

<u>Gurmukh</u>	<u>Translation</u>
<p>Dhnnu Dhnnu raamdaas guru jini siri-aa tinai svaari-aa. Pooree ho-ee kraamaati aapi sirjnhaarai Dhaari-aa. Sikhee atai sNgtee paarbrhm kri nmskaari-aa. Atlu athaahu atolu too tayraa antu n paaraavaari-aa. Jinh-ee tooN sayvi-aa bhaa-o kri say tuDhu paar utaari-aa. Lbu lobhu kaamu kroDhu mohu maari kdhay tuDhu sprvaari-aa. Dhnnu su tayraa thaanu hai schu tayraa paaskaari-aa. Naanku too lhnaa toohai guru amru too veechaari-aa. guru dithaa taan mnu saaDhaari-aa. 7 </p>	<p>Dhan Dhan ramdas gur jin siria tine savaria. Puri hoi karamat ap sirjanhare Dharia. Sicchi ate sangati parbarahm kar namaskaria. Atal atao atol too teira ant na paravaria. Jini tun seivia bhao kar sei tuDh par utaria. Lab lobh kam krodh moh mar kadhei tuDh saparavaria. Dhan so teira tan he sach teira peskaria. Nanak tu lahna tuhe gur amar tu viciaria. Gur dita tan man sadharia. 7 </p>

jpu jI swihb 15M
jpu ||1|| 3M
jpu ||8-11|| 8M
jpu ||14|| 3M
jpu ||25|| 8M
jpu ||29|| 3M

→ Ong Namu Guru Dev Namu x 3

AD GURAY NAMEH, JUGAD GURAY NAMEH, SAT GURAY NAMEH, SIRI GURU DEVAY NAMEH x 3

→ Healty Bowel System 26M

→ Autoguarigione 3M

→ Pran Bhandu Mantra 11 M

“PAVAN PAVAN PAVAN PAVAN, PARA PARAA, PAVAN GURU, PAVAN GURU WAHE GURU,
WAHE GURU PAVAN GURU”

→ Siri Gaitri 11M

“Ra Ma Da Sa Sa Say So Hung”

→ Man2Man4_pg.71 11M

Inhale+Exhale “Sat Narayan Wahe Guru, Hari Narayan, Sat Nam“

→ Waahay Guru, Waahay Guru, Waahay Guru, Waahay Jee-o 31M

inspiro “vaahiguroo vaahiguroo vaahiguroo vaahi jee-o.” x 8 volte a voce alta

→ Relax, let go 15M Long and Deep ratio 1:0:2:0 (10 sec.-20sec.)

→ “Che il sole ti illumini sempre, l’amore ti circonda e la pura luce che è dentro di te guidi il tuo cammino
Guidi il tuo cammino
Guidi il tuo cammino...”

Sa aa aa aa aa at Naam
Sa aa aa aa aa at Naam
Sa aa aa aa aa at Naam

