

# Sat Narayan

Music & movements: Connie Zareen Delaney  
Adapted from Traditional Sikh Chant

Am Dm E7 Am Am Dm  
SatNa-ra-yan Wa he gu-ru Ha-riNa-ra-yan Sat-a-nam SatNa-ra-yan Wa-he Gu-ru

7 E7 Am Am Dm E7 Am  
Ha-ri Na-ra-yan Sat-a-nam SatNa-ra-yan Wa-he Gu-ru Ha-ri Na-ra-yan Sat-a-nam

13 Am Dm G Am  
Sat Na - ra - yan Wa - he Gu - ru Ha - ri Na - ra - yan Sat - a - nam - Sat - a -

17 Am Dm E7 Am Am  
- nam Sat - a - nam Sat - a - nam Sat - a - nam Sat - a - nam Sat - a - nam Sat - a - nam (bigBreath) - Sat - a - nam Sat - a -

22 Dm E7 Am  
- nam Sat - a - nam Sat - a - nam Sat - a - nam Sat - a - nam Sat - a - nam

**Note to guitars:** The pattern is to repeat Am Dm E7 Am, except resolving to the G on the high part at end.

Sat Narayan Wahe Guru  
Hari Narayan Sat Nam  
*2 times low, 2 times high*  
Chant: Sat Nam

## Translation:

Sat Narayan is True Sustainer,  
Wahe Guru is indescribable Wisdom,  
Hari Narayan is creative sustenance  
Sat Nam is True Identity.

*Note: Satnam is pronounced sat-a-nam*

This is a meditative movement to the left with left foot concentration. Holding hands:

**First Part:**

- Step left with left foot, join with right.
- Step in with left foot, join with right.
- Step left with left foot, join with right.
- Step out with left foot, join with right.

*First step is on the beat before Sat Narayan*

**Chant:**

On the “Sat Nam” chant simply step to the left.

Note the rest in the chant where it is notated (BigBreath). To help dancers find this rest I have them take a big breath, because big breaths are nice and it keeps them from singing the first few times through until they can hear where the rest comes in.

It’s okay to change the movements at some time. Going to the left for too long can be hard on the hips. At the leader’s discretion Go in and out, or walk to the right.

• More Information:

Narayan is the aspect of Infinity that relates to the water element. This dance helps you “go with the flow” and takes you beyond the thinking mind.