

The Aquarian Kundalini Mantra Songbook

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Note: It is suggested that everything is played with capodaster at third fret (except where noted otherwise), but chords are always noted as if played without capodaster (i.e. transposed notation). But, of course, you can transpose everything to everywhere you like according to the range of your voice...

Section 1: Kundalini Yoga Mantre & Songs

Aad Gure Nameh [5]

Aad Gure Nameh Jugaad Gure Nameh

C G a C G a

Sat Gure Nameh Siri Guru Deve Nameh

C D G C D a
(F C G F C G)

Aap Sahae Hoa [9]

Aap Sahae Hoa Sache Da Sache Dhoa Har Har Har

a e a e a e a a e a

Aap Sahae Hoa Sache Da Sache Dhoa Har Har Har

C G d a a e a

Ajai Alai [10] (Guru Shabad Singh)

(without capodaster. on the cd of Guru Shabad Singh, it is played in B, halftone lower than noted here)

Ajai. Alai. Abhai. Abai. Abhu. Aju. Anaas. Akaas.

C

Aganj. Abhanj. Alaakh. Abhaakh. Akaal. Dyaal. Alekh. Abhekh.

d

C

Anaam. Akaam. Agaha. Adaha. Anaathe. Pramaathe. Ajoni. Amoni.

F

a

Naraage. Narange. Narupe. Nareke. Akarmang. Abharmang. Aganje. Alekhe.

G

F

G

F

C

(Sat Siri Singh)

(capodaster at 5th fret)

a9 G a9 G

F a F G F a G

Ardas Bhaee [3-4]

Ardas Bhaee Amardas Guru Amardas Guru Ardas Bhaee

d

a

d

a

Ram Das Guru Ram Das Guru Ram Das Guru Sachee Sahee

d

a

F

C

d

(Dharma Singh)

Ardas Bhaee Amardas Guru Amardas Guru Ardas Bhaee

a

d

a

d

Ram Das Guru Ram Das Guru Ram Das Guru Sachee Sahee

a

d

C

G

a

Beautiful Day

(without capodaster)

Oh Guru Ram Das thank You for this beautiful day

D E G D
Let us open up our hearts and be with You, all the way, all the way
E G A D

Ek Ong Kar Sat Gur Prasad [10/11]

(Gurudass Singh & Kaur)

Ek Ong Ka - ar Sat Gur Prasa - ad Sat Gur Prasa - ad Ek Ong Kaar
C G a F C G F G

Ek Ong Kar Sat Nam Siri Wahe Guru [11]

(Karta Singh)

Ek Ong Kar Sat Nam Siri Wahe Guru (2x)

a C G a
Ek Ong Kar Sat Nam Siri Wahe Guru
C G
Ek Ong Kar Sat Nam Siri Wahe Guru
a C e a

Gobinde Mukande [7]

(Gurudass Singh & Kaur)

Gobinde Mukande Udare Apare Hariang Kariang Nirname Akame (2x)

a F G E
Gobinde Mukande Udare Apare Hariang Kariang Nirname Akame
F G E F C E

(Sada Sat Kaur) (capodaster on 5th fret)

Gobinde Mukande - Udare Apare Hariang Kariang - Nirname Akame (2-4x)
a G D (D9) a G D (D9)
Gobinde Mukande - Udare Apare Hariang Kariang - Nirname Akame
C (CMaj7) G D (D9) C (CMaj7) G D (D9)

God and Me [11]

(Siri Gyan Kaur & Sat Siri Singh)

(capodaster 5th fret)

God and me me and God are One

C e G a e (4x)
D(f) C C G d (4x)

Har Har Har Har Gobinde

Har Har Har Har Gobinde Har Har Har Har Mukande

a G a
Har Har Har Har Udare Har Har Har Har Apare
C G e a
Har Har Har Har Hariang Har Har Har Har Kariang
C e F G
Har Har Har Har Nirname Har Har Har Har Akame
e F G a

Har Har Gobinde Har Har Mukande

Har Har Gobinde Har Har Mukande, Har Har Udare Har Har Apare
D e D e
Har Har Hariang Har Har Kariang, Har Har Nirname Har Har Akame
D e D e

Har Har Mukande

Har Har Mukande
a F (3x)
e D

Hari Nam Sat Nam [3-4]

Hari Nam Sat Nam Hari Nam Hari
d a
Hari Nam Sat Nam Sat Nam Hari
a d

Kaal Akaal [8] (Karta Singh)

Kaal Akaal Siri Akaal Maha Akaal Akaal Moorat Waheguru
C G d a e a e

May the long time sun shine (Karta Singh)

