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# Shabad Booklet

Please handle with care & respect

## **Our 10 Guru Jis**

1. Sri Guru Nanak Dev Ji
2. Sri Guru Angad Dev Ji
3. Sri Guru Amardas Sahib Ji
4. Sri Guru Ramdas Sahib Ji
5. Sri Guru Arjan Dev Ji
6. Sri Guru Hargobind Sahib Ji
7. Sri Guru Har Rai Sahib Ji
8. Sri Guru Har Krishan Sahib Ji
9. Sri Guru Tegh Bahadur Sahib Ji
10. Sri Guru Gobind Singh Ji

## **Panj Pyare**

**Bhai Daya Singh Ji**

**Bhai Dharam Singh Ji**

**Bhai Himmat Singh Ji**

**Bhai Mohkam Singh Ji**

**Bhai Sahib Singh Ji**

## **Sahibzaadey**

**Sahibzada Ajit Singh Ji**

**Sahibzada Jujhar Singh Ji**

**Sahibzada Zorawar Singh Ji**

**Sahibzada Fateh Singh Ji**

Dear Participants, Parents,

There are 4 complete shabads listed below. Please choose any one of the shabads, or any other COMPLETE shabad that you prefer from Sri Guru Granth Sahib Ji.

**ਸਲੋਕ ਮਃ ੩ ਬਿਲਾਵਲੁ ਕੀ ਵਾਰ** (salok mehlaa 3 bilaaval kee vaar)  
(this shabad is composed and written by Sri Guru Amardas Ji)

**ਜਗਤੁ ਜਲੰਦਾ ਰਖਿ ਲੈ ਆਪਣੀ ਕਿਰਪਾ ਧਾਰਿ ॥**

jagat jalandaa rakh lai aapnee kirpaa dhaar.

The world is going up in flames - shower it with Your Mercy, and save it!

**ਜਿਤੁ ਦੁਆਰੈ ਉਬਰੈ ਤਿਤੈ ਲੈਹੁ ਉਬਾਰਿ ॥**

jit du-aarai ubrai titai lai hu ubaar.

Save it, and deliver it, by whatever method it takes.

**ਸਤਿਗੁਰਿ ਸੁਖੁ ਵੇਖਾਲਿਆ ਸਚਾ ਸਬਦੁ ਬੀਚਾਰਿ ॥**

satgur sukh vaykhaali-aa sachaa sabad beechaar.

The True Guru has shown the way to peace, contemplating the True Word of the Shabad.

**ਨਾਨਕ ਅਵਰੁ ਨ ਸੁਝਈ ਹਰਿ ਬਿਨੁ ਬਖਸਣਹਾਰੁ ॥੧॥**

naanak avar na sujh-ee har bin bakhsanhaar. ||1||

Nanak knows no other than the Lord, the Forgiving Lord. ||1||

**ਬਿਲਾਵਲੁ ਮਹਲਾ ੫ ॥**

bilaaval mehlaa 5.

(this shabad is composed and written by Sri Guru Arjan Dev Ji)

**ਤਾਤੀ ਵਾਉ ਨ ਲਗਈ ਪਾਰਬ੍ਰਹਮ ਸਰਣਾਈ ॥**

taatee vaa-o na lag-ee paarbarahm sarnaa-ee.

The hot wind does not even touch one who is under the Protection of the Supreme Lord God.

**ਚਉਗਿਰਦ ਹਮਾਰੈ ਰਾਮ ਕਾਰ ਦੁਖੁ ਲਗੈ ਨ ਭਾਈ ॥੧॥**

chaugirad hamaarai raam kaar dukh lagai na bhaaee. ||1||

On all four sides I am surrounded by the Lord's Circle of Protection; pain does not afflict me, O Siblings of Destiny. ||1||

**ਸਤਿਗੁਰੁ ਪੂਰਾ ਭੇਟਿਆ ਜਿਨਿ ਬਣਤ ਬਣਾਈ ॥**

satgur pooraa bhayti-aa jin banat banaa-ee.

I have met the Perfect True Guru, who has done this deed.

