

# Sikh Nitnem English Translation

God Almighty

*Rehras Sahib - English Translation and Transliteration* God, There are three primary purposes of a religious prayer. 1. To refresh your remembrance and awareness of God. 2. To bring your wandering mind into the present moment. 3. To understand the meaning of the prayer and imbibe its teachings into your life in order to further your spiritual progress. By God's grace, presented to you here is the translation of the REHRAS SAHIB into English. At the end of the translation, offered to you is the Transliteration of REHRAS SAHIB, for those who may wish to recite as a prayer in the original Gurumukhi language. The REHRAS SAHIB is the evening prayer in Sikhism. It is recited at the end of a working day, around sunset. This evening prayer is recited by many Sikhs after a hard days work. Praying after a hard day refreshes both body and mind. Five different Gurus contributed to the evening prayer - Guru Nanak Dev Ji, Guru Amar Das Ji, Guru Ram Das Ji, Guru Arjan Dev Ji and Guru Gobind Singh Ji. Each one enlightens another aspect of God. The Benti Chaupai is Guru Gobind Singh Ji's personal prayer for protection and is said to liberate the soul. The recitation of REHRAS SAHIB adds energy to one's body and mind. It allows one to conclude the day and thank the Almighty. The verse speaks of the greatness of Waheguru (God) and the ways in which ones actions will assist in attaining spiritual elevation. This prayer assists the person when he or she is weak physically, or financially, or with any other material and earthly matters. When you feel hopeless, or gloomy, it will elevate you mentally and give you a fresh and positive view of things. The REHRAS SAHIB as recorded in the Guru Granth Sahib Ji contains hymns of only Guru Nanak Dev Ji, Guru Amar Das Ji, Guru Ram Das Ji and Guru Arjan Dev Ji. The compositions of Guru Gobind Singh Ji

were added in REHRAS SAHIB in the late 19th century. This was later approved by the supreme Sikh religious body.

*Kirtan Sohila: English Translation and Transliteration* God, The Bani, called Kirtan Sohila in Gurmukhi, is read before one goes to sleep at night. It is also a common practice to recite it at a funeral, when the body is cremated. Three Sikh Gurus – Guru Nanak, Guru Ram Das and Guru Arjan - contributed five shabads in total to this bani on the pain of separation, and celebrating the bliss of union with God. The first three shabads were uttered by Guru Nanak, the fourth by Guru Ram Das, and the fifth by Guru Arjan Dev. The first Shabad (verse) reminds us of the day, when death will eventually come. Those fortunate souls, that succeed in achieving union with God are referred to as happy brides, who attain union with their Husband (Lord) amid songs of joy. The second Shabad tells us that God is the Supreme Creator of all, including the Sun, which is the cause of time, days, nights, months, seasons etc. Likewise, God Who is One, is the cause of countless manifestations. Satguru reminds us that the school of thought, which teaches us to sing God's praises and worship Him sincerely, is the only profitable way. The third Shabad emphasizes that there is no benefit in the empty observance of the ceremony of Arti (worship with small lamps placed on a platter). Nature (Moon, Stars, and Sky) and the entire Universe is constantly performing the Divine and True form of Arti for God. This verse also requests God for His Mercy. The fourth Shabad describes the deplorable condition of a sinner. His love for ego causes him to suffer pain and grief. Emphasis is laid on achieving union with God, through living a virtuous life and the True Worship of God and His Name; for this is the True object of human life. The fifth Shabad asserts that man can only obtain union with God only in this

life; he will repent in failing to do so. Pray to God to seek from Him the Divine Name and the society of True Saints (Enlightened Beings).

