

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

Ik Onkar Satgur Parsad

ਗੁਰਬਾਣੀ ਸੁੱਖ-ਸਾਗਰ

Gurbani Sukh - Sagar

Ocean of Happiness

Cure for all your pains, sufferings and ailments
through Gurbani and Name Divine Medicine.

All pains and sufferings, Ailments and agonies can be eradicated through Gurbani, Divine Name, Faith, Ardas and Bhana (Accepting His Will).

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**ਨਾਮ, ਗੁਰਬਾਣੀ, ਭਰੋਸਾ, ਅਰਦਾਸ ਅਤੇ ਭਾਣੇ
ਰਾਹੀਂ ਦੁੱਖਾਂ, ਰੋਗਾਂ ਤੇ ਵਿਘਨਾਂ ਦਾ ਨਾਸ ।**

ਪ੍ਰਕਾਸ਼ਕ

ਦੁੱਖ ਭੰਜਨੁ ਤੇਰਾ ਨਾਮੁ ਮਿਸ਼ਨ ਕੈਨੇਡਾ

ਸਭ ਹੱਕ ਪ੍ਰਕਾਸ਼ਕ ਦੇ ਰਾਖਵੇਂ ਹਨ ।

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Admirable Work

In today's modern age, everyone is trying to avoid sickness but people are unaware that many ailments are self-inflicted. The habit of overeating, as well as consumption of inappropriate and inadmissible food (as per Sikhism) is one of the major causes for pain, suffering and agony. Over-eating and eating unhealthy food must be avoided. Some foods which are inadvisable to eat in Sikh religion should be out of our food menu because of their bad effects on our mind and body. Alcohol is strictly prohibited in Sikhism and one should not even touch tobacco due to its deadly effects on our physical and mental health.

We should not interfere with our environment at any cost. Trees are our life line. The air and water pollution from large factories has dangerous effects on humans and animals in the form of various types of cancers, chronic respiratory diseases, skin problems, etc.

Not keeping God's love and affection with utmost respect in our minds and indulging in bad deeds, brings pain, agony and ailments to our lives. Becoming the victims of our own evil deeds and malicious behavior is an open invitation for the destruction of our physical and mental health. Sins make our mind and body weak and then our soul becomes vulnerable to sins which take us so far away from God.

As a result, self-realization (ਸਵੈ-ਪਹਿਚਾਣ) without the Help of Perfect Satguru Ji becomes almost impossible.

Virtues are our biggest and most effective tools, which can not only provide us with a painless and worry free life, but also provides us divine power to achieve our prime goal of realization of Satguru Ji within us. Virtues give us the strength to fight with our own short-comings and the power to adopt Gurbani Teachings easier.

‘Dukh Bhanjan tera Naam’ Mission’s effort of publishing this ‘Gurbani Sukh Sagar’ booklet is a highly commendable. They hold Camps in different parts of North America to make people practically realize the Power of Gurbani in the tough times of our lives. Gurbani helps to solve family feuds, agonies, physical and mental ailments.

May Waheguru Ji bless all the organizers and volunteers to spread this virtuous message of Naam Gurbani to this world struggling with sufferings.

Humble servant of Sikh Sangat
Baljinder Singh
Gurduara Rara Sahib
Karamsar, Ludhiana

Preface

If we try to explore the real reasons behind our suffering and ailments, we can easily understand that our sins are one of the main causes of our problems. Guru ji also explained to us, that we all have the Name-Divine medicine provided by God within us to fight with and control our sufferings and ailments. Without adopting Perfect Satguru's methodology, it's impossible to have access to The Divine Name Medicine.

Satguru's Edict explains:

ਹਰਿ ਅਉਖਧੁ ਸਭ ਘਟ ਹੈ ਭਾਈ॥

ਗੁਰ ਪੂਰੇ ਬਿਨੁ ਬਿਧਿ ਨ ਬਨਾਈ॥ ਅੰਗ 259

Har aukhad sabh ghat hai bhai

Gur puray bin bidh na banaaee.

O brother, Divine Name Medicine is within us all, but Without Perfect Satguru's Help, no one knows how to use this medicine.

It's an astonishing truth that sometimes the same medicine has completely different results on different individuals. Some patients get adverse effects from a medicine, whereas others show excellent results using the same medicine. Science may have its own version, but Guru Granth Sahib Ji says: one thing is absolutely true, until God's help is not present; nothing is going to work in controlling the pains and sufferings, no matter what we do.

Satguru ji Proclames:

ਵੈਦਾ ਸੰਦਾ ਸੰਗੁ ਇਕਠਾ ਹੋਇਆ॥

ਅਉਖਦ ਆਏ ਰਾਸਿ ਵਿਚਿ ਆਪ ਖਲੋਇਆ॥ ਅੰਗ 1363

Vaidaa Sandaa Sang ikathaa hoiya.

Aukhad aae raas vich aap khaloiya.

Renowned specialist doctors were present beside the patient, but nothing worked until His(Waheguru's) blessings enter the medicine.

So we as Sikhs have to be very clear about Gurbani's message, that the Almighty Lord is our only savior. Like we feel cold without the sun, and darkness in the absence of light, our life too becomes miserable if we forget God (Treasure of Happiness). We must remember that by forgetting God, we face ^{so} many different kinds of sufferings and ailments as God is the only source of happiness.

So to have a happy, healthy and enjoyable life, we have no option other than remembering and loving God (Waheguru) at all times. Secondly we should work hard, all our lives, to cultivate virtues, such as helping others, being compassionate, forgiving and forgetting, and loving God's whole creation of animals, plants and humans. This can put us on the path to a happy and healthy life.

Humble servant of Sikh Sangat

Jagpal Singh

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Real reasons for pain, suffering and ailments

ਦੁੱਖਾਂ-ਰੋਗਾਂ ਦੇ ਅਸਲੀ ਕਾਰਨ

Science has its own perception about causes and etiologies of diseases. However, Gurbani, The Ultimate Truth of Divine Law, differs from science as far as ailments are concerned. Science is struggling with symptoms and the root cause seems still too far away. Trillions of dollars collected from various resources are being pumped into research to solve tough questions behind the cause of common and severe diseases.

But all over the world a big chunk of the total population, poor or rich are still suffering from various types of diseases. Cure still seems a dim ray of hope. As Scientists go close to some of the crucial

answers they are looking for, ten new bacteria and viruses emerge.

So we look to Guru Granth Sahib Ji's answer for pain, suffering and ailment; and search to see if a cure exists. Let's talk about fundamental causes of ailments according to Guru Granth Sahib Ji. The basic root cause of all suffering is our sins. Until we address the issue of our sins, Guru Ji says it is impossible to completely eradicate suffering. Sins can be vanished only through Naam Divine Medicine.

Fundamental Causes of Our Suffering

ਸਾਡੇ ਦੁੱਖਾਂ ਦੇ ਮੂਲ ਕਾਰਨ

1. Forgetting Supreme Lord

ਵਾਹਿਗੁਰੂ ਜੀ ਨੂੰ ਭੁੱਲ ਜਾਣਾ

By forgetting Almighty Lord (Waheguru) and His guidance given under the most righteous Divine Law, we are left with no choice other than facing and living with suffering. Not obeying Divine Law directly leads to attraction towards indulging in sinful pleasures of greed, wickedness, intoxication, hypocrisy, lust, etc. This creates a perfect fertile land for a sick mind and body. This vicious cycle of sin's slavery can be conquered only through Guru's blessings, Naam – Gurbani recitation and cultivating Virtues.

ਕੋਟਿ ਬਿਘਨ ਤਿਸੁ ਲਾਗਤੇ

ਜਿਸ ਨੋ ਵਿਸਰੈ ਨਾਉ ॥ ਅੰਗ 522

Kot bighan tis laagtay Jiss no visrai naao.

**He, who forgets Name Divine,
faces millions of obstacles.**

ਪਰਮੇਸਰ ਤੇ ਭੁਲਿਆਂ ਵਿਆਪਿਨ ਸਭੇ ਰੋਗ ॥ ਅੰਗ 135

Parmesar te bhuliaan viaapan sabhay rog.

**Forgetting transcendent Lord (Waheguru)
all sorts of illnesses comes your way.**

2. Worry (ਚਿੰਤਾ)

Worry is one of your biggest enemies, which kills you day by day, bit by bit. Some people seem to make a life out of worrying, where they are constantly thinking that the worst may happen in every situation.

Worry is a major cause of our illnesses. Worry basically is the lack of faith in God (Waheguru) who is all provident, omnipresent, omnipotent and omniscient. Worry gives birth to fear, tension, anxiety and restlessness. This eventually attracts all kinds of mental and physical ailments.

Perfect Guru advises us:

ਪੂਰੇ ਸਤਿਗੁਰੂ ਜੀ ਦਾ ਉਪਦੇਸ਼

ਨਾ ਕਰਿ ਚਿੰਤ ਚਿੰਤਾ ਹੈ ਕਰਤੇ ॥

ਹਰਿ ਦੇਵੈ ਜਲਿ ਥਲਿ ਜੰਤਾਂ ਸਭਤੈ ॥ ਅੰਗ 1070

Na kar chint chintaa hai Kartay.

Har devai jal thal jantaan sabhtai.

Don't worry, creator knows his responsibility. Supreme Lord (Waheguru) takes care of everyone, everywhere, in the water, on the Land and in air.

3. Heavy and Unsuitable Diet

ਭਾਰੀ ਅਤੇ ਅਣਸੁਖਾਵੀ ਖੁਰਾਕ

A huge percentage of the world's population is struggling with hunger, malnutrition and access to clean drinking water and at the same time in Europe and North America, a large proportion of the population is consuming excess amounts of food. Overeating and obesity is one of the major problems of the developed world, and undoubtedly a major reason behind many ailments. In particular, fast food and fried food is an open invitation to many ailments.

ਅਧਿਕ ਸੁਆਦ ਰੋਗ ਅਧਿਕਾਈ

ਬਿਨੁ ਗੁਰ ਸਹਜੁ ਨ ਪਾਇਆ ॥੨॥ ਅੰਗ 1255

Adhik suaad rog adhikaae

bin Gur sahaj na paya.

More indulgence in pleasure, more diseases will follow. Without Guru's help and blessings no one attains peace and poise.

4. Fear (ਡਰ)

We are all in fear except the One, The Supreme Lord (Waheguru). Fear gives birth to so many mental disorders such as anxiety, depression, insomnia, etc. Fear is one of the greatest enemies of our Faith in God.

ਡਰਿ ਡਰਿ ਮਰਤੇ ਜਬ ਜਾਨੀਐ ਦੂਰਿ ॥

ਡਰੁ ਚੂਕਾ ਦੇਖਿਆ ਭਰਪੂਰਿ ॥੧॥ ਅੰਗ 186

Dar dar marte jab janiai dur.

Dar Chooka dekhea bharpur.

I was scared, scared to death when I thought that He (Waheguru) was far away. All fear disappeared as I realized He is pervading everywhere.

When Waheguru's command is righteous and His deeds are pure justice. When Divine Law is ultimate and bound to happen then why to worry and what for.

5. Lack of Exercise (ਕਸਰਤ ਦੀ ਕਮੀ)

We should include exercise in our daily routine. Exercise provides countless benefits for our body and mind. Every day new astonishing studies are coming out to support the unbelievable good effects of exercise on our mind and body. New research shows that long walks in fresh air is greatly beneficial for depression and other related ailments.

6. Pollution (ਪ੍ਰਦੂਸ਼ਣ)

Pollution is also contributing immensely to many of our ailments. We need to start understanding our responsibility to protect and preserve our planet Earth before it is too late. It should be our collective responsibility to provide everybody with clean water, clean air and food grown with as little as possible use of pesticides. Pesticides not only endanger our life through food

but also by mixing in water through earth and by air. It's Guru Granth Sahib ji's Order for whole creation to love and take care and perseve this planet as God prevails in it.

