

## Kundalini Rising

Anand Kirtan

Words and Music

[www.anandkirtanmusic.com](http://www.anandkirtanmusic.com)

## Aad Guray Nameh

A D A  
Aad Guray Nameh

F#m D A  
Jugaad Guray Nameh

F#m D A  
Sat Guray Nameh

F#m E A  
Siri Guru Dev-ay Nameh

## Leaves of Grass

Intro: G, D, Em, C

G D Em C  
If you need me, you can find me, under your boot soles

Am7 C G F G  
In the piles of earth, in the leaves of grass, in the leaves of grass, the leaves of grass.

C D Em G  
I will stop somewhere waiting for you

C D Em G Em  
I will stop somewhere waiting for you

Am7 C G F G  
In the piles of earth, in the leaves of grass, in the leaves of grass, the leaves of grass

G D Em C  
Guru Guru Guru Ram Das

Am7 C G F G  
Oh Guru Ram Das Guru Ram Das

C D Em G  
Ek Ong Kar, Sat Nam

C D Em G Em  
Ek ong Kar, Sat Nam, Siri

Am7 C G F G  
In the piles of earth, in the leaves of grass, in the leaves of grass, the leaves of grass

F G  
Hare Hare Wahe Guru

F G  
Hare Hare Wahe Guru

.....

## Wah Yantee

Dm  
Wah yantee kar yantee, jag dut patee,  
aadak it waha, brahmaday trayshaa guroo,

C Dm  
it wahay guroo

## Swimming to Reach You

A E A A E A  
Beyond the other side of what is right, Beyond the other side of what is wrong

E D Bm A  
There's a path, there is a field, there you stand, I'll meet you there

A D A E  
'Cause I'm swimming to reach you, look over your shoulder,

F#m D A E  
through fire, air and ether, your voice brings me closer.

A D  
Singing Haray, Haray, Haray

A E  
Singing Haray, Haray, Haray

F#m D  
Singing Haray, Haray, Haray

A E  
Singing Haray, Haray, Haray

## Whispering Woods

Chords are bases around E and F#m, but with some variation through the piano accompaniment and arpeggios.

I'll find my peace there,  
I'll find my peace there.

Going down to the woods to the whispering woods  
Going down to the woods to the whispering woods

## We are One

The sections with their chords are below. The sections repeat and are layered through the song.

Cm7  
Ek Ong Kaar, Sat nam Siri, Wahe Guru, Wahe Guru.

Eb Bb Cm7  
Guru Nanak he came out of the water and he said to the people standing there We are One

Eb Bb Cm7  
There is no separation between the people and the nation, we are One.

Eb Bb Cm7  
Ek Ong Kaar, Sat nam Siri, Wahe Guru, Wahe Guru.

## Wahe Guru Wahe Jio

This is accompanied by a hang drum so doesn't have any specific chords, but is in the key of Dm

## Be the Lighthouse

A E F#m Dsus A E  
There's a light inside of you, and it burns brighter than a candle ever can

D E F#m D E A  
Hallelujah, Hallelujah

Instrumental Chords: A, E, D, A, E, F#m, D, D, E, A

A A D A E  
Be the light be the light, You want to see, in the world today

A F#m D A E  
Be the light be the light, You want to see, in the world today

D E F#m D E A  
Hallelujah, Hallelujah

Instrumental Chords: A, E, D, A, E, F#m, D, D, E, A

A E F#m A Bm  
May the Long-time sun shine upon you, all love surround you

D A E  
And the pure light within you guide your way on

D E F#m D E A  
Wah heh Guru, Wah heh Guru

D A E F#m  
Sa ta na ma (repeat)