May the long time sun shine upon you, all love surround you
F G C F G C
And a pure light within you, guide your way on (3x)
F G C F G C

May the long time sun shine upon you, all love surround you
G C G e C D
And a pure light within you, guide your way on (3x)
G C G e D G

Nirbau Sat Siri

Nirbau Sat Siri Nirbau Akaal Siri
a G
Nirbau Atma Siri Nirbau Paramatma
F G a

Ong Sohang

Ong Sohang
a F (4 or 8x)
d G (4 or 8x)

On This Day

On this day the Lord gave you life
G D e C
May you use it to serve Him
G D C D
All of our loving prayers will be with you
G D e C
May you never forget Him
G D C D

Pavan Pavan [8] (Guru Shabad Singh)

(capodaster at fifth fret)

Pavan Pavan Pavan Pavan Par Para Pavan Guru
a G a G
Pavan Guru Wahe Guru Wahe Guru Pavan Guru
a G a G
Pavan Pavan Pavan Pavan Par Para Pavan Guru
F G a F
Pavan Guru Wahe Guru Wahe Guru Pavan Guru
F G a F (C e F G)

Ra Ma Da Sa I [8]

(Karta Singh)

Ra Ma Da Sa Sa Se So Hung
C G a e a e a G

Ra Ma Da Sa Sa Se So Hung
C F C

Sa Re Sa Sa

(Guru Shabad Singh)

Sa Re Sa Sa Sa Re Sa Sa Sa Re Sa Sa Sa Rung
G e C D
Har Re Har Har Har Re Har Har Har Re Har Har Har Rung
a C G D

Sa Sa Ta Na Ma Ma [4]

(Seva & Ajeet Kaur)

Sa Sa Ta Na Ma Ma Sa Sa Ta Na Ma Ma
C G a C G C

Sat Nam Ji Wahe Guru Ji

(Hari Har Kaur)

Sat Nam Sat Nam Sat Nam Ji Wahe Guru Wahe Guru Wahe Guru Ji (2x)
a e d a
Sat Nam Sat Nam Sat Nam Ji Wahe Guru Wahe Guru Wahe Guru Ji (2x)
C G d a

Sat Nam Wahe Guru (or Ang Sang Wahe Guru)

Sat Nam Sat Nam Wahe Guru Wahe Guru (2x)
a F
Sat Nam Sat Nam Wahe Guru Wahe Guru (2x)
G d G d

Sat Narayan Wahe Guru [9]

Sat Narayan Wahe Guru Hari Narayan Sat Nam
C G
Sat Narayan Wahe Guru Hari Narayan Sat Nam
G C

Wake up Song

(without capodaster)

Wake up rise up sweet family dear
G D e
time for the Lord and remembering his love is near
a C D
Love, love is all you say
G D e
if you wake up and get up right away
a C D G
Lord has blessed you in so many ways (2x)
a e a e

We are the People of Love

(Yogi Bajan)

We are the people, the people of Love

C F C

Let us people love today (2x)

C G C

Sat Nam Sat Nam Sat Nam Sat Nam

C F C

Sat Nam Sat Nam Wahe Guru (2x)

C G C

Song of the Khalsa

Many speak of courage, speaking cannot give it

G

It's in the face of death we must live it

e D C

When things are down and darkest, that's when we stand tallest

G

Until the last star falls, we won't give an inch at all.

e D C D

Stand as the Khalsa, strong as steel and steady as stone

G D a G D C

Give your lives to God and Guru, mind and soul, breath and bone.

G D a C e D G

Guru Arjun gave his life to stand for what was right
He was burned and tortured for fife long days and nights
He could have stopped it any time just by giving in
His strength a solid wall, He never gave an inch at all.
Sons of the Khalsa, remember those who died
Stood their ground until their last breath, so we who live now might live free lives.

A princess is not royal by her birth and blood inside
But if her family's home is Anadpur Saheb
She'll walk with such a grace and strength, the world will bow in awe
Until the mountains fall she'll never give an inch at all.
Daughters of the Khalsa, in your strength our future lies
Give your children fearless minds, to see the world through the Guru's eyes.

Baisakhi Day we were thousands, but only fife had the courage for dying
Then one brave man, one flashing sword, turned us all to lions
And now we live his legacy, to die before we fall
And like the fife who answered his call, we can't turn back at all.
Stand as the Khlasa...

The tenth Guru gave even his sons to give the Khalsa life
And his words stand like mountains against the winds of time
The Khalsa will rule the world, all will be safe in its fold
But if the Khalsa falls there won't be a world at all.
Stand as the Khlasa...