ਪਵਣੁ ਗੁਰੂ ਪਾਣੀ ਪਿਤਾ ਮਾਤਾ ਧਰਤਿ ਮਹਤੁ ॥

pavan guru paanee pita maataa Dharat mahat.

**Air is the Guru, Water is the Father,
and Earth is the Great Mother of all.**

ਬਲਿਹਾਰੀ ਕੁਦਰਤਿ ਵਸਿਆ ॥

ਤੇਰਾ ਅੰਤੁ ਨ ਜਾਈ ਲਖਿਆ ॥ 1 ॥ ਰਹਾਉ ॥ ਅੰਗ 469

balihaari kudrat vasiaa. Ters antt na jaaee lakhiaa.

**Amazing creation of Your's O my Almighty Lord.
Your unimaginable beauty reflects through Your
creation. You are limitless and beyond description.**

7. Intoxication (ਨਸ਼ਾ ਕਰਨਾ)

Gurbani has given us a very clear message of "NO To Drugs", including liquor. Guru Sahib also warned us about the crippling effects of all kinds of intoxications on our society. Renunciation of all intoxications is a step forward for better health.

ਜਿਤੁ ਪੀਤੈ ਮਤਿ ਦੂਰਿ ਹੋਇ ਬਰਲੁ ਪਵੈ ਵਿਚਿ ਆਇ ॥
 ਆਪਣਾ ਪਰਾਇਆ ਨ ਪਛਾਣਈ ਖਸਮਹੁ ਧਕੇ ਖਾਇ ॥

ਅੰਗ 554

Jit peetai mat dur hoey baral pavai vich aaey.
 Apna paraia na pachhanai khasmoh dhakke khaie

By drinking alcohol you lose your mind and ability to work properly. You lose your sensing power to recognize and also what you say, to whom and when. Finally for this condemnable act prohibited in Gurbani, you face severe punishment in Almighty God's court.

8. Not accepting God's Will ਭਾਣਾ ਨਾ ਮੰਨਣਾ

Supreme Lord's Divine Law is the ultimate truth. He is the creator, preserver and destroyer of this world. Not even a micro-particle moves from one place to another without His Command. So to accept His Will is in our own interest. Also we should happily and thankfully accept His Will, because this virtue of accepting His Will makes us eligible for His blessings.

Perfect Satguru Ji guides us:

ਭਾਣਾ ਮੰਨੇ ਸੋ ਸੁਖੁ ਪਾਏ

ਭਾਣੇ ਵਿਚਿ ਸੁਖੁ ਪਾਇਦਾ ॥੧॥ ਅੰਗ 1063

Bhana mannay so sukh paaye

bhane vich sukh paidaa.

One who surrenders to the Lord's Will, finds eternal peace and happiness. Willingly obeying Divine Law provides joy and peace.

9. Backbiting (ਨਿੰਦਾ-ਚੁਗਲੀ)

To speak unfavorably of someone who is not present, is an evil deed, which creates unimaginably dangerous punishment, according to The Divine Law of God. They who do it suffer a lot, in their lives here and way more after death.

Satguru Ji says:

ਨਿੰਦਾ ਭਲੀ ਕਿਸੈ ਕੀ ਨਾਹੀ ਮਨਮੁਖ ਮੁਗਧ ਕਰੰਨਿ ॥

ਮੁਹ ਕਾਲੇ ਤਿਨ ਨਿੰਦਕਾ ਨਰਕੇ ਘੋਰਿ ਪਵੰਨਿ ॥੬॥ ਅੰਗ 755

Nindaa Bhalee Kisai kee nahee manmukh mugadh karann. Muh kaalay tin nindka narke ghor pavann.

Slandering of any one is not good but the foolish, self-willed manmukh still do it. One who does, will get his face blackened. They are ignorant. They will be thrown in horrible hell.

10. Bad company (ਕੁਸੰਗਤ)

If we spend time with immoral and unprincipled fellows, our mind will start filling with nefariousness and malignity. We will be adding sins to our account. Try to be in the company of God fearing and principled people who always try to live a truthful life. Always keep God's love and pious fear in mind and consciously try to keep reciting His Name Divine all the times.

ਕੁਸੰਗਤਿ ਬਹਹਿ ਸਦਾ ਦੁਖੁ ਪਾਵਹਿ

ਦੁਖੇ ਦੁਖੁ ਕਮਾਇਆ ॥੧੧॥ ਅੰਗ 1068

Kusangat bahaey sada dukh paavaih
dukho dukh kamaiya.

Engaging and sitting in evil society they will suffer in pain forever: They earn pain, nothing but pain.

11. Dishonest Earnings (ਠੱਗੀ ਦੀ ਕਮਾਈ)

The Supreme Lord has made man His vicegerent on earth. He enjoys an unquestioned dominance over every other living creature. Man has been blessed by God with the power of judgement to differentiate between good and bad. By doing that, one can choose the right path in life, so that he can live peacefully and in content, and get prepared for the hereafter journey. Earnings through embezzling, stealing, extortion and tax evasion etc. all comes under dishonest earnings. Our True Guru's teachings advise us to ensure that the sources of our livelihood should be arranged through honest and Lawful means.

ਘਾਲਿ ਖਾਇ ਕਿਛੁ ਹਥਹੁ ਦੇਇ ॥

ਨਾਨਕ ਰਾਹੁ ਪਛਾਣਹਿ ਸੇਇ ॥੧॥ ਅੰਗ 1245

Ghaal khaiy kichh hathoh de

Nanak raah pachhaneh sey.

Only honest and lawful earnings should come home which we should use to buy and prepare food to eat. Only those who depend upon honest and lawful earnings shall qualify for the discovery of this life's reality.

Meeting Satguru Ji within us is impossible for a dishonest person, no matter how hard someone tries for it. If a person is dishonest, their mind is always wandering and they are in constant turmoil. It is possible to deceive someone in the world or hide your reality, but the Supreme Judge who is inside you, will never let you attain peace and happiness.

12. Hypocrisy (ਪਾਖੰਡਵਾਦ)

Practice of Hypocrisy, I mean hiding reality is a malevolent practice. Pretending to be different from who you actually are and deceiving someone's trust are all hypocritical activities.

At the very least religious leaders should feel the moral responsibility to personify goodness and live lives worthy of emulation. But in modern times they seem to be the easiest victims of this evil (hypocrisy). The reason is they don't try hard enough to live a truthful life. By not completing committing, they don't succeed and then they are left with no option other than presenting themselves completely different from their actual reality.

ਪਾਖੰਡ ਪਾਖੰਡ ਕਰਿ ਕਰਿ ਭਰਮੇ
 ਲੋਭੁ ਪਾਖੰਡੁ ਝਗਿ ਬੁਰਿਆਰੇ ॥
 ਹਲਤਿ ਪਲਤਿ ਦੁਖਦਾਈ ਹੋਵਹਿ
 ਜਮਕਾਲੁ ਖੜਾ ਸਿਰਿ ਮਾਰੇ ॥੪॥ ਅੰਗ 981

Pakhand pakhand kar kar bhar-me
 lobh pakhand jag buriarey.
 Halat palat dukhdaee hoveh
 jamkal kharha sir maarey.

Practicing hypocrisy and deception, people wander in confusion. Greed and hypocrisy are evils in this world. Messenger of death hover over their heads and hit them down in the next world.

13. Jealousy (ਦੂਸਰੇ ਨੂੰ ਦੇਖ ਕੇ ਸੜਨਾ)

God's Divine Law provides us whatever we deserve. It means God gives us no less and no more. If we see someone with a lot more than us, we shouldn't feel jealous, as one has just got his or her share.

No hindrance can resist on the way of Divine Law. His Ultimate Justice prevails, no matter what.

By cultivating jealousy, the only thing we do is burn our body and mind in evil fire. We cannot harm the person whom we are jealous of by thinking evil thoughts. No good comes of harbouring jealousy.

Guru's edict: ਗੁਰੂ ਆਦੇਸ਼

**ਜਿਸੁ ਅੰਦਰਿ ਤਾਤਿ ਪਰਾਈ ਹੋਵੈ
ਤਿਸ ਦਾ ਕਦੇ ਨ ਹੋਵੀ ਭਲਾ ॥ ਅੰਗ 308**

Jis andar taat parai hovai
tis daa kade na hovaee bhala.

**One who burns in the jealousy
of others, never shall come to any good.**

14. Revenge (ਬਦਲਾਖੋਰੀ)

We should always try to forgive and forget what has happened in past. Forgiveness is a blessing of God. This virtue makes us healthy and peaceful inside out.

ਪਰ ਕਾ ਬੁਰਾ ਨ ਰਾਖਹੁ ਚੀਤ ॥

ਤੁਮ ਕਉ ਦੁਖੁ ਨਹੀ ਭਾਈ ਮੀਤ ॥੩॥ ਅੰਗ 386

Par kaa bura na rakhoh cheet.

Tum kao dukh nahin bhai meet.

**Never cultivate evil for others. You will
not suffer from pain and ailments,
my friend, my brother.**

ਜੋ ਹੋਆ ਹੋਵਤ ਸੋ ਜਾਨੈ ॥

ਪ੍ਰਭ ਅਪਨੇ ਕਾ ਹੁਕਮੁ ਪਛਾਨੈ ॥ ਅੰਗ 286

Jo hoya hovat so jaanai.

Prabh apne ka hukam pachhanay.

**Whatever supposed to happen has happened.
His beloved ones fully recognize God's command.
As they realize that His Supreme justice prevails
everywhere.**

15. Greed (ਲੋਭ-ਲਾਲਚ)

Money has become a tool to measure success in our society, and as such people are crazy to grasp wealth through both right and wrong means. We have become greedy for money as we want to be accepted in society as a respectful person with stature. We are often willing to compromise our moral and legal boundaries to do so.

People have started measuring moral values, kindness, and personality on an economic scale. When we say, “he is a big guy”, we are usually referring to he the person being very well off with lots of money. We have started judging intellect and wisdom in the form of dollars too. For example, if an intellectual university professor is not living a lavish life, we think “oh that poor guy”.

But what does Guru Ji tell us about wealth? Gurbani says anyone who doesn't remember God is a “begger and fool”. He who does not adopt and practice Gurbani in ones life, he who is not humble, compassionate, truthful and kind to others is a “begger and fool”.

Guru's edict:

ਬਿਨਾ ਸੰਤੋਖ ਨਹੀ ਕੋਊ ਰਾਜੈ ॥

ਸੁਪਨ ਮਨੋਰਥ ਬ੍ਰਿਥੇ ਸਭ ਕਾਜੈ ॥ ਅੰਗ 279

Binaa Santokh nahee koyo Raajai.

Supan manorath bir-thay sabh kaajai.

Without contentment, no one is satisfied. Like the objects in a dream, all the efforts are in vain.

16. Hatred (ਨਫਰਤ)

We often hate people because of their colour, creed and religious background. We also hate if someone has more in life than we do or is stronger than us.

It is our own insecurity that feeds our mind with this negative filth. If we cultivate love, compassion, and good values, our mind will transform. We will be at peace within our mind and will have good health and happiness. God is prevailing everywhere to protect us. His presence is there, even in the smallest particle of matter. Everyting we see is His creation and it's because of Him. If it's He who is in everything and

everywhere then how and who are we justified to hate?

If we hate someone, we are actually hating Him. Hatred is a Devenish practice, so we should live above it. Strongly disliking someone or bringing harm upon others is form of hatred as well. The best thing to do is to forgive and hope to be forgiven.

ਪਰ ਕਾ ਬੁਰਾ ਨ ਰਾਖਹੁ ਚੀਤ ॥

ਤੁਮ ਕਉ ਦੁਖੁ ਨਹੀ ਭਾਈ ਮੀਤ ॥ ਅੰਗ 386

Par kaa buraa na raakho cheet.

Tum kayo dukh nahee bhaayee meet.

