*Sat Nam. Welcome to White Tantric Yoga® in Darmstadt. 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 "*".***

*Mantras for Today's Course (#10)*

| | |
|---|---|
| ***ONG NAMO GURU DEV NAMO** (Nirinjan Kaur) | *I bow to the Creator, I bow to the transparent guiding Teacher* |
| ***MOOL MANTRA** (Sada Sat Kaur) | |
| Ek Ong Kar | *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* |
| **WAHE GURU, WAHE GURU, WAHE GURU JIO** (Singh Kaur) | *The ecstasy of consciousness* |
| ***HAR** (Nirinjan Kaur) | *The One* |
| HARAY | *The Projected One* |
| HAREE | *The Merged One* |
| WAHE GURU | *The Ecstasy of God* |
| **HAR HAR GOBINDAY** (Liv Singh) | *God – Sustainer* |
| **HAR HAR** | *God – Liberator* |

**HAR HAR GOBINDAY HAR HAR MUKANDAY** (Liv Singh)

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

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

**GHOR DUKHIAN** (Guru Raj Kaur)

Ghor dukhian anik hat yung
Janam daaridrung maha bikhadung
Mitant sagal simarant har nam
Nanak jaisay pavak kast
Bhasmung krot.

*The dreadful diseases, the sins of various murders*
*The penury of many births and supreme miseries*
*are all destroyed.*
*Contemplating the Lord's Name.*
*O Nanak, as the fire reduces to ashes*
*the pile of woods.*