

Studio 108: Body | Mind | Soul

TO TUNE IN

Adi Mantra

Ong Namō

Guru Dev Namō

~

I bow to the Divine Wisdom of All That Is

I bow to the Divine teacher within

Mangala Charan Mantra

Aad Guru Nameh

Jugaad Guray Nameh

Sat Guray Nameh

Siri Guru Dayvay Nameh

~

I bow to the Primal Wisdom

I bow to the Wisdom Through Time

I bow to the True Wisdom

I bow to the Great Unseen Wisdom

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TO CLOSE CLASS

Long Time Sun Song

May the long time sun shine upon you

All love surround you

And the pure light within you

Guide your way on....

Guide your way on

Guide your way on

Guide your way on

~

Long Sat Nam

Sat Nam - Sat Nam - Sat Nam