**Never cultivate evil for others. You will
not suffer from pain and ailments,
my friend, my brother.**

17. Arrogance (ਹੈਂਕੜਬਾਜ਼ੀ)

Arrogance is a thought someone creates in ones head that causes a strong sense of entitlement. It's a feeling of superiority over others. Arrogance has brought tragic downfall of many famous people in various fields such as sports, art and politics. Arrogance is a basic character flaw. It's an act of making undue claims in an overbearing manner.

It's the biggest enemy of humbleness, compassion and love for all.

ਹਮ ਨਹੀ ਚੰਗੇ ਬੁਰਾ ਨਹੀ ਕੋਇ ॥ ਅੰਗ 728

Hum nahee changay buraa nahee koey.

We are not good, no one is bad either.

ਸੁਖੀ ਬਸੈ ਮਸਕੀਨੀਆ ਆਪੁ ਨਿਵਾਰਿ ਤਲੇ ॥

ਬਡੇ ਬਡੇ ਅਹੰਕਾਰੀਆ ਨਾਨਕ ਗਰਬਿ ਗਲੇ ॥੧॥ ਅੰਗ 278

Sukhee basai maskeeniaa aap nivaar talay.

badday badday ahankareeya Nanak garab Gallay.

The humble persons dwell in peace;

conquering ego, they attain humility.

The very proudy and arrogant fellows,

O Nanak; are consumed by their own pride.

BELIEFS WE SHOULD CULTIVATE IN LIFE

ਜੀਵਨ 'ਚ ਅਪਨਾਉਣ ਲਈ ਖਾਸ ਨੁਕਤੇ

1. Gurbani, Satguru and God (Waheguru) have Oneness.

Gurbani is the perfect, purest and easiest message of God for His whole creation. Gurbani is His own words, emanated from the primal Lord. Because Gurbani is Lord's own words, whoever worships Gurbani as a Perfect Satguru, will undoubtedly be blessed. There is absolutely no distinction between God, Guru and Gurbani. It is Guru's edict for all those, who come seeking help from Guru Granth Sahib. Gurbani is the ultimate truth of Supreme Lord's Divine Law. Gurbani has been manifested through Perfect Satguru. We should follow Gurbani as it is, word by word, line by line with no addition or deletion from our side, to reap the full benefits.

ਗੁਰ ਗੋਵਿੰਦੁ ਗੋਵਿੰਦੁ ਗੁਰੂ ਹੈ

ਨਾਨਕ ਭੇਦੁ ਨ ਭਾਈ॥੪॥੧॥੮॥ ਅੰਗ 442

Gur Gobind Gobind Guru hai
Nanak bhed na bhaee.

**O Nanak; Guru is God and God is Guru
and they have no distinction.**

ਨਾਨਕ ਸੋਧੇ ਸਿੰਮ੍ਰਿਤਿ ਬੇਦ ॥

ਪਾਰਬ੍ਰਹਮ ਗੁਰ ਨਾਹੀ ਭੇਦ ॥੪॥੧੧॥੨੪॥ ਅੰਗ 1142

Nanak Sodhey simrit beid.

Parbrahm Gur naahi Bheid.

**Guru Nanak says, research of the
Vedas and Simritis, concludes that
God and Guru have no distinction.**

2. Satguru is an ocean of Compassion

ਸਤਿਗੁਰੂ ਜੀ ਦਇਆ ਦੇ ਸਾਗਰ ਹਨ

ਸਤਿਗੁਰੂ ਦਾਤਾ ਦਇਆਲੂ ਹੈ

ਜਿਸ ਨੇ ਦਇਆ ਸਦਾ ਹੋਇ ॥ ਅੰਗ 302

Satgur daata dayal hai

Jisno daya sada hoey.

**Satguru, The True Guru is the merciful giver.
He is the only one who always gives us
everything.**

ਸਦਾ ਸਦਾ ਸਦਾ ਦਇਆਲ ॥ ਅੰਗ 275

Sada sada sada dayal

**He, The Supreme Lord is,
always, always, always merciful.**

3. Satguru is Destroyer of Sufferings

ਸਤਿਗੁਰੂ ਦੁੱਖਾਂ ਦਾ ਨਾਸ ਕਰਨ ਵਾਲਾ ਹੈ

ਦੁਖ ਭੰਜਨ ਪੂਰਨ ਕਿਰਪਾਲ ॥ ਅੰਗ 295

Dhukh bhanjan puran kirpal.

**He is the destroyer of pains and perfectly
merciful.**

ਸਤਿਗੁਰੂ ਮੇਰਾ ਸਦਾ ਸਹਾਈ

ਜਿਨਿ ਦੁਖ ਕਾ ਕਾਟਿਆ ਕੇਤੁ ॥੧॥ ਰਹਾਉ ॥ ਅੰਗ 675

Satgur mera sada sahaee

Jin dukh kaa katiya kayt.

**He destroyed the root cause of my pains and
suffering. My Satguru is always my help and
support.**

4. Satguru is Above All

ਸਤਿਗੁਰੂ ਜੀ ਸਭ ਤੋਂ ਵੱਡੇ ਹਨ

ਸਤਿਗੁਰ ਜੇਵਡੁ ਦਾਤਾ ਕੋ ਨਹੀ

ਸਭਿ ਸੁਣਿਅਹੁ ਲੋਕ ਸਬਾਇਆ ॥ ਅੰਗ 465

Satgur jevad daata ko nahi

sabh suneoh lok sabaai.

**There is no giver, greater than the True Guru;
here this, all you people.**

5. Sins can't withstand God's blessings

ਵਾਹਿਗੁਰੂ ਜੀ ਦੀ ਬਖਸ਼ਿਸ਼ ਅੱਗੇ

ਪਾਪ ਨਹੀਂ ਟਿਕ ਸਕਦੇ

ਅਉਗਣੁ ਕੋ ਨ ਚਿਤਾਰਦਾ ਗਲ ਸੇਤੀ ਲਾਇਕ ॥

ਮੁਹਿ ਮੰਗਾਂ ਸੋਈ ਦੇਵਦਾ ਹਰਿ ਪਿਤਾ ਸੁਖਦਾਇਕ ॥

ਅੰਗ 1101

Augan ko na chittarda gal saytee laaik.

Moih mangaa soee devda Har pitaa sukhdayik.

**He does not look at my evil deeds but
embraces me by hugging and comforting. My
compassionate Father fulfills all my demands. He
is my merciful Father.**

**6. Faith in God
is the source of Happiness**
ਪ੍ਰਮੇਸ਼ਰ ਤੇ ਭਰੋਸਾ ਹੀ ਸੁੱਖਾਂ ਦਾ ਖਜ਼ਾਨਾ ਹੈ

ਏਕ ਆਸ ਰਾਖਹੁ ਮਨ ਮਾਹਿ ॥

ਸਰਬ ਰੋਗ ਨਾਨਕ ਮਿਟਿ ਜਾਹਿ ॥੧॥ ਅੰਗ 288

Ek aas raakho man maahey.

Sarab rog Nanak mit jaahey.

**Keep faith in Waheguru within your mind.
All diseases, O Nanak, shall then be dispelled.**

GIVING UP WRONG CONVICTIONS

ਕਿਹੜੇ ਗਲਤ ਵਿਚਾਰ ਛੱਡਣੇ ਹਨ?

1. Anything said or taught which is contradictory to Gurbani's ultimate truth must be given up right away.

2. All the ideas, beliefs and thoughts which work against your faith in God have to be removed from your mind.

3. Thoughts such as: there are so many incurable diseases and chronic pain/suffering which cannot be cured according to conventional medicine, should be given up forever as Gurbani's Edict is that Divine Name has complete power to cure all ailments and vanish all suffering. Eradication of ailments and sufferings will depend upon how we adopt and apply Name Divine Medicine's methodology, regardless of how long and severe someone has been suffering from an ailment.

4. One should not believe a prediction from a religious person or an astrologer (ਸੰਤ ਬਾਬੇ ਜਾਂ ਜੋਤਸ਼ੀ) who has said your suffering will stay with you. We should remember that nothing can

withstand Name Divine's Power, as God's blessings are like tsunamis which can sweep clean every obstacle on its way.

5. It's true that we have to pay back the account of our sins, but at the same time don't forget that Supreme Lord is all merciful and compassionate. He loves us so much that if we come to take His shelter with a humble heart and pray before Him, He always forgives us.

6. He does not selectively take care of His Saints and Beloved ones only.

Of course God treats pious souls as His special lovable kids. But at the same time keep in mind that Wahiguru Ji loves all of us and knows our weaknesses and evil deeds. He is fully aware that we are easy victims of the wrong path, as we are weak and vulnerable. So His mercy is always our biggest and only help.

SIKH MEDITATION METHODOLOGY

ਸਿੱਖ ਭਗਤੀ ਦੀ ਸਹੀ ਵਿਧੀ

Let us try to understand, the most fruitful technique of meditation explained in Gurbani.

In Sikhism we all know that Gurbani is the ultimate truth of the Supreme Lord (Waheguru). God (Waheguru) has manifested Gurbani, through the Perfect Satguru to take care of the pain, suffering and illnesses of His Creation. Fundamentally there are three types of sufferings:

1. **Mental Ailments (ਮਾਨਸਿਕ ਰੋਗ)**
2. **Physical Ailments (ਸਰੀਰਕ ਰੋਗ)**
3. **Illness (Haomay) (ਹਉਮੈ ਰੋਗ)**

Gurbani edict (ਗੁਰਬਾਣੀ ਆਦੇਸ਼) ਅੰਗ 1140

ਜੋ ਜੋ ਦੀਸੈ ਸੋ ਸੋ ਰੋਗੀ॥

ਰੋਗ ਰਹਿਤ ਮੇਰਾ ਸਤਿਗੁਰੁ ਜੋਗੀ॥੧॥ ਰਹਾਉ॥

Jo jo deesai so so rogi

Rog rehit mera Satgur jogi

**Everyone we see is afflicted with ailments.
Ailment free is only my Perfect Satguru.**

1. We all are suffering from ailments and pain in one or another, and to varying degrees. So it's

highly advisable that even those who consider themselves healthy should recite at least 30-40 minutes of these Gurbani shabads on daily basis. A good diet, exercise and shabad jaap can be beneficial for all of us. So let us see what Gurbani explains about meditation techniques. Firstly there are three main Ingredients of Gurmat Bhagti (Sikh meditation)

1. LOVE (ਪਿਆਰ)

2. PATIENCE (ਸਹਿਜ)

3. ELATION (ਚਾਅ)

Let us see how to use these invaluable virtues.

1. First with conscious effort we should cultivate love within our mind.

2. Then with love, one should recite Naam or Gurbani easily, naturally and patiently. Hurried and fast recitation of Gurbani shabads won't be fruitful.

3. Gurbani and Naam recitation should not be done in a depressed mood as what we contemplate on in our minds replicates rapidly. So we should slowly and naturally recite Divine Name and Gurbani with great enthusiasm and Elation.

Crucial Points of Sikh Meditation ਸਿੱਖ ਭਗਤੀ ਲਈ ਧਿਆਨ ਦੇਣ ਯੋਗ ਨੁਕਤੇ

1. Listening ਸੁਣਨ ਦੀ ਮਹੱਤਤਾ

We should recite Name Divine and Gurbani slowly, naturally and joyously, with love in our minds and focus in on listening. Our utmost effort should be focusing on our sound produced from Gurbani Shabad Jaap or Naam Jaap. The more we can focus on shabad's sound, the less chance our mind will wander. By focusing on Gurbani or Naam listening, we will vanish all pain, suffering and ailments.

Normally we assume that our day-to-day listening of music, conversation with one another and any other sounds we hear through our ears means listening. But Gurbani's concept of listening is completely different than ours. It's hard to describe in words the concept or hearing elaborated in Gurbani, until someone makes a conscious and determined effort by engaging both ears to focus in on listening to Name Divine and Gurbani Hymns. It is possible for people to eventually experience the true meaning of

listening after achieving real peace and poise in both mind and body.

In the initial stage of you making a serious effort to adopt Gurbani's methodology, your pain and suffering will start to fleet away. Secondly your mind and body will experience peace, freshness and energy. Thirdly you will hear soothing musical sounds (Naads) in your ears.