Repeat first verse and chorus

Sons of the Khalsa... (sung only by the women)

Daughters of the Khalsa... (sung only by the men)

Stand as the Khalsa, strong as steel, steady as stone.
Give our lives to God and Guru, mind and soul, are His alone.

Section 2: Japji Sahib Pauris & Gurbani

Mool Mantar

as in the Aquarian Sadhana

Pauri 1: Sochai Soch Na Hovai

Sochai soch na hovaī je sochī lakh vār
C G a G C
Chupai chup na hovaī je lāe rahā liv tār
C G a G C
Bhukhiā bhukh na utrī je bannā purīā bhār
C G a G C
Sahas siānpā lakh hohe ta ik na chalai nāl
C G a G C
Kiv sachiārā hoīai kiv kūrāi tuṭai pāl
C G a G C
Hukam rajāi chalnā Nānak likhiā nāl
C G a G C

Pauri 4: Sāchā Sāhib Sāch Nāe

Sāchā sāhib sāch nāe bhākhiā bhāo apār
a F C G
Ākheh mangeh deh deh dāt kare dātār
a F C G
Pher ke agai rakhīai - jit disai darbār
a F C G a F G
Muhau ke bolān bolīai - jit sun dhare piār
a F C G a F G
Amrit vela sach nāo vadiāi vīchār
a F C G
Karmi āvai kaprā nadri mokh duār
a F C G
Nānak evai jānīai - sabh āpe sachiār (2x)
a F C G a F G

Pauri 25: Bahutā Karam

Bahutā karam likhi-ā nā jā-e, vadā dātā til na tamā-e.
a F G a C G
Kete mangehe jodh apār, keti-ā ganat nahī vīchār.
a F G a C G
Kete khap tuṭeh vekār, kete lai lai mukar pāhe, kete mūrakh khāhī khāhe.
a C G a C G a C G
Keti-ā dūkh bhūkh sad mār, eh bhe dāt terī dātār.
a F G a C G
Band khalāsī bhānai ho-e, hor ākh na sakai ko-e.
a F G a C G
Je ko khā-ik ākhan pā-e, oh jānai jetī-ā muh khā-e.
a C G a C G
Āpe jānai āpe de-e, ākhehe se bhe ke-tī ke-e.
a C G a C G
Jis no bakhse sifat sālāh, Nānak pātisāhī pātisāhu, Nānak pātisāhī pātisāhu.
a F G a C G a C G

Pauri 33: Ākhan Jor (Snatam Kaur)

Ākhan jor chupai nah jor. jor na mangan dayn na jor.

a e G D

jor na jeevan maran nah jor. jor na raaj maal man sor.

a e G D

jor na surtee giaan veechaar. jor na jugtee chhutai sansaar.

a e G D

jis hath jor kar vaykhai soe. naanak utam neech na koe.

a e G D

Har Har Wahe Guru. Har Har Wahe Guru. Har Har Wahe Guru. Har Har Wahe Guru.

G D a D G

(Gurbasant Singh, Satya Singh, Sat Siri Singh)

Ākhan jor chupai nah jor - jor na mangan den na jor

d C d d a

Jor na jīvan maran nah jor - jor na rāj māl man sor

d C d F C a

Jor na surtī giān vīchār - jor na jugtī chhutai sansār.

d C d d C a

Jis hath jor kar vekhai soe - Nānak utam nīch na koe.

F d C G

Pauri 38: Jat Pahara

Jat pāhārā dhīraj suniār - aharan mat ved hathiār

a C G a C G a

Bhao khalā agan tap tāo - bhāndā bhāo amrit tit dhāl.

d a d a

Gharītai sabad sachī taksāl - jin kao nadar karam tin kār

C G a C G a

Nānak nadrī nadar nihāl.

G a

Slok: Pavan Gurū Pānī Pitā

(capodaster on 3rd or 5th fret)

Pavan gurū pānī pitā - mātā dharat mahat

a G C G

Divas rāt doe dāī dāīā - khelai sagat jagat

a G C G

Changiātā buriātā - vāchai dharam hadūr

C G a G

Karmī āpo āpnī - ke nerai ke dur

C G a G

Jinī Nām dhiāīā - gae masakat ghāl

C G a G

Nānak te mukh ujle - ketī chhutī nāl

C G a e

Antarjamī Purakh Bidhāte

Antarjamī purakh bidhāte sardhā man kī pūre

d C d C

Nānak dās ehai sukh māgai mo kau kar santan kī dhūre

d C d C

Antarjamī purakh bidhāte sardhā man kī pūre

d G C F

Nānak dās ehai sukh māgai mo kau kar santan kī dhūre

d G C d

Ananad Sahib

Rāmkalī Mahalā 3, Anand
Ek ongkar sat gur prasād

Anand bhaiā merī māe, Satgurū mai pāiā.
a G C G
Satgur ta pāiā sahaj setī, man vadjīā vadhāīā.
a G C G
Rāg ratan pawār parīā, sabad gāvan āīā.
C h7 a G
Sabado ta gāvoh Harī kerā, man jinī vasāiā.
C h7 a G
Kahai Nānak anand hoā, Satguru mai pāiā.
C h7 a e

