

Ek Ong Kar

Descant

Ek on - kar Sat - e nam Sir - i Wah - -

cm cm

Melody

Ek ong - kar Sat - e nam Sir - Wah - -

4

ji - - - Wah gu - ru, Wah gu - ru, Wah gu - ru - ji

4

A^bM7 gm cm A^bM7 gm cm

ji - - - Wah gu - ru, Wah gu - ru Wah gu - ru ji

Words and Music: Traditional
Movements: Narayan Eric Waldman

- | | |
|-----------------------------------|---------------------------------|
| 1. Ek Ong Kar | There is One God |
| 2. Sate Nam | Whose name is Truth |
| 3. Siri Wah Ji | Magnificent and beyond words is |
| 4. Wah Guru, Wah Guru, Wah Guruji | the ecstasy of Infinity |

This variant on the traditional chant (Ek Ong Kar Sat Nam Siri Wahe Guru) stems from the various ways Sanskrit words can be pronounced.

Movements:

1. Walking counterclockwise around the circle, hands gently open and in front
2. Give a small Namaste (prayer mudra) bow on "Sate Nam" while continuing to move around the circle
3. Spin clockwise in place and end up facing center with hands on shoulders
4. Lean right on first "wah", left on second "wah", back on "Guru" forward on "ji"

The "wah guru" movements of the dance can enhance every moment's gift for experiencing What Is. The dance can begin and/or end by repeating the "Wah guru" movements, with or without singing. The optional descant can be introduced later in the dance at the discretion of the leader.