

4/4 F=1

曲 N-008

拿得起 Vittala Hari Vittala

2 4 | 3 — 2 7 2 4 | 3 — — 3 # 5 || ⁴ — # 5 4 3 4 5 | ⁴ — # 5 — — $\frac{6}{3} \frac{6}{3}$ ||

拿得 起 就 要 放 得 下 拿 得 起 就 要 放 得 下 拿 得
na de qi jiu yao fang de xia na de qi jiu yao fang de xia na de

⁶ 5 — 4 3 # 5 4 | 3 — — 3 3 || 3 3 2 3 4 3 3 | 2 7 2 4 3 3 3 3 ||

起 就 要 放 得 下 清 心 寡 欲 无 牵 挂 所 以 要 放 得 下 克 尽
qi jiu yao fang de xia qing xin gua yu wu qian gua suo yi yao fang de xia ke jin

3 3 2 3 4 3 3 | 2 7 2 4 3 3 3 3 || # 5 5 4 3 3 5 | 4 # 5 4 3 3 3 # 5 5 ||

厥 职 无 羞 愧 所 以 要 拿 得 起 看 开 海 阔 天 空 放 下 胸 次 玲 珑 穷 理
jue zhi wu xiu kui suo yi yao na de qi kan kai hai kuo tian kong fang xia xiong ci ling long qiong li

5 5 4 3 3 5 | 4 # 5 4 3 3 3 (2 4) ||

尽 情 何 疑 乐 天 知 命 何 虑
jin qing he yi le tian zhi ming he lü

Vittala Hari Vittala (x3)
Panduranga Vittaleey Hari Narayana
Purandara Vittaleey Sai Narayana
Hari Narayana Bhajo Narayana
Sai Narayana Sathya Narayana

One should be equanimous to both taking up and letting go. Purify the mind, reduce desires and one will have nothing to worry about. There is no shame as long as one discharges fully his duty. Take it easy and one will be as boundless as the sea and sky. Let go and one will become smarter and agile. When one has done his best, why should one be doubtful? When there is contentment with one's lot, why worry?