

# AUTUMN & QUINOX

WITH KIRANJOT KAUR

## 1. Ong Namō (Complete Adi Mantra)

ONG NAMO GURUDEV NAMO, GURUDEV NAMO GURUDAYVAA

*Translation:*

*I bow to the Creator, I bow to the Divine Teacher within*

## 2. Sat Kartar

SAT KARTAR

*Translation:*

*The Divine is the true doer*

## 3. Aad Guray Nameh

AAD GURAY NAMEH  
JUGAAD GURAY NAMEH  
SA T GURAY NAMEH  
SIRI GUROO DAYVAY NAMEH

I AM PROTECTED  
NO MATTER WHAT COMES  
I AM THE CALM IN THE HEART OF THE STORM  
TAKING FLIGHT FROM THE ASHES I'M BORN  
I AM PROTECTED  
THE FEAR INSIDE I'LL QUELL  
IN YOUR ARMS I'M ETERNALLY  
HELD —*Kiranjot*

*Translation:*

*I bow to the primal Guru  
I bow to the truth that has existed throughout the ages  
I bow to True Wisdom, I bow to the Great Divine Wisdom*

## 4. Diamond

—*Kiranjot Kaur*

FOR I AM AN INDESTRUCTABLE  
DIAMOND

FOR I AM AN INVINCIBLE  
LIGHT THAT SHINES

THOUGH THE DARKNESS MAY BE  
FAR AND WIDE  
THERE'S NO CORNERS LEFT  
IN WHICH TO HIDE

AND THERE'S NOTHING THAT CAN  
HARM ME  
IN MY INFINITE  
REALITY

AND THERE'S NOTHING THAT CAN  
TAKE FROM ME  
MY INNOCENCE MY PURITY

AND THERE 'S NOTHING THAT CAN  
TAKE FROM ME  
MY IMMACULATE  
BEAUTY  
BEAUTY

FOR I AM ONE AND THE SAME  
AS SHE WHO GOES BY ANY NAME

FOR WE ARE ONE AND THE SAME  
AS SHE WHO GOES BY ANY NAME