



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

#46

HUMEE HUM BRAHM HUM*

We are we and we are God.

**I AM THINE IN MINE MYSELF, WAHE GURU*
HUMEE HUM, TUMEE TUM, WAHE GURU**

HAPPINESS HAPPINESS ALMIGHTY...

Happiness, Happiness, Almighty
Grace, Grace, Nobility
Happiness, Nobility and Infinity
All is Thou's Prosperity
Aad Aneel Anaad Anahat
Jug Jug Ayko Ves (2x)

He is the primal One pure without beginning
or end, through all the ages He is the One.

EVERY HEARTBEAT*

Every heartbeat is God's Name to me.
And every breath of life is ecstasy.
Every night is a bliss to me
And I awake in your company.
The dawn plays a symphony -- revealing reality.

CHORUS:

**Every life is a living God to me; everything is God's personality
Every kiss is God's romance to me, and every love is God's originality**

I hear and see and speak of You
Each breath reveals this Universal Truth
From the past and future and now it shall be.

With Thy Name I dwell in you eternally.

CHORUS:

Aad Sach, Jugaad Sach, Haibay Sach, Naanak Hosee Bay Sach
In me, with every beat of my heart, I feel the presence of You.
And in me, with every breath You impart, I'm in the rhythm with You.
In me, from the sounds that I hear, I play the music of You.
Within me, through Your words You are here, so I sing the glory of You.

Every heartbeat is God's Name to me.
And every breath of life is ecstasy.
In a breeze, I feel You touching me
With every face, I see You looking at me.
By Your grace, I'm in harmony -- living reality.

CHORUS:

Aad Sach, Jugaad Sach, Haibay Sach, Nanak Hosee Bay Sach