**ਰਾਮ ਨਾਮੁ ਅਉਖਧੁ ਦੀਆ ਏਕਾ ਲਿਵ ਲਾਈ ॥੧॥ ਰਹਾਉ ॥**

raam naam a-ukhaDh dee-aa aykaa liv laa-ee. ||1|| rahaa-o.

He has given me the medicine of the Lord's Name, and I enshrine love for the One Lord. ||1||Pause||

**ਰਾਖਿ ਲੀਏ ਤਿਨਿ ਰਖਨਹਾਰਿ ਸਭ ਬਿਆਧਿ ਮਿਟਾਈ ॥**

raakh lee-ay tin rakhanhaar sabh bi-aaDh mitaa-ee.

The Savior Lord has saved me, and eradicated all my sickness.

**ਕਹੁ ਨਾਨਕ ਕਿਰਪਾ ਭਈ ਪ੍ਰਭ ਭਏ ਸਹਾਈ ॥੨॥੧੫॥੭੯॥**

kaho naanak kirpaa bha-ee parabh bha-ay sahaa-ee.

Says Nanak, God has showered me with His Mercy; He has become my help and support. ||2||15||79||

**ਭੈਰਉ ਮਹਲਾ ੫** (bhairo mehlaa 5)

(this shabad is composed and written by Sri Guru Arjan Dev Ji)

**ਉਠਤ ਸੁਖੀਆ ਬੈਠਤ ਸੁਖੀਆ ॥**

oothat sukhee-aa baithat sukhee-aa.

Standing up, I am at peace; sitting down, I am at peace.

**ਭਉ ਨਹੀ ਲਾਗੈ ਜਾਂ ਐਸੇ ਬੁਝੀਆ ॥੧॥**

bha-o nahee laagai jaaN aisay bujhee-aa. ||1||

I feel no fear, because this is what I understand. ||1||

**ਰਾਖਾ ਏਕੁ ਹਮਾਰਾ ਸੁਆਮੀ ॥**

raakhaa ayk hamaaraa su-aamee.

The One Lord, my Lord and Master, is my Protector.

**ਸਗਲ ਘਟਾ ਕਾ ਅੰਤਰਜਾਮੀ ॥੧॥ ਰਹਾਉ ॥**

sagal ghataa kaa antarjaamee. ||1|| rahaa-o.

He is the Inner-knower, the Searcher of Hearts. ||1||Pause||

**ਸੋਇ ਅਚਿੰਤਾ ਜਾਗਿ ਅਚਿੰਤਾ ॥**

so-ay achintaa jaag achintaa.

I sleep without worry, and I awake without worry.

**ਜਹਾ ਕਹਾਂ ਪ੍ਰਭੁ ਤੂੰ ਵਰਤੰਤਾ ॥੨॥**

jahaa kahaan parabh tooN vartantaa. ||2||

You, O God, are pervading everywhere. ||2||

**ਘਰਿ ਸੁਖਿ ਵਸਿਆ ਬਾਹਰਿ ਸੁਖੁ ਪਾਇਆ ॥**

ghar sukh vasi-aa baahar sukh paa-i-aa.

I dwell in peace in my home, and I am at peace outside.

**ਕਹੁ ਨਾਨਕ ਗੁਰਿ ਮੰਤ੍ਰੁ ਦ੍ਰਿੜਾਇਆ ॥੩॥੨॥**

kaho naanak gur mantrar drirh-aa-i-aa. ||3||2||

Says Nanak, the Guru has implanted His Mantra within me. ||3||2||

ਧਨਾਸਰੀ ਮਹਲਾ ੫ ॥ (Dhanaasree mehlaa 5)

(this shabad is written and composed by Sri Guru Arjan Dev Ji)

**ਚਤੁਰ ਦਿਸਾ ਕੀਨੋ ਬਲੁ ਅਪਨਾ ਸਿਰ ਉਪਰਿ ਕਰੁ ਧਾਰਿਓ ॥**

chatur disaa keeno bal apnaa sir oopar kar Dhaari-o.