ਦੂਖ ਰੋਗ ਸੰਤਾਪ ਉਤਰੇ ਸੁਣੀ ਸਚੀ ਬਾਣੀ ॥ ਅੰਗ 922

Dookh rog santaap utray sunee sachee bani.

**Pains, ailments and agonies dispels
by listening True Gurbani.**

2. Love for God (ਵਾਹਿਗੁਰੂ ਜੀ ਨਾਲ ਪਿਆਰ)

ਗਾਵੀਐ ਸੁਣੀਐ ਮਨਿ ਰਖੀਐ ਭਾਉ ॥

ਦੁਖੁ ਪਰਹਰਿ ਸੁਖੁ ਘਰਿ ਲੈ ਜਾਇ ॥ ਅੰਗ 2

Gaaviai Suniai man rakhiai bhao. Dukh parhar sukh ghar lai jaey.

Singing and listening Gurbani and Name Divine with keeping pious love in mind, eradicates all the sufferings and takes us to His abode.

ਕਹੈ ਨਾਨਕੁ ਸੁਣਹੁ ਸੰਤਹੁ
ਸਬਦਿ ਧਰਹੁ ਪਿਆਰੋ ॥ ਅੰਗ 917

Kahai Nanak sunoo santoooh
sabad dharaho piaroo.

**Guru Nanak says, listen, O saints;
enshrine love for Shabad.**

ਪਵਿਤ੍ਰੁ ਪਵਿਤ੍ਰੁ ਪਵਿਤ੍ਰੁ ਪੁਨੀਤ ॥
ਨਾਮੁ ਜਪੈ ਨਾਨਕ ਮਨਿ ਪ੍ਰੀਤਿ ॥ ੮ ॥ ੧੨ ॥ ਅੰਗ 279

Pavitarr pavitarr pavitarr puneet.
naam japai Nanak man preet.

**whoever with love in mind recites
Divine Name becomes pure, pure,
pure and purest.**

3. Patience (ਸਹਿਜ)

One who recites God's Name slowly and patiently but not hurriedly and quickly, all types of his sufferings and ailments vanish and he becomes peaceful, joyous and contented.

ਹਰਿ ਕਾ ਨਾਮੁ ਜਪਤ ਦੁਖੁ ਜਾਇ ॥

ਨਾਨਕ ਬੋਲੈ ਸਹਜਿ ਸੁਭਾਇ ॥੪॥ ਅੰਗ 266

Har ka Naam japat dukh jaaey.

Nanak bolai Sahaj subhaey.

Chanting Waheguru's Name with intuitive ease, sorrow is dispelled; says Nanak.

4. Elation ਚਾਅ

With love and patience one needs Elation also, to make his effort of Naam Japna (Name Recitation) utmost fruitful. Elation produces energy and courage, which will take our effort to the next level.

ਕਰਹਿ ਭਗਤਿ ਆਤਮ ਕੈ ਚਾਇ ॥

ਪ੍ਰਭ ਅਪਨੇ ਸਿਉ ਰਹਹਿ ਸਮਾਇ ॥ ਅੰਗ 286

kareh bhagat aatam kai chai

prabh apne sio rahai samaaey.

**One who meditate with elation in mind,
remain absorbed in God Himself.**

5. Fearlessness (ਨਿਰਭਉ)

It's our own doubts and ignorance that forces us to live in fear with no reason. We should understand that even though we are a small part of this world, we are still a part of The Supreme Lord. He is our Creator, Protector and Savior. So why should we worry. He is our Father; Mother, Brother, Sister and Friend. He is omnipresent and all powerful.

ਡਰਿ ਡਰਿ ਮਰਤੇ ਜਬ ਜਾਨੀਐ ਦੂਰਿ ॥

ਡਰੁ ਚੂਕਾ ਦੇਖਿਆ ਭਰਪੂਰਿ ॥੧॥ ਅੰਗ 186

Darr Darr martay jab jaaniai dur

Darr chookaa dekhia bharpur.

**I was scared, scared to death,
when I thought he is far away.**

**Fear dispelled after I realized
that He is everywhere and always with me.**

ਨਿਰਭਉ ਜਪੈ ਸਗਲ ਭਉ ਮਿਟੈ ॥ ਅੰਗ 293

Nirbhao japai sagal bhao mitai.

**By reciting Waheguru (Fearless),
One can become fear free.**

6. Faith (ਭਰੋਸਾ)

Faith is actually a priceless virtue. It's a blessing from the Supreme Lord, so precious, that no one can define its power in words. He who has Faith in Him, is the king of kings. Faith can move mountains. A prayer with faith never goes in vain.

ਜੋ ਮਾਗਉ ਸੋਈ ਸੋਈ ਪਾਵਉ

ਅਪਨੇ ਖਸਮ ਭਰੋਸਾ ॥ ਅੰਗ 619

Jo maango soee soee paavao

apne khasam bharosa.

With faith whatever I ask,

Waheguru Ji fulfills all my demands.

ਏਕ ਆਸ ਰਾਖਹੁ ਮਨ ਮਾਹਿ ॥

ਸਰਬ ਰੋਗ ਨਾਨਕ ਮਿਟਿ ਜਾਹਿ ॥ ੧ ॥ ਅੰਗ 288

ek aas rakhoh man mahay.

sarab rog Nanak mit jaahay.

In your mind keep Faith in one God,

Nanak says all ailments will be eradicated.

7. For fast healing, stop thinking about your problems all the times

**ਜਲਦੀ ਠੀਕ ਹੋਣ ਲਈ ਸਦਾ ਹੀ ਦੁੱਖਾਂ ਵਾਰੇ
ਸੋਚਦੇ ਰਹਿਣਾ ਛੱਡੋ**

It is important to try your best and not dwell on your suffering when you are using Name-Gurbani Medicine, using the methodology explained in this booklet. Pay full attention on listening to Gurbani Shabad Jaap with love, elation and patience. While doing this, your efforts will be more fruitful if you do not let thoughts of pain and suffering enter your mind. It's very hard to avoid thoughts regarding something that is bothering you. For example, if you have physical pain you may feel it. But before starting shabad jaap take a pain killer or do something to keep your mind free of your problems so that your mind can absorb Gurbani. When absorbed, Gurbani can have its maximum effect and it can heal everything.

ਗੁਰ ਕੀ ਬਾਣੀ ਜਿਸੁ ਮਨਿ ਵਸੈ ॥

ਦੁਖੁ ਦਰਦੁ ਸਭੁ ਤਾ ਕਾ ਨਸੈ ॥੧॥ ਅੰਗ 1340

Gur kee bani jis mann vassai

dookh darard sabh taa kaa nasai.

Whose mind where Gurbani abides, all pains and afflictions run away.

It's a scientific truth that constantly dwelling and talking about our problems leads to a life which cannot escape pain, suffering and ailment. Forgetting about the suffering and doing shabad jaap will lead you to a happy and healthy life.

How to do Bhagti ਭਗਤੀ ਦੀ ਸਹੀ ਜੁਗਤੀ

The same technique should be applied whether you do Naam jaap or Gurbani jaap.

1. Recite or chant Naam- Gurbani with great reverence in mind, slowly and naturally in one breath. After every inhalation continue the process of recitation or chanting.

2. Forcefully holding the breath isn't the right method. By practicing daily, the breathing in and breathing out period will get slower and longer.

3. Waheguru jaap has to be utmost natural. No stress or elongation on any part of the Waheguru word is right. Natural and easy recitation will let you hold onto love, patience and elation. The more slowly you recite, the more correctly you can pronounce. This will help you keep your focus on the Shabad's image. Image means the picture of the word. Holding onto the sound and image is (shabad surat da mail) the ultimate goal of sikh Bhagti.

4. Hurried and fast recitation is not appropriate as you won't be able to focus on the sound or image. One should try Naam or Shabad Jaap in a

simple, easy and natural way. It should be like the natural flow of a gentle breeze.

5. The focus should always be on the word's sound (listening), not on any particular point of your body. More practice of focused listening with an attentive mind will produce serenity.

6. Early morning is the best time, but Naam Jaap recitation can be done anytime. Effort of Naam Jaap is priceless and rewards are unimaginably blissful. Naam Jaap is an easy and effective way to realize who we are. Pain, suffering and ailment eradication is only a byproduct of Naam Gurbani recitation, but the real fruit is the indescribable eternal bliss of the supreme Lord.

7. We should try to absorb the Naam or Gurbani shabad's image in our mind and hold onto it. This effort has to be done easily and comfortably; not by stressing yourself. When we focus on the word's sound and try to merge the image into it; you can reap the unimaginable benefits. One should start practicing slowly and easily with love and respect for Him in mind. Slowly you will progress onto the pious path that leads to God.

8. Posture's Role in sikh meditation.

ਕੀ ਭਗਤੀ ਕਿਸੇ ਵਿਸ਼ੇਸ਼ ਆਸਣ ਵਿੱਚ ਕਰਨੀ ਹੈ?

Posture will depend upon your comfort. You can sit cross-legged, on a sofa chair, stand or even lie down on a bed. Posture does not matter as long as you can focus on listening when you recite or chant. The key point is that you should cultivate love inside, before starting recitation. Then slowly, naturally and joyously recite Naam or Shabads, in one breath; without forcefully holding onto the breath. Breathe naturally and keep reciting or chanting and try your utmost to focus on the Shabad's sounds. Also try if you can at the same time to bring the same shabad's image in mind. Looking onto the shabad's image will stop your mind from wandering to a certain extent.

Relationship between traditional medicines and panacea of Naam Gurbani Therapy

ਦੁਆਈਆਂ ਅਤੇ ਨਾਮ-ਦਾਰੂ ਦਾ ਸਬੰਧ

Gurbani affirms again and again, the effectiveness and veracity of the Name Divine medicine. Gurbani assures us, that regardless of cast colour or creed, whoever uses Name Divine Medicine applied exactly as described in Guru Granth Sahib Ji, will be liberated from pain and suffering. Methodology is something that's crucial for effectiveness of Divine Naam therapy.

Naam Gurbani medicine can be used with the traditional medicines. The more you use Naam Gurbain, the less you will need traditional medicine. Traditional medicine will also be more effective, if you use it in combination with Name Divine Medicine.

If there is a medicine available for the disease you are suffering from, we highly recommend you to take it exactly as prescribed by your Doctor. But

you can combine Naam Gurbani medicine with you traditional medicine.

If for some reason your doctor tells you that there is no medicine available to treat you don't panic or be disappointed as Gurbani says no disease is incurable if Divine Name therapy is applied as prescribed in Guru Granth Sahib Ji.

ਅਨਿਕ ਉਪਾਵੀ ਰੋਗੁ ਨ ਜਾਇ ॥

ਰੋਗੁ ਮਿਟੈ ਹਰਿ ਅਵਖਧੁ ਲਾਇ ॥ ਅੰਗ 288

Anik upavi rog na jaaey

Rog mitai har avkhad laaey.

When numerous remedies fail in Ailments.

**The ailments vanishes by applying
the Name Divine medicine.**

In most cases the traditional medicines only manage the symptoms of disease for a specific period of time. That's why one who suffers from high blood pressure, under or over active thyroid or bad cholesterol, etc. has to take prescribed pills daily for the rest of his or her life.

There is a great proportion of the population in the world today suffering from stress, anxiety,

depression, fears, insomnia and other mental disorders. If you can find a suitable medicine then take it as prescribed by your doctor, plus add Name Divine medicine. But if no medicine suits you, you do not need to worry, as application of Name Divine medicine alone in proper technique, can eradicate all disorders. Divine Name medicine will induce sound sleep and peace of mind. Your mind will be completely transformed from a depressed state of mind to a cheerful and jubilant one.

You will need a strong, self-determined, self-restrained and attentive mind to devote to Name Divine medicine. This medicine needs faith in God and the methodology of Guru Granth Sahib. Faith will be cultivated through recitation of Naam Gurbani and focus on listening. Then with the blessing of almighty Waheguru, no disease will withstand against Name Divine Medicine's Power.