Jaap Sahib - English Translation & Transliteration God, Read and ponder over this translation of the Jaap Sahib, and feel for yourself the Greatness of the Greatest(God) Jaap Sahib was composed by the tenth Sikh Master, Guru Gobind Singh. Jaap Sahib is made up of 199 pauris or verses, in the form of rhymed couplets and the vocabulary is superb. Jaap Sahib is a total and complete introduction to a non-individual Creator (God), or Nature itself. The verses are in the form of rhymed couplets and the vocabulary and ingenuity are superb. The immortal One is far beyond human comprehension, and Guru Gobind Singh has gracefully presented a composition for one to get an insight into the Supreme Being. Jaap Sahib is a rhythmic hymn, composed like a necklace with pearls and jewels beautifully arranged around a string (the string refers to the Supreme God); the pearls and jewels are His attributes, virtues, and glories. Jaap Sahib is an introduction to God. The glories sung (composed) by Guru Gobind Singh revolve around the following attributes of God: God is metaphysical, beyond time, Eternal, Unborn, not created, Self-existent, and without form, feature, color or contour. Therefore, neither can He be described or depicted, nor can anyone make His image or idol. God is Universal, pervading in all of His manifestations. He cannot be confined to any particular place, land, country, religion, race, body or name. God is the Creator of the Universe and the laws governing it. His Law and Justice is Righteous and Ultimate. God is pervasive in His Creation and also extends beyond it; He is thus ingrained in His Creation and at the same time transcends it. God is Omnipotent, Omnipresent, and omniscient. Nothing can happen outside of His Will; whether good or evil,

He is the Creator-Sustainer-Destroyer of His Creation. He Himself is the Life of life, the Death of death. He is the Darkness of darkness, the Light of light. Enjoy this humble translation, and feel for yourself the Greatness of the Greatest.

Anand Sahib - English Translation & Transliteration Manmohan Singh Sethi, 2015-05-22 The pinnacle of Happiness is BLISS! There are three primary purposes of a religious prayer. 1. To refresh your remembrance and awareness of God. 2. To bring your wandering mind into the present moment. 3. To understand the meaning of the prayer and imbibe its teachings into your life in order to further your spiritual progress. The Anand Sahib is a collection of hymns in Sikhism, written in the Ramkali Raag by Guru Amar Das, the third Guru of the Sikhs. It appears on the pages 917 to 922 in Guru Granth Sahib. It is said that the person who recites this Holy Bani daily with dedication, attention and comprehension, will achieve Anand (Bliss) in life. In the beautiful composition it is stated that, the mind and soul of a true Sikh remains steadfast and God oriented in all circumstances of life. In an awakened mind with Guru Consciousness and intoxicated with the Nectar of Naam, one is always tuned with the Sweet Will of the Lord in all ups and downs of life, in pain and pleasure alike. Such a mind is ever luminous with Guru Consciousness and is in perpetual intoxication of Naam and Amrit Bani, accepting without question the Hukam (Will) of the Almighty. All Dukh (Pain) and Sukh, (Pleasure) appear as the same to the devoted Sikh of the Guru. By God's grace, presented to you here is the translation of the ANAND SAHIB into English. ANAND means Bliss, and Bliss is the pinnacle of Happiness. Following the Translation, offered to you is the Transliteration of ANAND SAHIB, for those who may wish to recite as a prayer in the original

Gurumukhi language. While the best experience would be derived from reading the prayers in Gurumukhi, there should be no hindrance for anyone who does not know the Gurumukhi script, to do Anand Sahib. While every effort has been made to simplify the transliteration, I encourage the reader to read the prayers while listening to them in audio format a couple of times. This will help them grasp the correct pronunciation. Provided also, at the end of the book, is a link on YouTube to ANAND SAHIB so the reader can hear the prayer in Gurmukhi. This way, one can learn the correct pronunciation, or just listen to the prayer whenever needed. This prayer book is perfect to carry around in one's device, so the prayers can be performed from anywhere. May You be Happy, May Everybody be Happy. God Bless All.

**Sacred Nitnem** H. S. Doabia, 2004 This Volume Consists Of The Divine Hymns Chanted In Their Daily Prayers By The Sikhs. They Are Given Both In The Gurumukhi And The Roman Scripts With Their English Translations, Summaries Of The Teachings And Some Fundamental Of Sikh Religion Based On Them.

