

# Get Out of Bed You Little Sleepy Head

By, Gurutrang Singh

## Verse 1

Get out of bed you little sleepy head,  
And go to sadhana like the Guru said,  
Don't just keep lying like a piece of lead,  
Get out of bed you little sleepy head,

Wake yourself up you little buttercup,  
And get your legs six inches up,  
Do breath of fire 'til you're turning blue,  
You've got a mission with the True Guru,

## Chorus 1

Guru sata Guru ka, Jo Sikh akai yai yai yay yay yay,  
So balakay oota, Haranama dhiyavay,  
You call yourself a Gursikh,  
Then you should get up very quick,  
You call yourself a Gursikh,  
Then you should get up very quick,

## Verse 2

Hop off the sack you little cracker jack,  
Now brush your teeth with salt & alum way back,  
Clean out your monkey glands and gag like a yak,  
Hop off the sack you little cracker jack,

Get to the sink you little winky dink,  
It's time to pour your favorite morning drink,  
Now don't forget your home brewed sweet lemonade,  
Cause that's the best drink that God ever made,

## Chorus 2

I don't want to get right out of bed,  
You'd better get up  
Or a else you will be fed up,  
I just want to be a sleepy head,  
Your life gets boring when  
you're lying, sleeping, snoring,  
Leave me here with little teddy bear,  
I know your story but  
your missing all the glory,  
I just want to nod out right into la la land,

### Verse 3

Fall out of bed you little loaf of bread,  
Take a cold shower wake yourself from the dead,  
Rub your whole body til' it turns hot and red,  
Fall out of bed you little loaf of bread,

Conquer the chill you little whippoorwill,  
Forget hot water it'll make you ill,  
Blood fills your organs like a beautiful rain,  
Take a cold shower so you don't go insane,

### Chorus 3

You can't get em' up, You can't get em' up,  
You can't get em' up in the morning,  
You can't get em' up, You can't get em' up,  
You can't get em' up today,  
Oh you lazy yogi, Put on your little togi,  
Oh you lazy yogi, You can' get em' up today.

### Verse 4

Get out of bed you little sleepy head,  
And go to sadhana like the Guru said,  
Don't just keep lying like a piece of lead,  
Get out of bed you little sleepy head,  
Wake yourself up you little buttercup,

And get your legs six inches up,  
Do breath of fire 'til you're turning blue,  
You've got a mission with  
You've got a mission with  
You've got a mission with  
the True Guru!

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## The Yogi Tea Song

By, Gurutrang Singh Khalsa

Chuggalug, chuggalug a mug of Yogi Tea,  
Well you can have your Maxwell House,  
And your Lipton Tea,  
But there's only one that suits the likes of me,  
Give me a chug from another mug,  
Give me a chug from another mug,  
Give me a chug from another mug,  
Of that good ol' Yogi Tea.

### Verse 3

Now yer' backbone's achin' and ya' gotta cold,  
And yer' feelin' really old,  
And the doctor's given you a bunch of pills to eat,  
Well throw away those drugs,  
And get yerself a mug,  
Smack yer lips, do a flip,  
And take a run around the block,

### Chorus

Chuggalug, chuggalug a mug of Yogi Tea,  
Chuggalug, chuggalug a mug of Yogi Tea,  
Well you can have your Maxwell House,  
And your Lipton Tea,

But there's only one that suits the likes of me,  
Give me a chug from another mug,  
Give me a chug from another mug,  
Give me a chug from another mug,  
Of that good ol' Yogi Tea.

#### Verse 4

Now yer' digestion ain't workin', yer' liver is shot,  
And yer' nervous system's a wreck,  
And yer' get up and go just got up and went,  
Well here's the thing to do,  
Pour the magic brew,  
Click your heels and squeal yer' wheels,  
You'll be feelin' just as good as new.

#### Verse 5

As the years have ground us tried and true  
like spices in a mill  
One sovereign potion stands the test of time  
Thank Siri Singh Sahib Ji  
for that Sat Nam recipe  
Still the best darned drink in the universe  
And they call it Yogi Tea!

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## Captain Karma

MSS Gurushabd Singh

They call him Captain Karma  
He's the Lord's own right-hand man  
He's the one that puts that worm in the apple  
That ya steal from the fruitstand  
He's fast, he's clean, he's cool, he's keen  
He shoots straight from the hip  
If you can't stand no trouble with the man

Watch your mind and watch your lip

Well the Captain went down the street one day  
Making sure the parking meters worked alright  
Then he stepped into a bar  
To see the bullies lost the fight

Now he's walking down the alley, causing floods in the valley  
Making selfish plans fall through  
He's the trick in yer knee, he's the stinger in the bee  
And he ain't too busy for you

Skeetleot  
Skeetleot deedot  
Weetleot deedot  
Skeetleot deedot  
Doe wotdeetleot  
Skeetleot deedot  
Weetleot deedot  
Skeetleot deedot  
Doe

Well October last I tried to sneak one past  
That man's ever watchful eye  
My life got thick it seemed like bricks  
Would fall right from the sky

Well that man's not foolin', just try to break a rule in  
This rough tough Aquarian Age  
He'll have you tied and deep fat fried  
And mail you to a Saturn sage

Skeetleot...