Faith is one of the most important and invaluable gifts of God. By continuously practicing Naam Gurbani Jaap, you will cultivate and restore your faith in Him. Healing Camps by Dukh Bhanjan Tera Naam Mission Canada are always a great opportunity to understand the complete

methodology of Name Divine medicine and your own practical experiences of exploring the benefits of this therapy. In these camps, trained and experienced team members have enough time to explain Naam Gurbani medicine and its application. Also you can interact one to one with the team for any doubts you may have in your mind.

We strongly encourage and advise all our sick brothers and sisters from all walks of life to attend these Dukh Bhanjan Tera Naam's Healing camps to get first-hand experience of the unimaginable effectiveness of Name Gurbani medicine. We do this voluntarily by understanding that it's every Sikh's duty to learn and practice the message of Gurbani, for the well being of the whole world. This way we can take out Sikhi's true and pious message from the hands of exploiters with their vested interests. Exploiters distort the Truth of Gurbani for their selfish interests and misguide our hard working Sikh brothers and sisters.

IF SIKH BHAGTI HAS CROSS-LEGGED SITTING LIMITATION ਕੀ ਪਾਠ ਕਰਨ ਸਮੇਂ ਚੌਂਕੜਾ ਮਾਰਨਾ ਜ਼ਰੂਰੀ ਹੈ?

No, not at all. We want everyone, especially our sick brothers and sisters to understand that Sikh meditation is not a formal ritual.

Gurbani explains that one should keep contemplating on Waheguru (God) for 24 hours. Therefore, we cannot expect ourselves to sit, stand or lay down for 24 hours in one single posture.

Guru Ji Proclaims: ਗੁਰੂ ਜੀ ਦਾ ਆਦੇਸ਼

ਆਠ ਪਹਰ ਤੇਰਾ ਨਾਮੁ ਜਨੁ ਜਾਪੇ ॥ ਅੰਗ 826

Aath pahar tera naam jan jaapay.

Twenty-four hours a day,

Your humble servant chant Your Name.

ਆਠ ਪਹਰ ਆਰਾਧਹੁ ਸੁਆਮੀ

ਪੂਰਨ ਘਾਲ ਹਮਾਰੀ ॥ ੧ ॥ ਅੰਗ 619

aath pahar aradhoh soami puran ghaal hamaari.

**We should Worship lord all the times,
so our efforts become fruitful.**

It should be clear that one cannot do meditation 24 hours in one posture. During 24 hours of our routine life we perform various daily activities in sitting, standing and lying down posture. So if we try to understand Waheguru's message delivered through Gurbani, it is that no matter what we do, in any posture, we should try our best to contemplate on to Divine Name (Waheguru) all the times.

We should imbibe God's love inside our thoughts so our mind's wandering can be minimized. Chanting or reciting Naam Gurbani and focused listening, in any posture will eradicate sickness and suffering completely.

If one makes conscious effort to keep faith in Supreme Lord (Waheguru) and chant or recite Gurbani Shabads with love, patience and elation, with a focus on listening, one will undoubtedly be freed from pain, suffering and ailment. His mind will be in utmost peace and poise.

Note: We humbly request sick brothers and sisters that you don't force yourself to stay in one posture for a long time as it can aggravate your condition by sitting cross-

legged. Naam Jaap or Gurbani Jaap doesn't give any special benefit in a cross legged posture. However, one can definitely use this posture if it doesn't hurt or escalate their sickness.

KEY-POINTS FOR FASTER RELIEF

ਜਲਦੀ ਆਰਾਮ ਲਈ ਖਾਸ ਨੁਕਤੇ

1. Try to shower everyday including washing one's hair. (ਕੋਸੀ ਇਸ਼ਨਾਨ)
2. A good diet is crucial for Good health.
3. Exercise is a compulsion of modern age. As the industrial innovations start integrating into our daily lives, physical work starts disappearing from our daily activities. We don't ride horses because we have cars. We don't have to milk cows as this is done by machines. We don't hand-wash clothes as we have washers. Technology is ejecting our physical involvement from our routine work. In the old days we used to work hard and do lots of walking on our farms, but now humans from urban areas are being shifted to

mega cities where even the shopping centers are very close to our homes, which eliminates walking. We need to exercise if we want to stay healthy. Our foods are loaded with sugar, salt and preservatives, which are simply damaging to our digestive system. Air, water and food are all polluted because of the heavy use of pesticides and carbon emissions.

4. Guru Nanak Sahib has specifically repeated four times in Japji Sahib, about the crucial role of listening, in the methodology of Divine Name medicine. According to Gurbani, listening (ਸੁਣਿਐ) means focused listening (ਗੁਰਬਾਣੀ ਅਨੁਸਾਰ ਸੁਣਨ ਦਾ ਅਰਥ ਹੈ ਧਿਆਨ ਨਾਲ ਸੁਣਨਾ). Guru Nanak Sahib says whoever listens attentively to Name-Gurbani, he/she shall be freed from suffering and sin.

ਸੁਣਿਐ ਦੁਖ ਪਾਪ ਕਾ ਨਾਸੁ ॥ ਅੰਗ 1

Suniaai dookh paap ka Naas.

**Listening Gurbani shabads or
Divine Name eradicates pains and sins.**

When doing Naam Jaap or Shabad Jaap, always try to be in a relaxed state of mind as Sikh

meditation has no place for haste and hurry. We should try our best to stay calm and worry free no matter what. True Guru says that everything is happening exactly as per His Supreme Command. Nothing will ever happen against His True Justice. His Justice prevails everywhere and is completely unalterable. Therefore worrying is meaningless.

Always stay in high spirits by realizing that Almighty Waheguru Ji is an Ocean of love, Compassion and Help. So He will rescue us, no matter who we are and where we are, as He always helps the helpless. Helping the helpless is His nature, no matter who asks for it. But one thing we should remember in order to get our prayer answered is that we must ask or pray with Faith. It is the faith that makes any prayer be fulfilled.

IF NON-SIKH OR NON-AMRITDHARI COULD RECEIVE NAAM-GURBANI BENEFITS.

**ਕੀ ਗੈਰ-ਸਿੱਖ ਜਾਂ ਗੈਰ-ਅੰਮ੍ਰਿਤਧਾਰੀ
ਨਾਮ-ਗੁਰਬਾਣੀ ਦਾ ਲਾਭ ਲੈ ਸਕਦਾ ਹੈ?**

Yes, of course YES.

Gurbani is the ultimate truth of Divine Law. The Supreme Lord showing great mercy on His creation, manifested Gurbani through Perfect Satguru, for taking care of the pain, suffering and ailment in this world.

Gurbani has a beautiful uniqueness of universalism and all-inclusiveness in its pious Message. As of its limitless power, Gurbani's Help is bound to happen for everybody and everywhere. As God is provident, omnipotent, omnipresent and omniscient. So His pious and powerful help (blessings) cannot be restricted to one particular cast, creed or colour.

Name Gurbani medicine has ultimate effectiveness and definiteness, for whoever uses this medicine with love and faith in Gurbani. By adopting the methodology explained in this booklet, one can be cured from pain and

suffering. Proper technique and methodology is crucial.

True Guru's edict (ਸੱਚੇ ਗੁਰੂ ਦਾ ਆਦੇਸ਼)

ਹਰਿ ਅਉਖਧੁ ਸਭ ਘਟ ਹੈ ਭਾਈ॥

ਗੁਰ ਪੂਰੇ ਬਿਨੁ ਬਿਧਿ ਨ ਬਨਾਈ॥ ਅੰਗ 259

Har aukhad sabh ghat Hai bhai.

Gur puray bin bidh na Banayee.

**Name Divine medicine is inside all of us,
but without the help of Perfect Satguru
one can't have access to it.**

The body and soul belongs to The Supreme Lord so the best description of this medicine and its use could be only through God (Waheguru). The importance of understanding and application of this medicine doesn't belong to someone particular. One could belong to any color, creed and cast and be cured as long as he or she understands the logic behind and keeps faith in its definiteness and adopts the methodology explained in the booklet.

FIVE MAIN MEDICATIONS OF DIVINE NAME-GURBANI THERAPY

ਨਾਮ ਗੁਰਬਾਣੀ ਅਨੁਸਾਰ ਪੰਜ ਮੁੱਖ ਦਵਾਈਆਂ

1. Divine Name Medicine ਨਾਮ ਦੁਆਈ

Divine Name is the first name medicine which never fails under any circumstances if it's used with the methodology of Guru Granth Sahib Ji. Modern allopathic medicine with the help of billions of dollars of funding for research, has given us noticeable help to manage diseases. Remarkable benefits have been provided to humanity by physicians and surgeons all over the world.

But traditional medicines only manage the disease. Divine Naam can eradicate diseases from the root. God is the creator. He has given us our body and soul as a gift. When we imbalance the guidelines of human life given by the Divine Law, we ourselves create pain, suffering, agony and ailment. By not following the supreme Lord's Divine Law, we earn evils and keep losing virtues, which eventually gives birth to sins. Sins are the

root cause of all physical and mental ailments, as well as other sufferings.

Divine Name is the only medicine which can eradicate sins. If there are no sins then there is no suffering. It's that clear and that simple.

Guru's edict (ਗੁਰੂ ਆਦੇਸ਼)

ਅਨਿਕ ਉਪਾਵੀ ਰੋਗੁ ਨਾ ਜਾਇ ॥

ਰੋਗੁ ਮਿਟੈ ਹਰਿ ਅਵਖਧੁ ਲਾਇ ॥ ਅੰਗ 288

Anik upavee rog na jaaey.

Rog mitaiy Har avkhad laaey.

When numerous remedies fail

in curing ailments applying

Name Divine medicine vanish all ailments.

ਹਰਿ ਕਾ ਨਾਮੁ ਜਪਤ ਦੁਖੁ ਜਾਇ ॥

ਨਾਨਕ ਬੋਲੈ ਸਹਜਿ ਸੁਭਾਇ ॥ ੪ ॥ ਅੰਗ 266

Har Ka Naam japat dukh jaaey

Nanak bollai sahaj subhaaey.

Reciting God's Name, dispels pains

and sufferings. Nanak says we should

recite Name Divine slowly and naturally.

2. Gurbani (ਗੁਰਬਾਣੀ)

Gurbani is the ultimate reality of Eternal God and His Divine Law. God himself manifested Gurbani through Perfect and True Satguru for His whole creation to relieve them from pain, suffering and agony in this world. **Satguru says:**

ਦੂਖ ਰੋਗ ਸੰਤਾਪ ਉਤਰੇ ਸੁਣੀ ਸਚੀ ਬਾਣੀ ॥ ਅੰਗ 922

Dookh rog santaap utrey sunee sachee Baani

**Pains, ailments and agonies are
dispelled by listening True Baani.**

ਰੋਗ ਦੋਖ ਗੁਰ ਸਬਦਿ ਨਿਵਾਰੇ ॥ ਅੰਗ 1148

Rog dokh gur sabad Nivaare.

Guru's word eradicates sins and diseases.

ਗੁਰ ਕੀ ਬਾਣੀ ਜਿਸੁ ਮਨਿ ਵਸੈ ॥

ਦੂਖੁ ਦਰਦੁ ਸਭੁ ਤਾ ਕਾ ਨਸੈ ॥੧॥ ਅੰਗ 1340

Gur kee Baani Jis man vassaiy.

Dookh darad sabh taa kaa nassaiy.

**Within one's mind Gurbani abides,
His pains and sufferings drive away.**

The truth is that regardless of cast, creed or colour, anyone who chants or recites Gurbani slowly and naturally with love plus focus on listening, has no chance of having pain, suffering or ailments come close to them.

3. Faith in Waheguru Ji

ਵਾਹਿਗੁਰੂ ਜੀ ਉੱਪਰ ਭਰੋਸਾ

Faith is actually a priceless virtue. It's one of the most precious blessings of the supreme Lord. No one can define its real power in words. One who has faith inside the mind for Waheguru is the king of Kings. As the Bible also says: faith can move mountains. To cultivate faith in our minds and have it inherently in our thoughts is not easy, but possible.

