

SOUNDS OF AROHA 1

Sahaja Yoga New Zealand *Aotearoa*

Song book



Dedicated with love to

Our Holy Mother

Shri Mataji Nirmala Devi

The source of all music and love

Om Gam Gana pataye

Chorus

Gm Dm
Om Gam Gana pataye namoh namaha x2 (ladies then all)
Dm A# Gm
Om Gam Gana pataye namoh namaha x2 (ladies then all)

A#
Gauri Nandana Jai Juga vandana x2 (men/ladies)
C A# Gm
Jai gana nayaka namoh namah x2 (men/ladies)

Lambodaraye Vakratundaye x2 (ladies/men)
Eka dantaye namo namah x2 (ladies/men)

Chatur mukhaye chatur bhujaye x2 (men/ladies)
Chatur yugaye namo namah x2 (men/ladies)

Vani pradaye gyana rupaye x2 (ladies/men)
Aa aa aaa aaa (solo – 1 man)
Vani Pradaye gyana rupaye x2 (ladies/men)
Veda vedyaye namo namah x2 (ladies/men)

Siddhi vinayaka ashta vinayaka x2 (men/ladies)
Buddhi prayayaka namo namah x2 (men/ladies)

Jaya gana nayaka mangala dayaka x2 (ladies/men)
Mokshya prayayaka namo namah x2 (ladies/men)

Jaya gana raye jaya vara daye x2 (men/ladies)
Shri Nirmalaye namo namah x2 (men/ladies)

Jai Kartikeya (Hindi)

Intro – 1 male Jai Kartikeya Shri Kartikeya Jai Kartikeya

Chorus

Am G Em
Jai Kartikeya Shri Kartikeya Jai Kartikeya x2 (Men/Ladies)

Hail to Shri Kartikeya

G Em Am
Uma Suta Shri Mahadeva Putra Parakrami Kartikeya x2 (Men/Ladies)

to the one who is the son of Shri Uma and Shri Mahadeva

Am Am
Mahasenani Kartikeya mahavir Kartikeya x2 (Men/Ladies)

you are commander in chief and are valourous

G Em Am
Uma Suta shri Mahadeva Putra Parakrami Kartikeya x2 (Men/Ladies)

Am G Em Am
Woh suddha ichha kare Woh suddha dristi bhare x2 (Men/Ladies)

He purifies our desires and installs pure sight within us

Bb G Em Am
Pavitrata se humko aalokit woh kare x2 (Men/Ladies)

He glorifies us with his purity

G Em Am
Aalokit woh kare x2 (Men/Ladies)

G Em Am
Uma suta shri Mahadeva putra parakrami Kartikeya x2 (Men/Ladies)

Am G Em Am
Woh Shri Ma pe arpana hai Woh Ma pe Samarpana hai x2 (Ladies/Men)

He is fully surrendered to the mother

Am G Em Am
Ao tea roa ki Moola----Dhar mei darpana hai x2 (Ladies/Men)

He is the reflection of New Zealand (Ao tea roa) in the Adi Mooladhara

Mooladhar mai darpan hai x2 (Ladies/Men)

Uma suta shri Mahadeva putra parakrami Karitkeya x2

(Ladies/Men)

To finish –

Chorus men then ladies x 1,

then chorus again faster tempo men and ladies together x1

Namaste Yeshu (Sanskrit)

Chorus

Dm G Dm
Namaste Yeshu Namaste Yesu Maha Vishnave Namah x2 (all)

Adorations to Yeshu who is Shri Maha Vishnu

Dm F C Dm
Namaste Yeshu Namaste Yeshu Kshyama Pradaye Namah x2 (all)

Adorations to Yeshu who is the giver of forgiveness

Dm C
Swarga Pradaye namah, Maha Ganeshaye namah x2 (ladies/men)

The one who grants the Heaven, the one who is Maha Ganesh

Dm C
Adi purushaye namah, Purva Ghositaye namah x2 (ladies/men)

The one who is the first man and the one foretold by seers

C G F C Dm
Shanta Suddha Purna Nitya Puratanaye namah x2 (ladies/men)

The one who is peaceful, pure, complete, eternal and ancient

Dm F C Dm
Namaste Yeshu Namaste Yeshu Kshyama Pradaye Namahx2 (Ladies/ men)

(same chords as above)

Yeshu Khristaye namah, Yoga swarupaye namah x2 (ladies/men)

The one who is the Jesus Christ, the one who is the embodiment of yoga

Yoga Dhamaye namah, Nitya Mukhtaye namah x2 (ladies/men)

The one who is the temple of Yoga, the one who is eternally free

Aumkara Chaitanya Govsevitaye Krishna Sutaye namah x2(ladies/men)

The one who is the Omkara himself, the chaitanya (vibrations), attended by the cows and the beloved son of Shri Krishna

Namaste Yeshu Namaste Yeshu Kshyama Pradaye Namahx2 (Ladies/men)

Purna Sahajyogi namah, Adi Sahajyogi namah x2 (ladies/men)

The one who is the complete sahaj yogi, the one who is teh primordial sahajyogi

Shrestha Sahajyogi namah, Param Sahajyogi namah x2 (ladies/men)

The one who is the best sahaj yogi and the one who is the perfect sahaj yogi

Kalki Prakash Akash Agni Tapaswi Agya Chakrashta namah x2(L/M)

The one who is Shri Kalki, the light, the ether, the fire, the one who a yogi (a tapswi) fond of penance and the one who resides in Agya chakra

Namaste Yeshu Namaste Yeshu Kshyama Pradaye Namah x2(ladies/men)

Humm bijaye namah, Kshyam bijaye namah x2 (ladies/men)

The one who is the Humm and Ksyam bija mantra

Radha Nandanaye namah, Brahma Swarupaye namah x2 (ladies/men)

The one who is the beloved son of Shri Radha and who is the brahma (vibrations) himself

Adi Shakti Mataji Nirmala Devi Priya Putraye namah x2 (ladies/men)

The one who is the beloved son of Shri Adi Shakti

Namaste Yeshu Namaste Yeshu Kshyama Pradaye Namahx2 (L and M)

Kia Pupu (Maori)

Chorus

Kia Pupu, Pupu Ake

Rise up, Spring up

Kia Pupu, Pupu Ake

Rise up, Spring up

Kia Pupu, Pupu Ake

Rise up, Spring up

Aroha Aroha

Love, Love

Wairua O te puna Aroha, Aroha, Aroha - x2

The spirit of the well of love

I tau I tau, ki runga O

Is delivered upon the people

Te tangata, hey ora mo

For the well being

Nga Mea Katoa, O te whenua

of all things, of the land

O te rangi, I waenganui

of the sky and all things in between

Parmananda Vinayak (Nepali)

Chorus

Parmananda Vinayak. Gaja Nayaka Dev

O blissful one, O elephant faced lord

Timro bhajana le hatchha mero kashta anek

You bhajans alone take away all my sorrows

Aai deu aba sharana pare

Please come to me O lord as I ask for your protection

Shri Ganesha -

4

Mooladhar ma basyou abodhita bani

You reside in Mooladhara as innocence

Garchhaun sahaja suru timrai nama liyi

We start our meditation by taking your name first

Timrai roop lai yo mana ma saje

and decorate my heart with your divine presence

Shri Ganesha

Adi pani timi antya pani timi

You are the beginning and you are the end

Charai tira failiyeko sundar chaitanya timi

You are also the all pervading beautiful vibrations

Timrai ava chha yo srishti bhari

There is your impression all over the creation

Shri Ganesha