

## Joyride Lyrics

### **Bolo Bolo Submila Bolo** 18:03

Bolo Bolo Submila Bolo  
Om Namah Shivaya  
Hara Shambho Hara Shambho  
Om Namah Shivaya

Om Namah Shivaya is a mantra of relinquishment, a meditation on the transience of all attachments and identifications. The message is simple: Let go. The open hand is a symbol of grace, simultaneously releasing and receiving.

The directive of Bolo Bolo Submila Bolo is straightforward: Sing, sing, everybody sing. Hara is the remover, and Shambho means beneficent. Coming together in song and movement cleanses the mind and the heart in joyful catharsis.

### **Kali Durge (Durga Rag)** 17:56

Kali Durge Namoh Namoh Kali Durge Namoh Namoh  
Kali Durge Kali Durge Namoh Namoh Namoh Namoh

When I was a little boy, monsters lived under my bed. I was sure that if I touched the floor at night, they would eat me. So I devised an elaborate means by which to escape them, jumping from chair to desk to chest of drawers and finally onto my bed.

My mother noticed one evening, and inquired about why I was doing this. When I told her about the monsters, she agreed it was a terrible problem, but suggested another strategy: If I would sing a sweet song to them, then maybe it would soothe them to sleep and they wouldn't hurt me.

I sang, and I felt better. As she watched over me, I cautiously made my way safely to bed. I have been singing to my monsters ever since.

Kali is an image of the demons that live in all of us, which must be faced. Terrified, we build walls to protect us, or we reach for weapons, only to compound our problems. But in the end, so often it is really sweetness that conquers the lions. Strength looking in, Compassion looking out: these are the qualities of Durga.

### **Jay Jay Ram Krishna Hari** 17:15

Jay Jay Ram Krishna Hari  
Raja Ram Krishna Hari

Ram, Krishna and Hari are all names of Vishnu, the sustaining and preserving aspect of the universe. The mantra refers to the divine as it is expressed in human form, and the ability of humans, through the self-inquiry of philosophy and spiritual practices, to experience the divine in themselves and in all beings.

### **Om Namō Bhagavate (Pancha Maulkans Rag) 19:57**

Om Namō Bhagavate Nityanandaya  
Bhagavan Bhagavan Bhagavan Bhagavan

Nityananda is a name that means eternal bliss. Referring to neither pleasure or pain, thought or physical manifestation, bliss is a state beyond measure and all finite qualities.

In the Upanishads, it is said that “The one inner Self of all beings assumes the forms of whatever it enters, while continuing to exist outside all forms.” Om represents the whole of creation, Namō means name. Bhagavate is an honorific that translates as blessed, illustrious, holy. Bhagavan connotes unbounded, absolute Truth, the Truth of Space and Silence.

### **Jay Hanuman 14:46**

Jay Jay Jay Jay Hanuman Jay Jay Jay Mahavira  
Sita Ram Bolo Jay Sita Ram Bolo

Ram is a king who loses his kingdom to treachery, and his love, Sita, is kidnapped by demons. In the Ramayana, his epic journey to recover what he has lost, Ram encounters the monkey god Hanuman. And it is through the service and devotion of Hanuman that his love and the kingdom are restored.

The Ramayana is a great parable of the human condition. Springing forth from the divine, we are born as kings and queens in this world. But we lose our kingdom and our love to the demons of desire, attachment and anger, and wander in the wilderness trying to find our way home.

The way to return is found in service. In giving, we access our better nature, opening our eyes to see that what were searching for was inside us all along.

### **Krishna Govinda 17:43**

Krishna Govinda Govinda Gopala  
Krishna Murali Manohara Nandalala

Govinda and Gopala are names of Krishna that mean the knower of the senses and the mind. Murali is the flute player, and the mantra refers to the capacity of music to overcome the restrictions and limitations of the mind. Following the flute to the source of sound, one also arrives at the origin of one of the great mysteries: How does mind arise from nothingness?