mungate <u>So</u> Ham Em A

Em7 - A7 (x2) D - A - G - D - A (x2)

taki<u>tá</u>ki takitáki







This Mantra is in Irdin language, the language of the angels of 5th dimension. Language of sounds, vibrations, colors and states of beings.

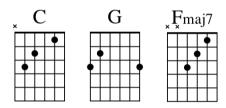
This is a mantra of gratefulness (*Shanti*) to the Universal flame of Creation (*Uru*) and the source o fAll that Is (*Naragua*). Gratefulness for the divine understanding (*Sabirantu*) and the Divine Blessing (*Nauru*) shed over humanity.

Uru Shanti Naraguam

Original song by Celicia Baraz

Capo III U<u>ru</u> Shanti Naraguam C Uru Sani Gua<u>ru</u> G Sabi<u>ran</u>tu Nara <u>Gua</u>ma Fmaj7 C Iti Sha<u>nti</u> Nau<u>ru</u> G Fmaj7 C

takitaki<u>túm</u>

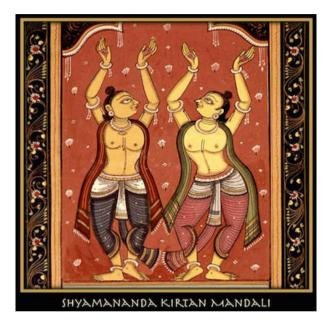


Let Fear be your guide

Fear is there to tell you that you have a belief that is out of alignment with your natural state.

Therefore feeling the fear is just a *self correcting mechanism* to let you know and awaken you to the fact that you have definitions in your consciousness that are out of alignment. That is how you use fear, fear is just a messenger knocking on your door: "Pay attention to this... this is something you want to know about yourself, this is something you need to know to integrate within yourself, to become more of who you are".

The fear would not hang around once it delivers the message of bringing your attention to what need to know about. So, don't blame fear, don't push it away. It will return and blow your house until it complete the job of bringing your attention to the believe system that is out of alignment. Be friend with fear and use it for the job it was design to do. Let fear be your guide.



"The Attitude of Gratitude is the highest Yoga."

~ Yogi Bhajan ~