Someone who succeeds in keeping faith in omnipotent Waheguru, will always be victorious in life. His prayer will never be unanswered. His life will be full of happiness and success with no pain, suffering, ailment or agony. But one has to make the conscious effort to keep the faith in God and recite or chant Naam—Gurbani with love, patience and elation with full effort on focused listening.

Guru Sahib's Edicts
ਸਤਿਗੁਰੂ ਜੀ ਦਾ ਆਦੇਸ਼

ਜੋ ਮਾਗਉ ਸੋਈ ਸੋਈ ਪਾਵਉ
 ਅਪਨੇ ਖਸਮ ਭਰੋਸਾ ॥ ਅੰਗ 619

Jo maango soee soee paavo
 apne khasam bharosa.

**With faith whatever I ask from my Lord.
 He fulfills all my demands.**

ਏਕ ਆਸ ਰਾਖਹੁ ਮਨ ਮਾਹਿ ॥
 ਸਰਬ ਰੋਗ ਨਾਨਕ ਮਿਟਿ ਜਾਹਿ ॥੧॥ ਅੰਗ 288

ek aas rakho man maahe
 sarab rog Nanak mit jaahe

**Have faith in one Supreme Lord (Waheguru)
 Nanak says all ailments will be eradicated.**

4. Prayer (ਅਰਦਾਸ)

Prayer done with full faith never goes in vain. Supreme Lord (Waheguru) is omnipotent and knows us inside out. He is aware of our efforts and sufferings. He knows all of our strengths and weaknesses. He is our father, mother, brother, sister and best friend. Gurbani's eternal truth is that Waheguru Ji's help process is always definite and same all the time. God says, have faith in me and I will vanish all your sufferings. But in ignorance we always say, help me God then I will trust you. **Guru's clear Edict is**

ਬਿਘਨੁ ਨ ਕੋਊ ਲਾਗਤਾ ਗੁਰ ਪਹਿ ਅਰਦਾਸਿ॥ ਅੰਗ 816
bighan Na koyoo laagta gur paih ardaas

**No obstacles will come on your way,
when you offer prayer to the Guru.**

ਏਕ ਆਸ ਰਾਖਹੁ ਮਨ ਮਾਹਿ॥
ਸਰਬ ਰੋਗ ਨਾਨਕ ਮਿਟਿ ਜਾਹਿ॥੧॥ ਅੰਗ 288
ek aas raakho man maahe
sarab rog Nanak mit jaahe.

**In your mind imbibe faith in God
Nanak says: all the ailments vanishes.**

5. Accepting God's Will happily

ਭਾਣਾ ਮਿੱਠਾ ਕਰਕੇ ਮੰਨਣਾ

ਹੁਕਮੈ ਅੰਦਰਿ ਸਭੁ ਕੋ ਬਾਹਰਿ ਹੁਕਮਿ ਨਾ ਕੋਇ ॥ ਅੰਗ 1

Hukmay andaar sabh ko bahar hukam naa koy.

**Everyone is subject to His eternal Command.
None exempt from His inconvertable Decree.**

ਸਚਾ ਤੇਰਾ ਹੁਕਮੁ ਸਚਾ ਫੁਰਮਾਣੁ ॥

ਸਚਾ ਤੇਰਾ ਕਰਮੁ ਸਚਾ ਨੀਸਾਣੁ ॥ ਅੰਗ 463

Sachaa tera hukam sachaa furmaan.

Sachaa tera karam sachaa neesaan.

**True is Your Eternal Command. True is
Your Divine Law. True are Your Deeds
and You are Emblem of Truth.**

ਭਾਣਾ ਮੰਨੇ ਸੋ ਸੁਖੁ ਪਾਏ

ਭਾਣੇ ਵਿਚਿ ਸੁਖੁ ਪਾਇਦਾ ॥ ੧ ॥ ਅੰਗ 1063

**One would be blessed with happiness,
by accepting His will. Living according
to Lord's Divine Law, generates
gratification and peace.**

Gurbani is the complete Divine Law from

ੴ ਤੋਂ ਸਭੈ ਪੁਤ੍ਰ ਰਾਗਨਿ ਕੇ ਅਠਾਰਹ ਦਸ ਬੀਸ ਤੱਕ।

Gurbani is the ultimate truth and everything happens according to the Divine Law in this world. We are smaller than a dot in His creation. We are poor, ignorant and helpless. It is in our best interest to try to understand Gurbani (True message of Supreme Lord). We should accept Gurbani undoubtedly and also try our best to adopt it in our lives. We should recite Divine Name and Gurbani with love in our minds, slowly and naturally with a focus on listening. It will eradicate our sufferings and enlighten our path to Waheguru Ji. We should imbibe faith on supreme Lord. We should recite Naam-Gurbani with focused listening and cultivate virtues by avoiding bad deeds, as this will brighten the Sikhi path of truth and justice.

Accepting His command (ਭਾਣਾ) happily does not mean a sick person should not go to a doctor or try to get the best help available which could be medicine, diet advice, or therapy and counselling for mental health. But to make your efforts the most effective, Name Divine therapy along with conventional medicines should be used with the same methodology endorsed in Guru Granth Sahib Ji. It will uproot the ailments and pains from our body and mind.

ਦੁੱਖਾਂ, ਰੋਗਾਂ ਤੇ ਵਿਘਨਾਂ ਦਾ ਪੱਕਾ ਇਲਾਜ
ਚੋਣਵੇਂ ਗੁਰਬਾਣੀ ਸ਼ਬਦਾਂ ਅਤੇ ਪਾਵਨ ਤੁਕਾਂ ਦਾ ਸੰਗ੍ਰਹਿ

ਮੂਲ ਮੰਤ੍ਰ
ੴ ਸਤਿ ਨਾਮੁ
ਕਰਤਾ ਪੁਰਖੁ ਨਿਰਭਉ ਨਿਰਵੈਰੁ
ਅਕਾਲ ਮੂਰਤਿ ਅਜੂਨੀ ਸੈਭੰ ਗੁਰ ਪ੍ਰਸਾਦਿ ॥

**Successful Treatment of Pains,
Sufferings and Ailments.**

**Mool Mantar and Selective
Gurbani Hymns**

**Ik Onkar Satnam
Karta Purakh Nirbhao Nirvair
Akal Murat Ajuni Sai Bhang Gur Parshad.**

**One Universal Creator (God). His Name is
Truth. Creative being personified. No Fear, No
animosity. Immanent Reality. Time less form.
Unicarnated, Self illumined. Can be realized by
Guru's Grace.**

ਦੁਖ ਭੰਜਨੁ ਤੇਰਾ ਨਾਮੁ ਜੀ

ਦੁਖ ਭੰਜਨੁ ਤੇਰਾ ਨਾਮੁ ॥ ਅੰਗ 218

Dukh bhanjan tera naam Ji.

Dukh bhanjan tera naam.

God's Name is the Destroyer of pain and sufferings. His Name eradicates all Sorrows and Pains.

ਪ੍ਰਭ ਪਾਸਿ ਜਨ ਕੀ ਅਰਦਾਸਿ ਤੂ ਸਚਾ ਸਾਂਈ ॥

ਤੂ ਰਖਵਾਲਾ ਸਦਾ ਸਦਾ ਹਉ ਤੁਧੁ ਧਿਆਈ ॥ ਅੰਗ 517

Prabh pass jan kee ardaas tu sachaa saaee.

Tu rakhwalla sada sada hao tudh dhiaaee.

**Humble servant offers, Prayer to His Lord saying ;
You are my True Master. O God You are always,
always my savior. That's why I contemplate on
My Waheguru Ji.**

ਪ੍ਰਭ ਜੀਉ ਖਸਮਾਨਾ ਕਰਿ ਪਿਆਰੇ ॥

ਬੁਰੇ ਭਲੇ ਹਮ ਥਾਰੇ ॥ ਰਹਾਉ ॥ ਅੰਗ 631

Prabh jeeo khasmana kar piaare.

Bure bhale ham thaare. Rahao.

**O Dear Lord, My Master take care of me,
As taking care of us all, is Your Divine Duty.
Bad or Good no matter who we are,
but we are always Yours; My Lord.**

**ਭਗਤ ਜਨਾ ਕੀ ਬੇਨਤੀ ਸੁਣੀ ਪ੍ਰਭਿ ਆਪਿ॥
ਰੋਗ ਮਿਟਾਇ ਜੀਵਾਲਿਅਨੁ ਜਾ ਕਾ ਵਡ ਪਰਤਾਪੁ॥ 1॥ ਅੰਗ 820**
Bhagat janaa kee bentee sunee prabh aap.
Rog mitaey jeevaalian ja ka vad partaap

**God has Himself listened the prayer of His
humble devotees. Waheguru Ji eradicated their
diseases and rejuvenated them all. Inimitable is
His Glory.**

**ਦੋਖ ਹਮਾਰੇ ਬਖਸਿਅਨੁ ਅਪਣੀ ਕਲ ਧਾਰੀ॥
ਮਨ ਬਾਂਛਤ ਫਲ ਦਿਤਿਅਨੁ ਨਾਨਕ ਬਲਿਹਾਰੀ॥**
੨॥੧੬॥੮੦॥ਅੰਗ 820

Dokh hamaarey bakhsian apni kal dhari.
Man banchhat fal ditian Nanak balihari.

**The Ultimate Rescuer Waheguru Ji,
have forgiven my sins. O Nanak
the Adorable and Inevitable Lord,
has fulfilled all my desires**

ਬਾਣੀ ਗੁਰੂ ਗੁਰੂ ਹੈ ਬਾਣੀ ਵਿਚਿ ਬਾਣੀ ਅੰਮ੍ਰਿਤੁ ਸਾਰੇ ॥
ਗੁਰੁ ਬਾਣੀ ਕਹੈ ਸੇਵਕੁ ਜਨੁ ਮਾਨੈ ਪਰਤਖਿ ਗੁਰੂ ਨਿਸਤਾਰੇ ॥ 982

Bani is Guru & Guru is Bani, Full of Nector is Entire Bani.If a devotee adopts Gurbani,with no doubts and act accordingly; Guru Manifestly librates.

ਤੀਨੇ ਤਾਪ ਨਿਵਾਰਣਹਾਰਾ
ਦੁਖ ਹੰਤਾ ਸੁਖ ਰਾਸਿ ॥
ਤਾ ਕਉ ਬਿਘਨੁ ਨ ਕੋਊ ਲਾਗੈ
ਜਾ ਕੀ ਪ੍ਰਭ ਆਗੈ ਅਰਦਾਸਿ ॥੧॥ ਅੰਗ 714

Teene taap nivananhara dukh hanta sukh raas.

Taa kao bigan na koyo laagaiy jaa kee prabh aagaiy ardaas.

God is The Destroyer of all three fevers, mental and physical ailments also illusion (ਹਉਮੈ). Waheguru is Eliminator of sorrows and treasure of happiness. One who pray before Supreme Lord, face no hindrances and the Prayer never goes in vain.

ਸਤਿਗੁਰ ਅਪੁਨੇ ਸੁਨੀ ਅਰਦਾਸਿ ॥
ਕਾਰਜੁ ਆਇਆ ਸਗਲਾ ਰਾਸਿ ॥ ਅੰਗ 115

Satgur apne sunee ardaas.Karaj aiya saglaa raas.

**My Satguru has heard my prayer.
All my affairs have been resolved.**

ਮਲਾਰ ਮਹਲਾ ੫ ॥ mallar mahalla panjvaan.ਅੰਗ 1273

ਹੇ ਗੋਬਿੰਦ ਹੇ ਗੋਪਾਲ ਹੇ ਦਇਆਲ ਲਾਲ ॥੧॥ ਰਹਾਉ ॥

Hey Gobind Hey Gopal Hey Dyaal Laal. Pause.

O Omniscient Lord, O Sustainer.

