

1. ALL THINGS COME FROM GOD – 33rd PAURI JAP JI
Guru Nanak
overcomes fear and self destructive nature

All things come from God, All things go to God.
Everything comes from him and it goes back home again.

No power to speak or silence to keep.
No power to beg, no power to give.
No power to die, no power to live.
No power to rule, or enlighten the mind.

No power to find the way to be free.
No power to light my soul to Thee.
No one is low, no one is high.
He alone reveals the way.

2. HAR GOBINDA
anti-depression; celebrates strength of your spirit

Har Gobinda, Har Gobinda, Har Gobinda Mahaan Hai,
Serabaa Shaktee, Serabaa Shaktee, Seraba Shaktee Mahaan Hai
Mahaan Hai (repeats)

*(Almighty God Himself is the Master, He is great!)
(He is all powerful, all powerful!)*

3. BEAUTIFUL SOUL with SAT SIRI SIRI AKAL
Chant from Sikh Scriptures – poem by Mukhia Singh Sahib Livtar Singh Khalsa
children's song

My (soul/mind/light) is a beautiful (soul/mind/light)
it lifts me up and guides me on my way.
On this winding road of life through Maya's dream.

My (light/voice/heart) is a beautiful (light/voice/heart)
it lifts me up and guides me on my way, on this winding road of life.

My (life/house/world) is a beautiful (life/house/world)
it lifts me up and guides me on my way, on this winding road of life.

Chorus:

SAT SIREE SIREE AKAAL SIREE AKAAL MAHAA AKAAL
MAHAA AKAAL SAT NAAM AKAAL MOORAT WHA HAY GUROO

*(Great Truth, Great beyond death, Great deathless One. Truth is His Name.)
(Deathless image of God. Great beyond words is this wisdom.)*

4. AAP GA-VAA-EE-AI

Guru Nanak-Raag Tilang – page 722 of Siri Guru Granth Sahib
key to contentment in marriage

"Expresses the relationship between woman and God. God here is considered husband "malik". The infinity of sacrifice in the woman has molded a spirit which I merge with in spirit. That is why they say, "behind every man there is a great spirit, the spirit of woman...instead of the soul of the man, because man is an apparatus which does not work without the key" YB KWTC 1976

Aap gavaa-ee-ai taa soho paa-ee-ai
Aur kaisee cha tu raa-ee

Give up your self-conceit, you will obtain the Infinite
Give up your clever tricks. When I have lost myself
God comes and lives in me.
Enjoy the love of the Lord, within your own body home.
He is so very near. Why are you looking here and there?
Anywhere?
Be pleasing to your Lord with the Karma of good actions.
He will bestow His gracious glance.
Oh Nanak, She is the queen of all
She is the queen of all.

5. GURU GURU WAHE GURU GURU RAM DAS GURU

for assistance with any situation, need, or expression of gratitude

Guroo Guroo Wahe Guru Guroo Ram Daas Guroo

O Divine Infinite One, we thank you for this day.
O Divine Infinite One, please guide us on our way.
O Divine Infinite One, you heal us by your grace.

6. Listen to Your Words / God and Me Are One

Chant by Yogi Bhajan – poem gift of a student
instills respect and devotion

The only education that I want
is to learn to serve you better.

The only work I seek
is the work I can do for you.
The only playtime I desire
is when I can laugh with you.

The only free time I want is the time to sit with you,
and listen to your words, listen to your words (repeat)

God and me, me and God are one (repeats)

The only life I pray for is this lifetime with you
The only death I shall have is the one this time
The only sleep I need is when I can dream of you

And listen to your words, listen to your words.
God and me, me and God are one.

7. Sopurkh Niranjan

Guru Ram Das-Rag Asa – from Siri Guru Granth Sahib-Sikh scriptures
brings the qualities of a saintly person to you or your spouse
(recite 11 times daily)

