



OPEN JE STEM ZANGCURSUS

When your Voice is free, You feel free

Teksten Les 6

Eenheid & Overgave

“Go Inside and listen to your Inner Voice.
Every question has an answer. Your
higher Self is full of wisdom and knows
the way”

- 1. Ong Sohung**
- 2. Sei Hei Ki**
- 3. Akaal**
- 4. Ang Sang Wahe Guru**
- 5. SaTaNaMa**
- 6. Aakhan na Jor**
- 7. I am the light of my Soul**

1. Ong Sohung

Ons So Hung

Oneindig creatief bewustzijn, dat is wat ik ben.

2. Sei He Ki

For harmony and balance.

The earth and sky meet or God and Man become one.

It represents two opposite energies combining harmoniously.

To heal the mental and emotional body. Balancing the left and right hemispheres of the brain

3. Akaal

Krachtige leven gevende mantra.

Verwijdert angst voor de dood en ontspant het denken.

4. Ang Sang Wahe Guru

Ang Sang Wahe Guru

Het dansende licht van het oneindige creatieve bewustzijn danst in iedere cel van mijn lichaam.

5. Sa Ta Na Ma

Saa Taa Naa Maa

The cycle of creation:

Saa: Oneindigheid

Taa: Leven, het bestaan

Naa: Dood, verandering, Transformatie

Maa: Her-geboorte

6. Aakhan na jor

Aakhan na jor
Chupai neh jor
Jor na mangan
Dayn na jor

Jis hath jor
Kar vekhai so-i
Nanak utam
Neech na ko-i

Jor na jeevan
Maran neh jor
Jor na raaj
Maal man sor

[Chorus]
Har har waheguru
Har har waheguru
(Har har waheguru)
(Har har waheguru)

Jor na surtee
Giaan vechaar
Jor na jugatee
Chutai sansaar

The Great Surrender (de grote overgave)

*Neutraliseert de identificaties van het ego. Schoont karma op.
Verwijdert negativiteit, neutraliseert je destructieve natuur.
Brengt je thuis bij je eigen goddelijkheid.*

7. I am the light of my soul

*I am the light of the soul
I am bountiful, I am beautiful
I am bliss. I am I am.*

*Ik ben het licht van de ziel.
Ik ben overvloedig.
Ik ben mooi. Ik ben gelukkig.
Ik Ben ik Ben.*

Openingsong: I Am Light by India Arie

I am light, I am light
I am light, I am light
I am light, I am light
I am light, I am light

I am not the things my family did
I am not the voices in my head
I am not the pieces of the brokenness inside, I am light
I am light

I am light, I am light
I am light, I am light
I am light, I am light

I'm not the mistakes that I have made
Or any of the things that caused me pain
I am not the pieces of the dream I left behind, I am light
I am light, I am light
I, I am light

I am light, I am light
I am light, I am light

I am not the color of my eyes
I am not the skin on the outside
I am not my age, I am not my race
My soul inside is all light
All light, all light yeah
All light

I am light, I am light
I am light, I am light yeah

I am divinity defined
I am the God on the inside
I am a star, a piece of it all
I am light