**O my compassionate and
Gracefull Waheguru (God)**

ਪ੍ਰਾਨ ਨਾਥ ਅਨਾਥ ਸਖੇ ਦੀਨ ਦਰਦ ਨਿਵਾਰ ॥੧॥

Pran naath anaath sakhe deen darad nivaar.

**O My Protector of helpless,
My Ultimate Saviour.**

Please dispell all my pains and sufferings.

ਹੇ ਸਮ੍ਰਾਥ ਅਗਮ ਪੂਰਨ ਮੋਹਿ ਮਇਆ ਧਾਰਿ ॥੨॥

Hey samrath aggam pooran mohey maiya dhaar.

**O my Omnipotent, Inaccessible and
Unfathomable Lord. Please have Mercy on me.**

ਅੰਧ ਕੂਪ ਮਹਾ ਭਇਆਨ ਨਾਨਕ ਪਾਰਿ ਉਤਾਰ ॥੩॥੮॥੩੦॥1273

andh koop mahaa bhaiyaan Nanak paar utaar.

**O Nanak Please save me from this dark well
of worldly obstacles. Nanak says, help me to
cross this ocean of desires, worries and sufferings**

ਸੋਰਠਿ ਮਹਲਾ ੫ Sorath Mahalla Panjvaan

ਸਿਮਰਿ ਸਿਮਰਿ ਗੁਰੁ ਸਤਿਗੁਰੁ ਅਪਨਾ ਸਗਲਾ ਦੂਖੁ ਮਿਟਾਇਆ ॥

ਤਾਪ ਰੋਗ ਗਏ ਗੁਰ ਬਚਨੀ ਮਨ ਇਛੇ ਫਲ ਪਾਇਆ ॥੧॥ ਅੰਗ 619

Simar simar Gur Satgur apnaa Saglaa dookh mitaaiya.

Taap rog gaiy gur bachni man ichhay fal paiya.

**Continually contemplating on my Own Satguru,
vanished all my pains and sufferings. Gur Shabad
(Gurbani) Dispelled my fevers and ailments. All
my desires have been fulfilled.**

ਸਤਿਗੁਰੁ ਮੇਰਾ ਸਦਾ ਦਇਆਲਾ

ਮੋਹਿ ਦੀਨ ਕਉ ਰਾਖਿ ਲੀਆ ॥

ਕਾਟਿਆ ਰੋਗੁ ਮਹਾ ਸੁਖੁ ਪਾਇਆ

ਹਰਿ ਅੰਮ੍ਰਿਤੁ ਮੁਖਿ ਨਾਮੁ ਦੀਆ ॥੧॥ ਰਹਾਉ ॥ ਅੰਗ 883

Satgur mera sada diyalaa mohe deen ko raakh liya.

Katiya rog mahaa sukh paiyaa har amrit mukh naam diya.

**My Interminably Compassionate Satguru Ji, Has
saved me, from all the obstacles. I took refuge
under His shelter, as a helpless, humble and poor
devotee. He eradicated my all ailments and
bestowed Eternal Peace and Happiness. He given
His, Ambrosial Name Nectar in my mouth.**

ਸਤਿਗੁਰੁ ਮੇਰਾ ਸਦਾ ਸਹਾਈ

ਜਿਨਿ ਦੁਖ ਕਾ ਕਾਟਿਆ ਕੇਤੁ ॥੧॥ ਰਹਾਉ ॥ ਅੰਗ 675

Satgur mera Sada Sahae Jin dukh ka kateya keit.

My Satguru Ji is always my Inevitable Savior. He eliminated the root cause of my pains and sufferings.

ਸਭ ਤੇ ਵਡ ਸਮਰਥ ਗੁਰਦੇਵ ॥

ਸਭਿ ਸੁਖ ਪਾਈ ਤਿਸ ਕੀ ਸੇਵ ॥ ਰਹਾਉ ॥ ਅੰਗ 1152

Sabh te vadd samrath Gurdev

Sabh sukh paayee tis kee sev. Pause.

Satguru Ji is Above All and Omnipotent.

True service of Satguru Ji Provides,

Eternal Peace and Happiness.

ਸਤਿਗੁਰਿ ਪੂਰੈ ਤਾਪੁ ਗਵਾਇਆ ਅਪਣੀ ਕਿਰਪਾ ਧਾਰੀ ॥

ਪਾਰਬ੍ਰਹਮ ਪ੍ਰਭ ਭਏ ਦਇਆਲਾ

ਦੁਖੁ ਮਿਟਿਆ ਸਭ ਪਰਵਾਰੀ ॥੧॥ ਅੰਗ 820

Satguru purai taap gavaiya apnee kirpaa dharee. Parbrahm prabh bhaey dyalla Dukh mitia sabh parvaree.

Grace of Perfect Satguru expelled all my fevers of sins and ailments. My own Waheguru showed His Mercy to me. Supreme Lord compassionately; Eliminated the Sufferings of my whole family.

ਬਖਸਿਆ ਪਾਰਬ੍ਰਹਮ ਪਰਮੇਸਰਿ ਸਗਲੇ ਰੋਗ ਬਿਦਾਰੇ ॥
ਗੁਰ ਪੂਰੇ ਕੀ ਸਰਣੀ ਉਬਰੇ ਕਾਰਜ ਸਗਲ ਸਵਾਰੇ ॥੧॥ ⁸²⁰
bakshia Parbrahm parmesar sagle rog bidaarey
Gur poore kee sarni ubray kaaray sagal savaarey.

**Absolution of Waheguru Ji, eliminated
all my ailments. By capitulating before
perfect Satguru, all my concerns
have been addressed.**

ਏਕ ਆਸ ਰਾਖਹੁ ਮਨ ਮਾਹਿ ॥
ਸਰਬ ਰੋਗ ਨਾਨਕ ਮਿਟਿ ਜਾਹਿ ॥ ਅੰਗ 288
ek aas rakho man maahay
sarab rog Nanak mit jaahay.

**Keep faith in one God (Waheguru).
O Nanak all diseases be eradicated.**

ਸੋਰਠਿ ਮ: ਪ ॥
ਗਏ ਕਲੇਸ ਰੋਗ ਸਭਿ ਨਾਸੇ
ਪ੍ਰਭਿ ਅਪੁਨੈ ਕਿਰਪਾ ਧਾਰੀ ॥ ਅੰਗ 619
gae kales rog sabh naasay prabh apnai kirpa dhaari.

**My Own Supreme Lord (Waheguru)
showed mercy on me. He eradicated
my family feuds and ailments.**

ਆਠ ਪਹਰ ਆਰਾਧਹੁ ਸੁਆਮੀ ਪੂਰਨ ਘਾਲ ਹਮਾਰੀ ॥੧॥

aath pahar aaradho suami puran ghaal hamaree.

**Day and night contemplating on God
makes our effort fruitful, continual
remembering Lord is always worthwhile.**

ਹਰਿ ਜੀਉ ਤੂ ਸੁਖ ਸੰਪਤਿ ਰਾਸਿ ॥ ਅੰਗ 619

har jeeo tu sukh sampat raas.

**O Waheguru Ji you are
the treasure of gratification.**

ਰਾਖਿ ਲੈਹੁ ਭਾਈ ਮੇਰੇ ਕਉ ਪ੍ਰਭ ਆਗੈ ਅਰਦਾਸਿ ॥ ਰਹਾਉ ॥

raakh laiho bhai mere kao prabh aagai ardaas.

**O Lord take me in your refuse
and protect me,as I always pray to you.**

ਜੋ ਮਾਗਉ ਸੋਈ ਸੋਈ ਪਾਵਉ ਅਪਨੇ ਖਸਮ ਭਰੋਸਾ ॥

Jo maango soee soee paavo apne khasam bharossa.

**Keeping faith in my Waheguru, Whatever
I seek, always I gets.**

ਕਹੁ ਨਾਨਕ ਗੁਰੁ ਪੂਰਾ ਭੇਟਿਓ

ਮਿਟਿਓ ਸਗਲ ਅੰਦੇਸਾ ॥੨॥੧੪॥੪੨॥ ਅੰਗ 619

Kaho Nanak Gur pura bhetio mitio sagal andesaa.

**Realization of the perfect Satguru
washed away all my doubts and fears.**

ਬਾਣੀ ਗੁਰੂ ਗੁਰੂ ਹੈ ਬਾਣੀ ਵਿਚਿ ਬਾਣੀ ਅੰਮ੍ਰਿਤੁ ਸਾਰੇ ॥
ਗੁਰੁ ਬਾਣੀ ਕਹੈ ਸੇਵਕੁ ਜਨੁ ਮਾਨੈ ਪਰਤਖਿ ਗੁਰੁ ਨਿਸਤਾਰੇ ॥ 982
Bani is Guru and Guru is Bani, full of nectar is entire
Bani.If a devotee adopts Gurbani with no doubts and
act accordingly Guru manifestly liberates.

ਰੋਗ ਗਇਆ ਪ੍ਰਭਿ ਆਪਿ ਗਵਾਇਆ ॥
ਨੀਦ ਪਈ ਸੁਖ ਸਹਜ ਘਰੁ ਆਇਆ ॥੧॥ ਰਹਾਉ ॥
Rog gaiya parabh aap gavaaiyaa
Neend paee sukh sehaj ghar aaiyaa. Pause.

**Waheguru Ji Himself dispelled my ailments.
I sleep in peace as I attained joy
and gratification with His blessings.**

ਗੁਰਿ ਪੂਰੈ ਕਿਰਪਾ ਕਰੀ ਕਾਟਿਆ ਦੁਖੁ ਰੋਗੁ ॥
ਮਨੁ ਤਨੁ ਸੀਤਲੁ ਸੁਖੀ ਭਇਆ ਪ੍ਰਭ ਧਿਆਵਨ ਜੋਗੁ ॥੧॥ ਰਹਾਉ ॥
Gur purai kirpaa karee kaatiya dukh rog.
man tan seetal sukhi bhaia prabh dhiavan jog.

**My perfect Satguru bestowed mercy on me by
eradicating my sorrows and ailments. Now my
mind and body is delighted and peaceful. That's
why mediating God is worthwhile.**

ਬਿਲਾਵਲੁ ਮਹਲਾ ੫ Bilaaval Mahalla Panjvaan ਅੰਗ 819
ਰੋਗ ਮਿਟਾਇਆ ਆਪਿ ਪ੍ਰਭਿ ਉਪਜਿਆ ਸੁਖੁ ਸਾਂਤਿ॥
ਵਡ ਪਰਤਾਪੁ ਅਚਰਜ ਰੂਪੁ ਹਰਿ ਕੀਨੀ ਦਾਤਿ॥੧॥

Rog mitaia aap prabh upJia sukh shant.
vad partaap achraj roop har keenee daat.

Waheguru Ji Himself vanished the ailments and produced pleasure and tranquility almighty Lord's Divine Glory is greatest and incredible. He Himself dispensed His blessing on me.

ਗੁਰਿ ਗੋਵਿੰਦਿ ਕ੍ਰਿਪਾ ਕਰੀ ਰਾਖਿਆ ਮੇਰਾ ਭਾਈ॥
ਹਮ ਤਿਸ ਕੀ ਸਰਣਾਗਤੀ ਜੋ ਸਦਾ ਸਹਾਈ॥੧॥ ਰਹਾਉ॥
Gur Govind kirpa karee raakhiya mera bhai.
Ham tiss kee saragatee jo sadaa sahaee. Pause.
My almighty Satguru bestowed mercy to save me. I took His refuse who always helps.

ਬਿਰਥੀ ਕਦੇ ਨ ਹੋਵਈ ਜਨ ਕੀ ਅਰਦਾਸਿ॥
ਨਾਨਕ ਜੋਰੁ ਗੋਵਿੰਦ ਕਾ ਪੂਰਨ ਗੁਣਤਾਸਿ॥੨॥੧੩॥੨੨॥
Birthee kade na hovayee jan kee ardas.
Nanak jor Govind kaa puran Guntas.