So purakh niranjan har purakh niranjan har agmaa agam apaaraa.sabh Dhi-
aavahi sabh Dhi-aavahi tuDh jee har sachay sirjanhaaraa.sabh jee-a tumaaray
jee tooN jee-aa kaa daataaraa.har Dhi-aavahu santahu jee sabh dookh
visaaranhaaraa.har aapay thaakur har aapay sayvak jee ki-aa naanak jant
vichaaraa. ||1||tooN ghat ghat antar sarab nirantar jee har ayko purakh
samaanaa.ik daatay ik bhaykhaaree jee sabh tayray choj vidaanaa.tooN aapay
daataa aapay bhugtaa jee ha-o tuDh bin avar na jaanaa.tooN paarbarahm bay-
ant bay-ant jee tayray ki-aa gun aakh vakhaanaa.jo sayveh jo sayveh tuDh jee
jan naanak tinH kurbaanaa. ||2||har Dhi-aavahi har Dhi-aavahi tuDh jee say jan
jug meh sukh vaasee.say mukat say mukat bha-ay jinH har Dhi-aa-i-aa jee-o tin
tootee jam kee faasee.jin nirbha-o jinH har nirbha-o Dhi-aa-i-aa jee-o tin kaa bha-
o sabh gavaasee.jinH sayvi-aa jinH sayvi-aa mayraa har jee-o tay har har roop

samaasee.say Dhan say Dhan jin har Dhi-aa-i-aa jee-o jan naanak tin bal jaasee.
||3||tayree bhagat tayree bhagat bhandaar jee bharay bay-ant bay-antaa.tayray
bhagat tayray bhagat salaahan tuDh jee har anik anayk anantaa.tayree anik
tayree anik karahi har poojaa jee tap taapeh jaapeh bay-antaa.tayray anayk
tayray anayk parheh baho simrit saasat jee kar kiri-aa khat karam karantaa.say
bhagat say bhagat bhalay jan naanak jee jo bhaaveh mayray har bhagvantaa.
||4||toon aad purakh aprampar kartaa jee tuDh jayvad avar na ko-ee.toon jug jug
ayko sadaa sadaa toon ayko jee toon nihchal kartaa so-ee.tuDh aapay bhaavai
so-ee vartai jee toon aapay karahi so ho-ee.tuDh aapay sarisat sabh upaa-ee
jee tuDh aapay siraj sabh go-ee.jan naanak gun gaavai kartay kay jee jo sabhsai
kaa jaano-ee. ||5||2||

Translation:

That Lord is Immaculate; the Lord God is Immaculate. The Lord is
Unapproachable, Unfathomable and Incomparable.All meditate, all meditate on
You, O Dear Lord, O True Creator.All beings are Yours; You are the Giver of all
beings.So meditate on the Lord, O Saints; He is the One who takes away all
pain.The Lord Himself is the Master, and He Himself is His own servant. O
Nanak, how insignificant are mortal beings! ||1||You are totally pervading within
each and every heart; O Lord, You are the One Primal Being, All-
permeating.Some are givers, and some are beggars; all of this is Your wondrous
play!You Yourself are the Giver, and You Yourself are the Enjoyer. I know of no
other than You.You are the Supreme Lord God, Infinite and Eternal; what
Glorious Praises of Yours should I speak and chant?Unto those who serve, unto
those who serve You, slave Nanak is a sacrifice. ||2||Those who meditate on the
Lord, those who meditate on You, O Dear Lord, those humble beings dwell in

peace in this world.They are liberated, they are liberated, who meditate on the Lord; the noose of Death is cut away from them.Those who meditate on the Fearless One, on the Fearless Lord, all their fears are dispelled.Those who have served, those who have served my Dear Lord, are absorbed into the Being of the Lord, Har, Har.Blessed are they, blessed are they, who have meditated on the Dear Lord; slave Nanak is a sacrifice to them. ||3||Devotion to You, devotion to You, is a treasure, overflowing, infinite and endless.Your devotees, Your devotees praise You, O Dear Lord, in many and various ways.For You, so many, for You, so very many, O Dear Lord, perform worship and adoration; they practice penance and endlessly chant in meditation.For You, many - for You, so very many read the various Simritees and Shaastras; they perform religious rituals and the six ceremonies.Those devotees, those devotees are good, O servant Nanak, who are pleasing to my Lord God. ||4||You are the Primal Being, the Unrivalled Creator Lord; there is no other as Great as You.You are the One, age after age; forever and ever, You are One and the same. You are the Eternal, Unchanging Creator.Whatever pleases You comes to pass. Whatever You Yourself do, happens.You Yourself created the entire Universe, and having done so, You Yourself shall destroy it all.Servant Nanak sings the Glorious Praises of the Creator, the Knower of all. ||5||2||

8. JIS NEECH KOKO-EE NAA JAANAI- O MEAN MEAN MAN
Guru Arjan - Rag Asa – page 386 Siri Guru Granth Sahib
overcoming mean nature

Jis neech kau ko-ee na jaanai, naam japat oho chau kunt maa-nai

Oh that mean mean man, who sins and sins again and again,
if he would praise the Name of the Lord, four corners of the world
will bow down to him.