Am Em D Em

1. Guru, Guru Wahe Guru, Guru Ra-a-a-a-m Das Guru [REPEAT]

(1. Stand in a circle, left hand on your own heart, right hand on the BACK of the person to your right, in the area of *their* heart; Step R on first "GU"-, close with L on "RU"; R on GU- etc continuing step-close on the beat; ON REPEAT reverse hands and directions, moving LEFT)

C D Em Bm Em

2. Guru, Guru Wahe Guru, 3. Guru Ra-a-a-a-m Das Guru [REPEAT]

(2. Walk in, holding hands, gradually raising hands high;

3. Release hands, individual turn right, gradually moving outward and lowering hands toward the earth; dervish bow; take hands again)

Variation: do not hold hands, raise hands to the heavens, lower hands in the spiral, and end with dervish bow.

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Attunement:
This mantra from the Sikh tradition is considered a foundational practice. Wahe (Bliss is here now) Guru- Great Beyond description is the experience of God's Wisdom

Wahe Guru is said to not only be the experience of the divine, but also impart the experience of the divine.
Wa means ecstasy or bliss like, wow, and he means it's here and now. It's real. It is. The essence of Guru means from darkness to light. And so it really means an experience of bliss, experiencing the One and moving from that space of darkness to light.

Yogi Bhajan said that this mantra means "clear perception of what is important to preserve" and that it "links the essence of your purpose to the greater minds and souls in the cosmos."

Guru Ram Dass was the 4th Sikh guru (1534-1581). He is known for teaching that it is important to gradually move beyond scriptures, ascetic practices and ritual, to find the essence of the Divine in the yoga of daily life and within the spiritual Heart and inner Voice and sound current.