Prayer of Waheguru's humble servant, never goes unanswered. O Nanak; He is Almighty and Treasure of virtues.

ਦੁਖ ਭੰਜਨੁ ਤੇਰਾ ਨਾਮੁ ਜੀ
ਦੁਖ ਭੰਜਨੁ ਤੇਰਾ ਨਾਮੁ ॥ ਅੰਗ 218

Dukh bhanjan tera naam Ji.
Dukh bhanjan tera naam.

**Almighty God's Name is the destroyer
of Pain and suffering. His Name eradicates
all sorrows and pains.**

ਅਉਖਧੁ ਖਾਇਓ ਹਰਿ ਕੋ ਨਾਉ ॥
ਸੁਖ ਪਾਏ ਦੁਖ ਬਿਨਸਿਆ ਥਾਉ ॥ ੧ ॥ ਅੰਗ 378

Aukhad khaiyo Har ko naao.
sukh paaey dukh binsiya thaao.

**After taking Divine Name medicine, the origin of
all my pains and sufferings have vanished. Now I
have attained peace and joy.**

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥ Ik Onkar Satgur Parsad. ਅੰਗ 817
ਰਾਗੁ ਬਿਲਾਵਲੁ ਮਹਲਾ ੫ ਦੁਪਦੇ ਘਰ ੫
Raag Bilaval mahalla 5 Ghar 5

ਅਵਰਿ ਉਪਾਵ ਸਭਿ ਤਿਆਗਿਆ ਦਾਰੂ ਨਾਮੁ ਲਇਆ ॥
ਤਾਪ ਪਾਪ ਸਭਿ ਮਿਟੇ ਰੋਗ ਸੀਤਲ ਮਨੁ ਭਇਆ ॥ ੧ ॥

Avar upaav sabh tiagiaa daru naam lyaa
taap paap sabh mitte rog sital man bhaiyaa.

After giving up all other attempts and remedies, I adopted the Name Divine medicine. Now my fever of sins and ailments have vanished and my mind has attained serenity.

**ਗੁਰੁ ਪੂਰਾ ਆਰਾਧਿਆ ਸਗਲਾ ਦੁਖੁ ਗਇਆ ॥
ਰਾਖਨਹਾਰੈ ਰਾਖਿਆ ਅਪਨੀ ਕਰਿ ਮਇਆ ॥੧॥ ਰਹਾਉ ॥**

Gur pura aaradhia sagla dukh gaiya.

Rakhanharaie rakhia apnee kar maiya. Pause.

Contemplating on perfect Guru eradicated all pains and sorrows. Almighty Protector showed His mercy and saved me.

**ਬਾਹ ਪਕੜਿ ਪ੍ਰਭਿ ਕਾਢਿਆ ਕੀਨਾ ਅਪਨਇਆ ॥
ਸਿਮਰਿ ਸਿਮਰਿ ਮਨ ਤਨ ਸੁਖੀ ਨਾਨਕ ਨਿਰਭਇਆ ॥**

੨॥੧॥੬੫॥

Baah pakarh prabh kadhia keena apnyaa.

Simar simar man tan sukhi Nanak nirbhaia.

Waheguru Ji has pulled me out by grasping my arm and made me His own.O Nanak by continual meditation of Waheguru, my body and mind attained joy and fearless.

ਦੀਨ ਦਰਦ ਦੁਖ ਭੰਜਨਾ ਘਟਿ ਘਟਿ ਨਾਥ ਅਨਾਥ ॥
ਸਰਣਿ ਤੁਮਾਰੀ ਆਇਓ ਨਾਨਕ ਕੇ ਪ੍ਰਭ ਸਾਥ ॥੧॥

ਅੰਗ 263

Deen darad dukh bhanjanaa
ghat ghat naath anaath.
Saran tumaree aiyo
Nanak ke prabh sath.

**Omnipresent Waheguru Ji eradicates
all pains and sufferings of those who
takes His refuse. I came to His sanctuary
by holding onto Guru Nanak Sahib Ji.**

ਪਰਮੇਸਰੁ ਆਪਿ ਹੋਆ ਰਖਵਾਲਾ ॥
ਸਾਂਤਿ ਸਹਜ ਸੁਖ ਖਿਨ ਮਹਿ ਉਪਜੇ
ਮਨੁ ਹੋਆ ਸਦਾ ਸੁਖਾਲਾ ॥ ਰਹਾਉ ॥ ਅੰਗ 622

Parmesar aap hooaa rakhvala
Saant sehaj sukh khin mainh upje
man hoa sadaa sukhala. **rahaao**

**The transcendent rescuer Lord Himself
has become my savior. Tranquility,
intuitive peace and poise welled up
instantly and mind has comforted forever.**

ਭੈਰਉ ਮਹਲਾ ੫ Bhairao mahalla 5 ਅੰਗ 1136

ਊਠਤ ਸੁਖੀਆ ਬੈਠਤ ਸੁਖੀਆ ॥
ਭਉ ਨਹੀਂ ਲਾਗੈ ਜਾ ਐਸੇ ਬੁਝੀਆ ॥੧॥
uthat sukhiaa baithat sukhiaa.
Bhao nahilaagai jaa aisay bujhiaa.

**Standing or sitting always delighted
His beloved ones. Never fermented
by fear after realizing Him(Lord).**

ਰਾਖਾ ਏਕੁ ਹਮਾਰਾ ਸੁਆਮੀ ॥
ਸਗਲ ਘਟਾ ਕਾ ਅੰਤਰਜਾਮੀ ॥੧॥ ਰਹਾਉ ॥
rakhaa ek hamaraa suami.
sagal ghataa ka antarjaami.

**One Almighty Waheguru is my
Only Savior and my Master, He is
Omniscient and Omnipresent.**

ਸੋਇ ਅਚਿੰਤਾ ਜਾਗਿ ਅਚਿੰਤਾ ॥
ਜਹਾ ਕਹਾਂ ਪ੍ਰਭੁ ਤੂੰ ਵਰਤੰਤਾ ॥੨॥

soey achintaa jag achintaa.
jahaa kahaan prabh tu varanttaa

**Gursikh is worry free all the times,
whether sleeping or awake.
Gurmukh has realized that
one Lord is everywhere prevalent.**

ਘਰਿ ਸੁਖਿ ਵਸਿਆ ਬਾਹਰਿ ਸੁਖੁ ਪਾਇਆ ॥
ਕਹੁ ਨਾਨਕ ਗੁਰਿ ਮੰਤ੍ਰੁ ਦ੍ਰਿੜਾਇਆ ॥੩॥੨॥

Ghar sukh vasia bahar sukh paiyaa.
kaoh Nanak gur mantar dir-rhaiya.

**Peace and comfort dwell inside me and I enjoy
happiness everywhere. Nanak says; Gursikh hold
onto Guru's teachings firmly.**

ਨਾਮ-ਗੁਰਬਾਣੀ ਦੇ ਕੌਤਕ

Amazing Cures With Naam Gurbani

1. Gurpreet Kaur Sandhu, age 32 years, resident of Toronto area was suffering from endometriosis with severe dysmenorrhea and abdominal pain throughout the month. She had gone through all allopathic, Homeopathic and Ayurveda treatments, and surgery was performed in India as well, but nothing helped. She is a nurse by progression. She was always in pain and wasn't able to work. One day when she was doing Google search 'How to pray' and she found a link about Dukh Bhanjan Tera Naam Mission camps. She attended camps Gurdwara Sahib. She is fully cured. She shared her story during this camp with Sangat.

2. Balwinder (Tina) Kaur Dhaliwal Sidhu, a nurse from Edmonton area, attended Gurbani healing camp arranged by Dukh Bhanjan Tera Naam Mission. She was suffering from Wheat, Soya and peanut allergy for last 5 years and was not able to eat wheat and soya at all. During the camp, on second day accidentally she end up eating wheat Roti in the Gurdwara Langar and when she realized it was too late and she was really worried about the allergy. By the grace of Guru Granth Sahib Ji, nothing happened and

her allergy disappeared. She could not believe this and did not tell anyone at home. She tried eating Wheat Roti in Langar the next day and nothing happened. She shared her story during this camp with Sangat.

3. Mandeep Kaur 29 year's old young lady from Edmonton was suffering from debilitating migraine for last 5-6 years. Her migraine will start on specific date every month and will continue for 3 to 4 days. She would not be able to function during these days and had to take sick time off from work. She heard about the Gurbani Healing camp in July 2015 and decided to attend this camp. Her migraine dates were coinciding with the camp dates. During the camp she focused on singing and listening Gurbani and her migraine dates had come and gone and she did not experience any migraine this month by the Grace of Guru Granth Sahib ji. She had allergy from Iron/steel and she notice that her allergy has disappeared and she was very happy that she can now wear her steel Kara (Bracelet). She is very thankful to Guru Sahib and Sangat. She shared her story during this camp with Sangat.

4. Kaytia Kaur Saroya, a 21 month old girl was brought to the camp in Calgary in September 2015 by her mother Ravdeep Kaur Saroya. Kaytia was suffering from a

disease called Strabismus; her right eye ball was not aligned. Family was very worried about this little girl. Ophthalmologists had told the family that surgery can be done but this is going to be very risky. During this camp this little girl's right eye became normal. Ophthalmologists have confirmed that Kaytia's right eye is now normal.

5. Harpreet Kaur from Calgary was suffering from severe depression for over 17 years. She tried all medical treatments and many other therapies but her mind was keep going back to the negativity and she never came out of her depression. She mentioned that when she learned in the camp that Gurbani says to remove your mind from your problems, negativity and focus on Gurbani. This camp has helped her to feel great again. She did not need her medications anymore and she was feeling relaxed and happy after many years. She felt that she got her life back due to this camp.

6. Sukhbir Singh Gill, 31years old gentleman from Abbotsford attended Vancouver camp in 2015 and 2017. He was diagnosed with brain tumor in 2015. He attended camp in 2015 first time and this helped him to cultivate his faith in Gurbani. What he learned in the camp about Gurbani, he applied in his life. He was convinced in the

2015 camp that he will be healed. He attended this camp again in 2017 and he stood up in front of Sangat and shared his story with the audience that he is since cancer free.

7. Rajbeer Kaur, 40 years old single mom from Edmonton attended Calgary camp in 2015 with her young son who was hospitalized due to deep depression. During the camp she filled out the form with 100% recovery. He is out of the hospital, he stays happy, smiles and enjoyed the camp. All the bad thoughts in his mind are gone. She mentioned that she never felt this happy. She was very thankful to the Gurbani and appreciated this camp.

8. Parminder Kaur Bhatti, 53 years from Calgary attended Calgary camp in 2015. She was suffering from severe irritation in the ear and ringing in both ears for many years. She had seen many doctors and tried many medications including steroids. This problem was never cured completely. With the grace of Guru, her problem had disappeared during the camp. She was very happy that her problem was solved and she was very thankful.

Weekly Sangat

ਹਫ਼ਤਾਵਾਰੀ ਸੰਗਤ ਦਾ ਵੇਰਵਾ

Brampton: every Sunday 4: 00 to 6: 00PM

Nanksar Gurdwara Castlemore and Gore Rd.
905-230-5977, 416-662-3228, 905-781-2020.

Calgary: Every Saturday 5: 00 to 6: 00PM

Gurdwara Dashmesh Culture Center, Calgary NE,
Mandeep Kaur Buttar 587-717-5369

Edmonton: Wednesday & Thursday 12-30PM

Every Sunday 2:00PM to 4:00PM
Gurdwara Singh Sabha Edmonton
Gurjit Kaur Dhaliwal 780-264-0897

Surrey BC: every Sunday 4: 00 to 6: 00PM

Gurdwara Singh Sabha
Balbir Kaur Sandhu 778-385-7387.

For any information please contact:

Head office

Avtar Singh Thind 905-230-5977.

www.Dukhbhanjanteranaam.com

email: info@dukhbhanjanteranaam.com

ਪਾਠਕਾਂ ਦੀ ਵਰਤੋਂ ਲਈ

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, text, or other markings on the page.