You may think you're great, you may think you're first rate  
Ya think a man's never walked that tall  
Well that old Captain knows the ego you're trapped in

Pride goeth before the fall

Now the highest of the high can come back next time  
As the world's lowliest creature  
Don't stomp on no more of them roaches on the floor  
They're all former spiritual teachers

Skeetleot...

They call him Captain Karma  
He's the Lord's own right-hand man  
He never spares the rod when you mess up on the job  
He's the one who gets you canned

Now you just can't stop that old Cosmic Cop  
When the warrant's out on you  
There's no place that's too high, the man's a bonafied  
Detective for the Wah Guru

Now some folks say about the Captain  
That he works in strange ways  
Well it ain't so weird ya' see the way it's geared  
What ya owes is what you pays

Now don't blame that guy when troubles come from the sky  
He just does what the Lord wills  
The Guru's your Protector when you meet the Collector  
Say "Sat Nam" and pay your bills  
The Guru's your Protector when you meet the Collector  
Say "Sat Nam" and pay your bills  
The Guru's your Protector when you meet the Collector  
Say "Sat Nam" and pay your bills

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## His Kindness

Sukhmani Sahib, Gauree Sukhmani, Fifth Mehl, Ashtapadi 6, Stanza 4  
Poetic Interpretation: Premka Kaur, Peace Lagoon, Third Edition, 1974  
Musical Rendition, Gurushabd Singh

His kindness has given you jewels to wear,  
Why hesitate to cherish Him in your heart?  
His kindness gives you horses and elephants to ride.  
Never forget such a Lord, O my mind!  
Never forget such a Lord!  
His kindness gives you land, gardens and wealth:  
Let His Name be eternally woven  
Into the texture of your heart.  
Keep Him ever in your mind as you sit and go about,  
For He it is who molded your being  
The One Incomprehensible Lord  
Who preserves you here and Hereafter

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## Day Of Marriage - Rag Gauri Dipak:

Guru Nanak, Guru Ram Das, Guru Arjun  
By, Gurushabd Singh Khalsa

Jai ghar kirat akhiyai

In that house where Holy men dwell ever on the Lord, reciting His Name,  
In that house meditate on Him and Joyously sing His praises.  
Yes, sing the praises of the Lord, the fearless One.  
I would give my life for that song, which imparts the peace eternal.

Everyday the Lord is watching all His beings.  
The Great Giver looks to the needs of all creatures.  
His gifts are beyond all measure.

Then how may one describe the Giver.

The day of marriage of the soul-bride with her Lord has dawned.  
O friends, my friends, pour the oil, of love down on the threshold,  
and give me all of your blessings. And give me all of your blessings.  
That I may know a perfect union, with my Lord, my Lord

This call is being sent to all, sent to all homes each day.  
So forget not the One who calls, The One who calls each day.  
Ooooo Nanak, the day is drawing near for everyone, every one, for every one.  
for everyone

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## Ik Ardas

One prayer is offered by Keerat the poet  
O Guru Raam Daas, save me!  
Take me into Your Sanctuary!

Guru Raam Daas  
Raakho sarnaa-ee.

CHORUS  
ik ardaas  
bhaat keerat kee  
Guru Raam Daas  
raakho sarnaa-ee  
ik ardaas  
bhaat keerat kee  
Guru Raam Daas  
raakho sarnaa-ee

1  
ham avgun bharay  
ayk gun naahee  
amrit chhaad



bikhai bikh khaa-ee.

I am overflowing with sins and demerits;  
I have no merits or virtues at all.  
I abandoned the Ambrosial Nectar,  
and I drank poison instead.

#### CHORUS

maa-yaa moh  
bharam pai bhoolay  
sut daaraa si-o  
pareet lagaa-ee

I am attached to Maya,  
and deluded by doubt;  
I have fallen in love  
with my children and spouse.

#### CHORUS

ik utam panth  
suni-o gur sangat  
tih milant jam  
taraas mitaa-ee

I have heard that the most exalted Path of all  
is the Sangat, the Guru's Congregation.  
Joining it, the fear of death is taken away.

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## Sat Nam the Grace Within You

By, Gurutrang Singh

Sat Nam the Grace within you,

Shines thru you forevermore,  
Sat Nam the Grace within you,  
Shines thru you forevermore,  
That you may manifest His Perfect Name,  
That you may manifest His Perfect Name,  
La La La  
La La La

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## O Guru Ram Das Thank You for This Beautiful Day

By Gurutrang Singh

O Guru Ram Das  
Thank you for this beautiful day  
May we open up our hearts that we may be with you  
All the way  
All the way

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## Louis Armstrong's, What A Wonderful World

By George David Weiss and Bob Thiele

I see trees of green, red roses too  
I see them bloom for me and you  
and I think to myself, what a wonderful world

I see skies of blue and clouds of white  
the bright blessed day, the dark sacred night  
and I think to myself, what a wonderful world

The colors of the rainbow, so pretty in the sky  
are also on the faces of people going by

I see friends shaking hands, saying, "how do you do?"  
they're really saying, "I love you"

I hear babies cry, I watch them grow  
they'll learn much more, than I'll ever know  
and I think to myself, what a wonderful world

Yes, I think to myself, what a wonderful world, Oh yea!

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## May the Longtime Sun

By the Incredible String Band

May the longtime sunshine upon you  
All love surround you  
And the pure light within you  
Guide your way on.