E man meriā, tū sadā rahu Har nāle.
Har nāl rahu tū man mere, dūkh sabh visārnā.
Angīkār oh kare terā, kāraj sabh savārnā.
Sabhnā galā samrath suāmī, so kio manoh visāre.
Kahai Nānak mann mere, sadā rahu Har nāle.

Sāche Sāhibā, kiā nāhī ghar terai.
Ghar ta terai sabh kichh hai, jis deh su pāv-e.
Sadā siphāt salāh terī, Nām man vasāv-e.
Nām jin kai man vasiā, vāje sabad ghanere.
Kahai Nānak sache sāhib, kiā nāhī ghar terai.

Sāchā Nām merā ādhāro. Sāchā Nām ādhār merā, jin bhukhā sabh gavāīā.
Kar sānt sukh man āe vasiā, jin ichhā sabh pujāīā.
Sadā kurbān kītā Gurū vitoh, jis dīā eh vadiāīā.
Kahai Nānak sunoh santoh, sabad dharo piāro. Sāchā Nām merā ādhāro.

Vāje panch sabad tit ghar sabhāgai.
Ghar sabhāgai sabad vāje, kalā jit ghar dhārīā.
Panch dūt tudh vas kīte, kāl kantik māriā.
Dhur karam pāiā tudh jin kau, se Nām Har ke lāge.
Kahai Nanak tah sukh hoā, tit ghar anhad vāje.

Anad sunhu vad-bhāgīho sagal manorath pūre.
Pārbrahm prabh pā-i-ā utre sagal visūre.
Dūkh rog santāp utre sunī sachī bānī.
Sant sājan bha-e sarse pūre gur te jānī.
Sunte punī kahte pavit satgur rahi-ā bharpūre.
Binvant Nānak gur charan lāge vāje anhad tūre. (40|1)

Pavan Gurū pānī pitā, mātā dharat mahat.
Divas rāt doe dāī dāiā, khelai sagat jagat.
Changiāīā buriāīā, vāchai dharam hadūr.
Karmī āpo āpnī, ke nerai ke dur.
Jinī Nām dhiāiā, gae masakat ghāl.
Nānak te mukh ujle, ketī chhutī nāl.

Section 3: Traditional / Sanskrit

I am a Circle

I am a Circle, I am healing You
d C d
You are a Circle, You are healing me
d C d
Unite us Be One
d C d
Unite us Be as One
d C F d

I am One

I am one with the heart of a mother
a d
I am one with the heart of love
G C
I am one with the heart of a father
a d
I am one with the heart of God
G E7

Let the Heaven be reflected

Let the Heaven be reflected by the Earth Lord, and the Earth may turn into Heaven (2x)
a d G a
Let the Heaven be reflected by the Earth Lord, and the Earth may turn into Heaven (2x)
F G C F d G a

Om Namō Shivaya

Jai Shiva Shankara, Jai Shiva Shankara, Jai Shiva Shankha Hari Om
a a a G
Hey Shiva Shankara, Parameshwara, Hey Shiva Shankha Hari Om (2x)
D C(a) G a
Om Namō Shivaya, Om Namō Shivaya (2x)
a G D a

Shiva Shambo

Shiva Shiva Shiva Shambo Shiva Shiva Shiva Shambo
Jaia Jaia Shiva Shambo Jaia Jaia Shiva Shambo
a G
Maha Deva Shambo Maha Deva Shambo (2x)
a G

The River is Flowing

The River is Flowing Flowing and Growing
a G a
The River is Flowing back to the Sea
a G a
Oh Mother Carry me a Child I will always be
a G a
Oh Mother Carry me back to the Sea
a G a

To you I give

To you I give, from you I receive

C d G C

Together we share, that's the way we live

C d G C

Uh Allah

Let my Heart reflect Thy Light Oh Lord

d C d a

Like the Moon reflects the Light of the Sun in Love, Always in Love

d C F C d C d

U Allah Allah U Allah U Allah Allah U (2x)

d C d C d C d