

# RENEW TO BE NEW #5

*(Mantras and Songs for Today's Course)*

## AB JAN OOPAR

Ab jan oopar ko na pukaarai  
Pookaaran ko jo udam karta  
Gur pamesar tako maarai (n)  
Nirvairai san vair rachaavai  
Har dargeh oh haarai  
Aad jugaad prabh kee vadhiaaee  
Jan kee paij savaarai  
Nirbho bhe sagal bho mitiaa  
Charan kamal aadhaarai  
Gur kai bachan japio nao Nanak  
Pargat bhaio sansaarai

*Now, no one complains against the Lord's slave.  
Whoever makes an effort to complain, the Guru --  
All powerful God destroys that one. Whoever bears anger  
against the Angerless One, loses in God's court.  
From the beginning of ages, the glory of God is to  
preserve the honor of His slaves. One becomes  
fearless and all one's fear is past by holding to the  
Lord's lotus feet. Meditating on the Name through  
the Guru's word. Nanak has become renowned in  
the world.*

## RAKHE RAKHANHAAR

Rakhe Rakhanhaar  
aap ubaarian  
Guru ki pairi  
pae kaaj sawaarian  
Hoaa aap dayal manho  
na visaarian  
Saadh janaa kai sang  
bhavjal taarian.  
Saakat nindak dust  
khin maiha bidaarian.  
Tis sahib ki tek  
Nanak manai maiha  
Jis simarat sukh hoe  
sagale dukh jai.

*Thou who savest, save us all and take us across  
uplifting and giving the excellence.  
You gave us the touch of the lotus feet of the Guru  
and all our jobs are done.  
Thou has become merciful, kind and compassionate;  
then our mind does not forget Thee.  
In the company of the Holy beings you take us from  
misfortune, calamities and scandals.  
Godless, slanderous enemies --  
you finish them for all time.  
That great Lord in my anchor.  
Nanak, keep Him firm in your mind.  
By meditating and repeating His name all happiness  
comes and all sorrows and pain go away.*

## SAT NAM WAHE GURU

*God's Name is Truth whose identity is the  
indescribable ecstasy of consciousness.*

## WALKING UP THE MOUNTAIN

In the Jemez Ponderosa where the pinon meets the sky  
And the hardest granite mountain meets the rain clouds flying high.  
As you and I look out and see the world spread out below,  
With different eyes and hearts and all the different things we know.  
There are cars down on the highway ten miles to the east,  
See the gilt of distant sunlight in the rat-tat-dancing heat,  
But to you, you see their faces in the failing lives they lead  
Then you wink at me and reckon there's a way I might succeed

*continued*

**CHORUS:**

**Walking up the mountain and I've got you by my side  
I've got thunder in the valley and this bone-dry mountain high  
Walking up the mountain, climbing side by side  
Walking up the mountain with you**

With you I'm never certain just exactly where I stand  
You scare me when you do the things I just can't understand  
If I slow down you tell me that I'm moving up too fast  
If I speed up you tell me slow down kid, you'll never last.  
When I ask you how to live my life you laugh and ask me why,  
You tell me I'd be better off to ask you how to die.  
Come with me we'll climb up to the sandstone to the sky  
O Yogi, son of Guru, come see with your own eyes.

**CHORUS:**

As the rain fell on the mountain I saw every human life  
As the value of a rain drop falling from the sky  
It don't matter to the heavens just who lives and just who dies,  
It don't matter to the rain cloud when the rain falls from the sky,  
As the clouds blew off I saw the stars shining in the night,  
In the trillion points of light I saw that each one had a life  
Then if nothing seems to matter, tell me what's the life to do  
Said, "The only thing that matters is the memory of you."

**CHORUS:**

And I felt like I was falling through the channels dark and light  
Saw the in and out was fast and hard as death and life.  
Saw the baggage that I carried and the chambers of my mind,  
Insignificant as rain, a total waste of time.  
When I saw you standing smiling I cried, "What right have you got?"  
You said, "Listen son of Guru, I'm the best thing that you've got."  
I'm the kindness in the comfort and the sorrow in the pain,  
I've got nothing left to lose and nothing left to gain."

**CHORUS:**

"I don't know where we're going, won't you help me find a way"  
You say, "It doesn't matter, 'cause we don't know anyway."  
We'll walk back down the mountain there beneath the setting sun  
And see the time of evolution has only just begun.  
We've got thunder on the mountain and sunlight on the plains  
We're always moving forward never pass this way again.  
With a smile and a wink you turn and walk away  
O Yogi Son of Guru, there's still a chance you say.