He has extended His power in all four directions, and placed His hand upon my head.

**ਕ੍ਰਿਪਾ ਕਟਾਖੁ ਅਵਲੋਕਨੁ ਕੀਨੋ ਦਾਸ ਕਾ ਦੁਖੁ ਬਿਦਾਰਿਓ ॥੧॥**

kirpaa kataakh-y avlokan keeno daas kaa dookh bidaari-o. ||1||

Gazing upon me with his Eye of Mercy, He has dispelled the pains of His slave. ||1||

**ਹਰਿ ਜਨ ਰਾਖੇ ਗੁਰ ਗੋਵਿੰਦ ॥**

har jan raakhay gur govind.

The Guru, the Lord of the Universe, has saved the Lord's humble servant.

**ਕੰਠਿ ਲਾਇ ਅਵਗੁਣ ਸਭਿ ਮੇਟੇ ਦਇਆਲ ਪੁਰਖ ਬਖਸੰਦ ॥ਰਹਾਓ॥**

kanth laa-ay avgun sabh maytay da-i-aal purakh bakhsand. rahaa-o.

Hugging me close in His embrace, the merciful, forgiving Lord has erased all my sins. ||Pause||

**ਜੋ ਮਾਗਹਿ ਠਾਕੁਰ ਅਪੁਨੇ ਤੇ ਸੋਈ ਸੋਈ ਦੇਵੈ ॥**

jo maageh thaakur apunay tay so-ee so-ee dayvai.

Whatever I ask for from my Lord and Master, he gives that to me.

**ਨਾਨਕ ਦਾਸੁ ਮੁਖ ਤੇ ਜੋ ਬੋਲੈ ਈਹਾ ਉਹਾ ਸਚੁ ਹੋਵੈ ॥੨॥੧੪॥੪੫॥**

naanak daas mukh tay jo bolai eehee oohaa sach hovai.

||2||14||45||

Whatever the Lord's slave Nanak utters with his mouth, proves to be true, here and hereafter. ||2||14||45||

## Love & Respect for Gurbani

A Sikh must respect Gurbani in all forms (including Pothi Sahibs, Gutka Sahibs, Sakhi books, Books with pictures of Gurujis or Gurbani lines, Gurbani CDs, DVDs, and even pieces of paper / cloth on which Gurbani is written or printed)...

- Never place these on the ground or floor. Gurbani should always be placed at a higher, clean and neat place in your home, and handled with utmost care.
- All Gurbani Pothis and Gutka Sahibs in your home should be wrapped in nice covers / cloths and kept respectfully away from other books & materials.
- Please wash & dry your hands before handling Gurbani.
- Try not to eat / chew / drink when holding a Gutka Sahib.
- Please cover your head when you are in the presence of Gurbani, reading Gurbani or listening to Gurbani. This is an act of humility, respect, and devotion.
- Please take off your shoes when reading, listening or in presence of Gurbani.
- When handling Gurbani Pothi Sahib or Gutka Sahib, one should try to keep a clean cloth, scarf or a hand towel where possible. This is useful in case you need to sneeze, scratch yourself, wipe tears or anything else. Please use the cloth or towel instead of your hands, so that your hands will stay clean.

- When reading from a Gutka Sahib, please do not place the Gutka Sahib on any dirty surface (such as dining table, sofa, etc). Please hold the Gutka Sahib in your hand or place it on a clean cloth / surface / stand.
- When handling the Angs (pages) of a Gutka Sahib, please ensure your fingers are not wet.
- Angs (pages) of a Gutka Sahib should not be folded or dog-eared. An open gutka sahib should not be placed facing downward.
- When holding an Ang (page), do not put your fingers directly "on" the Gurmukhi letters as the sweat and oils of your hands may damage the print.
- All in all, the most important thing is that you handle Gurbani with Love, respect and sincerity, as best as you can.
- In case you have any old or torn Gurbani Gutkas, Papers, etc, please do not dispose them. Please contact us at 9726-9008 and we will arrange to pick them up from you, or you can bring them to your nearest Gurdwara.