**Anand Sahib** Manmohan Singh Sethi, 2015-05-22 The pinnacle of Happiness is BLISS! There are three primary purposes of a religious prayer. 1. To refresh your remembrance and awareness of God. 2. To bring your wandering mind into the present moment. 3. To understand the meaning of the prayer and imbibe its teachings into your life in order to further your spiritual progress. The Anand Sahib is a collection of hymns in Sikhism, written in the Ramkali Raag by Guru Amar Das, the third Guru of the Sikhs. It appears on the pages 917 to 922 in Guru Granth Sahib. It is said that the person who recites this Holy Bani daily with dedication, attention and comprehension, will achieve Anand (Bliss) in life. In the beautiful

composition is stated that, the mind and soul of a true Sikh remains steadfast and God oriented in all circumstances of life. In an awakened mind with Guru Consciousness and intoxicated with the Nectar of Naam, one is always tuned with the Sweet Will of the Lord in all ups and downs of life, in pain and pleasure alike. Such a mind is ever luminous with Guru Consciousness and is in perpetual intoxication of Naam and Amrit Bani, accepting without question the Hukam (Will) of the Almighty. All Dukh (Pain) and Sukh, (Pleasure) appear as the same to the devoted Sikh of the Guru. By God's grace, presented to you here is the translation of the ANAND SAHIB into English. ANAND means Bliss, and Bliss is the pinnacle of Happiness. Following the Translation, offered to you is the Transliteration of ANAND SAHIB, for those who may wish to recite as a prayer in the original Gurumukhi language. While the best experience would be derived from reading the prayers in Gurumukhi, there should be no hindrance for anyone who does not know the Gurumukhi script, to do Anand Sahib. While every effort has been made to simplify the transliteration, I encourage the reader to read the prayers while listening to them in audio format a couple of times. This will help them grasp the correct pronunciation. Provided also, at the end of the book, is a link on YouTube to ANAND SAHIB so the reader can hear the prayer in Gurmukhi. This way, one can learn the correct pronunciation, or just listen to the prayer whenever needed. This prayer book is perfect to carry around in one's device, so the prayers can be performed from anywhere. May You be Happy, May Everybody be Happy. God Bless All.

**Nitnem** Nidhi Singh, 2018-09-04 The go-to book of the Sikhs. The Sikh Bible. The Sikh Namaz. The Sikh Vedas. It contains everything you need for your daily prayers. Includes the morning prayers (Punj

Bani): Japji Sahib, Jap Sahib, Tav Prasad Sevaiye, Benti Chaupai, and Anand Sahib. The Evening Prayers: Rehras Sahib. The bedtime Prayer: Kirtan Sohila. Followed by the Sikh Ardaas. In a lucid format with English translation and commentary. Ideal for the new generation with even a smattering of knowledge of Hindi or Punjabi.

Sri Japji Sahib Guru Nanak, 2023-02-26 This is an English translation of Guru Nanak's beautiful Sri Japji Sahib. Designed and formatted with an exquisite background for the reader's enjoyment.

**Sukhmani Sahib** Almighty God, 2014-06-27 Sukhmani Sahib, is known in English as The Jewel of Peace and some call it The Psalm of Peace. This prayer was compiled by the Fifth Sikh Guru, Guru Arjan Dev Ji. This prayer eradicates worries, fear, anxiety and all negativity while bringing peace and joy to the one who reads, understands and practices it. It is divided into 24 Hymns with 8 Stanzas each, with each Hymn describing the ways to attain God and peace. Besides enjoying this composition, it is also a perfect gift to give anyone you know, for what greater gift than the gift of peace? There is no greater worship than remembering God, and this humble translation attempts to provide the reader with a better understanding of life and attaining God. God is Perfect and no words could ever describe Him completely. This humble translation attempts to invoke the reader to understand the importance of repeating God's Name as well as other attributes. If even one line of this glorious composition, can, by God's mercy, change the life of the reader or the people around them, I would consider this tough endeavor a fruitful deed. May these hymns bring peace and prosperity in your life, by the Almighty's Grace. May you always be Happy.

