

Tantra Tempel – Training

Bliss - I Am the Light of My Soul



Sirgun Kaur & Sat Darshan Singh

I am the Light of my soul
I am beautiful I am
bountiful I am bliss
I am, I am

I am the Light of my soul
I am beautiful
I am bountiful
I am bliss
I am, I am

Repeat

I am, I am, I am, I am, I am, I am

Repeat

Lyrics (mannen) - Song of Bliss

Tantra Tempel – Training

Anand Sahib



Sat Darshan Singh

(#1-40)

raamkalee mehlaa 3 anand ik-oNkaar sategur parsaad.

Raamkalee, Third Mehl, Anand ~ The Song Of Bliss One Universal Creator God. By The Grace Of The True Guru

anand bha-i-aa mayree maa-ay satguroo mai paa-i-aa.

I am in ecstasy, O my mother, for I have found my True Guru

sateguru ta paa-i-aa sahj saytee man vajee-aa vaaDhaa-ee-aa.

I have found the True Guru, with intuitive ease, and my mind vibrates with the music of bliss

raag rate-an parvaar paree-aa sabad gaavan aa-ee-aa.

The jewelled melodies and their related celestial harmonies have come to sing the Word of the Shabad

sabdo ta gaavhu haree kayraa man jinee vasaa-i-aa.

The Lord dwells within the minds of those who sing the Shabad

kahai naanak anand ho-aa satguroo mai paa-i-aa.

Says Nanak, I am in ecstasy, for I have found my True Guru

(#2-40)

ay man mayri-aa too sadaa rahu har naalay.

O my mind, remain always with the Lord

hare naal rahu too man mayray dookh sabh visaarenaa.

Remain always with the Lord, O my mind, and all sufferings will be forgotten

angeekaar oh karay tayraa kaaraj sabh savaarenaa.

He will accept You as His own, and all your affairs will be perfectly arranged

sabhnaa galaa samrath su-aamee so ki-o manhu visaaray.

Our Lord and Master is all-powerful to do all things, so why forget Him from your mind?

kahai naanak man mayray sadaa rahu har naalay.

Says Nanak, O my mind, remain always with the Lord