

## Day One

Tantric Mool Mantra

## Day Two

Har Har Mukande YB Affirmation -- Avtar Singh --

Chatter Chakra Vartee --

God and Me YB Destiny CD --

Rakhay Rakhanahaar --

## Day Three

Every Beat of My Heart - Nirinjan Kaur --

Ajai Alai - Gurushabad Singh --

Love is Love YB Destiny CD --

## Day 'Four

Bountiful Blissful Beautiful - Nirinjan Kaur --

Sat Nam Wahe Guru #2 Jagjit Singh --

Mere Man Lochai--mp3 from AR Course July

Beloved God - Singh Kaur - Peace Lagoon --

Ang Sang Wahe Guru - Nirinjan Kaur --

Say Sarawati - Nirinjan Kaur --

Adi Shakti Mantra --

## Day Five

Ardass Bhaee -- beautiful sweet version (live at the course)

Ardas Bhaee --

Rakhay Rakhananhaar --

Sat Nam Wahe Guru -- call and response -- both live at the course

Group Chanting: Har Singh Nal Singh -- Nirinjians version if not live

## Day 6

Meditation - Wahe Guru Kaur --

Tantric Har --

Closing Ceremony Par Two -- Tantric Japji -- **Guru Raj Kaur & Jetha**