*Nitnem and Ardaas : English Transliteration* Manmohan Singh Sethi, This prayer book is the kind

manifestation of Waheguru ji's grace. It is aimed to assist all, especially the young and those who do not understand Gurmukhi yet, to do Nitnem. Prayer is an essential part of Sikhism. As food nourishes and strengthens the body, prayer purifies the mind uplifts the soul. Sikhs are ordained to rise in the morning and meditate on the Name of God 'Waheguru'. They are also expected to do 'Nitnem' which literally means 'Daily Routine'. Nitnem is composed of a collection of five prayers to be done during different periods of the day. Morning (3 prayers) Japji Sahib, Jaap Sahib and Sawaiye. Evening (1 prayer) – Rehras Sahib Night (1 prayer) – Kirtan Sohila Ardaas should be done after every prayer session. I have included Ardaas for the reader in this book too. The person who forms the habit of doing Nitnem daily, ultimately experiences bliss and peace. While the best experience would be derived from reading the prayers in Gurmukhi, there should be no hindrance for anyone who does not know the Gurmukhi script, to do Nitnem While every effort has been made to simplify the transliteration, I encourage the reader to read the prayers while listening to them in audio format a couple of times. This will help them grasp the correct pronunciation. There is a section for links to the individual prayers in YouTube. This will help to get the correct pronunciation, or if you wish to just listen to the prayers. This prayer book is perfect to carry around in one's device, so the prayers can be performed from anywhere. It is also a wonderful gift to offer to friends and family. After doing prayers regularly, one can look for translation books to assist in helping understand the Bani. I am certain that by Waheguru ji's grace, the reader will eventually seek to learn the Gurmukhi script.

**Rehras Sahib - English Translation and Transliteration** God Almighty, 2014-08-30 There are three

primary purposes of a religious prayer. 1. To refresh your remembrance and awareness of God. 2. To bring your wandering mind into the present moment. 3. To understand the meaning of the prayer and imbibe its teachings into your life in order to further your spiritual progress. By God's grace, presented to you here is the translation of the REHRAS SAHIB into English. At the end of the translation, offered to you is the Transliteration of REHRAS SAHIB, for those who may wish to recite as a prayer in the original Gurumukhi language. The REHRAS SAHIB is the evening prayer in Sikhism. It is recited at the end of a working day, around sunset. This evening prayer is recited by many Sikhs after a hard days work. Praying after a hard day refreshes both body and mind. Five different Gurus contributed to the evening prayer - Guru Nanak Dev Ji, Guru Amar Das Ji, Guru Ram Das Ji, Guru Arjan Dev Ji and Guru Gobind Singh Ji. Each one enlightens another aspect of God. The Benti Chaupai is Guru Gobind Singh Ji's personal prayer for protection and is said to liberate the soul. The recitation of REHRAS SAHIB adds energy to one's body and mind. It allows one to conclude the day and thank the Almighty. The verse speaks of the greatness of Waheguru (God) and the ways in which ones actions will assist in attaining spiritual elevation. This prayer assists the person when he or she is weak physically, or financially, or with any other material and earthly matters. When you feel hopeless, or gloomy, it will elevate you mentally and give you a fresh and positive view of things. The REHRAS SAHIB as recorded in the Guru Granth Sahib Ji contains hymns of only Guru Nanak Dev Ji, Guru Amar Das Ji, Guru Ram Das Ji and Guru Arjan Dev Ji. The compositions of Guru Gobind Singh Ji were added in REHRAS SAHIB in the late 19th century. This was later approved by the supreme Sikh religious body.

**Anand Sahib** Amar, Amar Das (Guru), 2008-01-01

*Sukhmani Sahib - English Translation* God, Sukhmani Sahib, is known in English as The Jewel of Peace and some call it The Psalm of Peace. This prayer was compiled by the Fifth Sikh Guru, Guru Arjan Dev Ji. This prayer eradicates worries, fear, anxiety and all negativity while bringing peace and joy to the one who reads, understands and practices it. It is divided into 24 Hymns with 8 Stanzas each, with each Hymn describing the ways to attain God and peace. Besides enjoying this composition, it is also a perfect gift to give anyone you know, for what greater gift than the gift of peace? There is no greater worship than remembering God, and this humble translation attempts to provide the reader with a better understanding of life and attaining God. God is Perfect and no words could ever describe Him completely. This humble translation attempts to invoke the reader to understand the importance of repeating God's Name as well as other attributes. If even one line of this glorious composition, can, by God's mercy, change the life of the reader or the people around them, I would consider this tough endeavor a fruitful deed. May these hymns bring peace and prosperity in your life, by the Almighty's Grace. May you always be Happy.

*Kirtan Sohila - English Translation and Transliteration : Sikh Night Time Prayer* God Almighty, 2014-10-03 The Bani, called Kirtan Sohila in Gurmukhi, is read before one goes to sleep at night. It is also a common practice to recite it at a funeral, when the body is cremated. Three Sikh Gurus - Guru Nanak, Guru Ram Das and Guru Arjan - contributed five shabads in total to this bani on the pain of separation, and celebrating the bliss of union with God. The first three shabads were uttered by Guru Nanak, the fourth by Guru Ram Das, and the fifth by Guru Arjan Dev. The first Shabad (verse) reminds us

of the day, when death will eventually come. Those fortunate souls, that succeed in achieving union with God are referred to as happy brides, who attain union with their Husband (Lord) amid songs of joy. The second Shabad tells us that God is the Supreme Creator of all, including the Sun, which is the cause of time, days, nights, months, seasons etc. Likewise, God Who is One, is the cause of countless manifestations. Satguru reminds us that the school of thought, which teaches us to sing God's praises and worship Him sincerely, is the only profitable way. The third Shabad emphasizes that there is no benefit in the empty observance of the ceremony of Arti (worship with small lamps placed on a platter). Nature (Moon, Stars, and Sky) and the entire Universe is constantly performing the Divine and True form of Arti for God. This verse also requests God for His Mercy. The fourth Shabad describes the deplorable condition of a sinner. His love for ego causes him to suffer pain and grief. Emphasis is laid on achieving union with God, through living a virtuous life and the True Worship of God and His Name; for this is the True object of human life. The fifth Shabad asserts that man can only obtain union with God only in this life; he will repent in failing to do so. Pray to God to seek from Him the Divine Name and the society of True Saints (Enlightened Beings).

**Divine Intimations Nitnem** J.S. Neki,2006

**Sri Guru Granth Sahib in English Translation** ,2018

**The Evening Prayers Rahras Sahib and Kirtan Sohila** ,2003

The Essence of Sri Guru Granth Sahib Gurbachan Singh Makin,1998

**Historical Dictionary of Sikhism** Louis E. Fenech,W. H. McLeod,2014-06-11 Sikhism traces its

beginnings to Guru Nanak, who was born in 1469 and died in 1538 or 1539. With the life of Guru Nanak the account of the Sikh faith begins, all Sikhs acknowledging him as their founder. Sikhism has long been a little-understood religion and until recently they resided almost exclusively in northwest India. Today the total number of Sikhs is approximately twenty million worldwide. About a million live outside India, constituting a significant minority in the United Kingdom, Canada, and the United States. Many of them are highly visible, particularly the men, who wear beards and turbans, and they naturally attract attention in their new countries of domicile. This third edition of Historical Dictionary of Sikhism covers its history through a chronology, an introductory essay, and an extensive bibliography. The dictionary section has over 1000 cross-referenced entries on key persons, organizations, the principles, precepts and practices of the religion as well as the history, culture and social arrangements. This book is an excellent access point for students, researchers, and anyone wanting to know more about Sikhism.

*Dukh Bhanjani Sahib - English Translation and Transliteration* Manmohan Singh Sethi, 2015-08-28 Take the first step towards God, and The Lord shall take a million steps towards you. Prayer is the first step one can take on the path to 'God Realization', which is the true purpose of human life. Pain and Pleasure are the two sides of the same coin that act as the primary driving force of all human actions. Everybody wants to avoid suffering and yearns for peace and happiness. While all prayers are good and bring about peace and happiness, Sikhism offers two special prayers that address peace and suffering. The first one is Sukhmani Sahib which brings about peace and contentment, and the second one is Dukh Bhanjani Sahib which focuses on removing pain and suffering. Only The Lord's Name can bring about peace, and can shield one from

suffering. The verses in each prayer guide the mortal to attempt to understand and live life in tune with the Will of The Immortal, thereby removing all hardship and suffering. The word 'Dukh' means a hardship or ailment, or suffering, causing a pain. The word 'Bhanjani' means destroyer or crusher; hence the phrase Dukh Bhanjani means Destroyer of Pain. All the shabads in this composition are composed by Guru Arjan Dev Ji. Dukh Bhanjani is a composition of sacred hymns put together in three Raags(musical measures) - Raga Gauri, Raga Bilaval and Raga Sorath. This prayer is done in order to alleviate any form of ailments (Dukh) or hardship experienced. Presented in this book is the Translation and Transliteration in English for those who cannot, or are not well versed in the Gurmukhi script. While every effort has been made to simplify the transliteration, I encourage the reader to read the prayers while listening to them in audio format a couple of times. This will help them grasp the correct pronunciation. There is a link to the prayer in YouTube. This will help to get the correct pronunciation, or if you wish to just listen to the prayers. After doing prayers regularly, one can look for translation books to assist in helping understand the Bani. Suitable to gift friends and family too. The gift of 'Dhamma', or 'Gian', is the ultimate gift that brings joy and peace to the giver and the receiver. There should be no hindrance on your part towards making the first step to God. PRAY!

Enjoying the Beat of Term: An Emotional Symphony within **Sikh Nitnem English Translation**

In a world taken by monitors and the ceaseless chatter of instant connection, the melodic elegance and mental symphony created by the prepared term frequently fade into the backdrop, eclipsed by the constant noise and distractions that permeate our lives. However, set within the pages of **Sikh Nitnem English Translation** a stunning literary treasure brimming with raw feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, this captivating masterpiece conducts visitors on a mental journey, skillfully unraveling the hidden songs and profound influence resonating within each carefully crafted phrase. Within the depths of the poignant review, we can examine the book is main harmonies, analyze its enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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### **Sikh Nitnem English Translation Introduction**

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### **Sikh Nitnem English Translation :**

Standard drink - Wikipedia Blood Alcohol Concentration (BAC) and the effects of alcohol The relationship between blood alcohol concentration ... by RC Peck · 2008 · Cited by 275 — Discussion: The results clearly indicate that positive BACs in drivers under 21 are associated with higher relative crash risks than would be predicted from the ... The relationship between blood alcohol concentration ... by RC Peck · 2008 · Cited by 275 — As expected, the authors found that BAC was by far the strongest

predictor of crash risk even after adjusting for numerous covariates, including age. BAC ... Relationship between blood alcohol concentration and ... by KN Olson · 2013 · Cited by 68 — Measured BAC does not correlate well with the outward physical signs of intoxication, especially for chronic drinkers. What Is Blood Alcohol Concentration (BAC)? Blood Alcohol Concentration (BAC) refers to the percent of alcohol (ethyl alcohol or ethanol) in a person's blood stream. A BAC of .10% means that an ... Blood Alcohol Concentration // Rev. James E. McDonald ... BAC is expressed as the weight of ethanol, in grams, in 100 milliliters of blood, or 210 liters of breath. BAC can be measured by breath, blood, or urine tests. Blood Alcohol Content (BAC): What It Is & Levels Apr 11, 2022 — Blood alcohol level (BAC), is the amount of alcohol in your blood that develops from drinking beverages that contain alcohol. Levels can range ... Relationship Between

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