

Gurbani Based Articles to uplift your Soul

By Sikh Unit



Gurbani facts on the human form.

Through 8.4 million incarnations you have wandered, to obtain this rare and precious human life. *Ang 50 Sri Guru Granth Sahib Ji*

This human body has been given to you. This is your chance to meet the Lord of the Universe. Nothing else will work. Join the Saadh Sangat, the Company of the Holy; vibrate and meditate on the Jewel of the Naam. ||1|| Make every effort to cross over this terrifying world-ocean. You are squandering this life uselessly in the love of Maya. ||1||Pause|| I have not practiced meditation, self-discipline, self-restraint or righteous living. I have not served the Holy; I have not acknowledged the Lord, my King. Says Nanak, my actions are contemptible! O Lord, I seek Your Sanctuary; please, preserve my honor! ||2||4|| *Ang 12 Sri Guru Granth Sahib Ji*

By true actions, this human body is obtained, and the door within ourselves which leads to the Mansion of the Beloved, is found. *Ang 18 Sri Guru Granth Sahib Ji*

The precious gift of this human life becomes fruitful when one chants the True Word of the Shabad. *Ang 44 Sri Guru Granth Sahib Ji*

The blessing of this human life has been obtained, but still, people do not lovingly focus their thoughts on the Name of the Lord. *Ang 28 Sri Guru Granth Sahib Ji*

O Nanak, that human body, in which there is no pain of separation from the Lord-take that body and burn it. ||1|| *Ang 89 Sri Guru Granth Sahib Ji*

Those who do not serve the True Guru-why did they even come into this world? Cursed are their lives; they have uselessly wasted this human life. The self-willed manmukhs do not remember the Naam. Without the Naam, they suffer in terrible pain. ||7|| *Ang 129 Sri Guru Granth Sahib Ji*

By Your Grace, I obtained this human body; grant me the Blessed Vision of Your Darshan, O Sovereign Lord King. ||1|| *Ang 207 Sri Guru Granth Sahib Ji*

Gurbani facts about reincarnation

By true actions, the True Lord is met, and the Guru's Teachings are found. Then, they are not subject to birth and death; they do not come and go in reincarnation. O Nanak, they are respected at the Lord's Gate; they are robed in honor in the Court of the Lord. ||4||14|| *Ang 19 Sri Guru Granth Sahib Ji*

Without the Word of the Shabad, people wander lost in reincarnation. Through the love of duality, multitudes have been drowned. ||1|| O mind, swim across, by focusing your consciousness on the Shabad. Those who do not become Gurmukh do not understand the Naam; they die, and continue coming and going in reincarnation. ||1||Pause|| *Ang 19 Sri Guru Granth Sahib Ji*

Practicing falsehood again and again, people come and go in reincarnation, and forfeit their honor. ||3|| *Ang 23 Sri Guru Granth Sahib Ji*

The soul in love with duality goes around the wheel of reincarnation, through 8.4 million incarnations. *Ang 31 Sri Guru Granth Sahib Ji*

Praise the Lord's Name, and you shall no longer come and go in reincarnation. ||1||Pause|| *Ang 36 Sri Guru Granth Sahib Ji*

Meeting the True Guru, all my sufferings have ended, and the Peace of the Lord has come to dwell within my mind. The Divine Light illuminates my inner being, and I am lovingly absorbed in the One. Meeting with the Holy Saint, my face is radiant; I have realized my pre-ordained destiny. I constantly sing the Glories of the Lord of the Universe. Through the True Name, I have become spotlessly pure. ||1|| O my mind, you shall find peace through the Word of the Guru's Shabad. Working for the Perfect Guru, no one goes away empty-handed. ||1||Pause|| The desires of the mind are fulfilled, when the Treasure of the Naam, the Name of the Lord, is obtained. The Inner-knower, the Searcher of hearts, is always with you; recognize Him as the Creator. By Guru's Grace, your face shall be radiant. Chanting the Naam, you shall receive the benefits of giving charity and taking cleansing baths. Sexual desire, anger and greed are eliminated, and all egotistical pride is abandoned. ||2||The Profit of the Naam is obtained, and all affairs are brought to fruition. In His Mercy, God unites us with Himself, and He blesses us with the Naam. My comings and goings in reincarnation have come to an end; He Himself has bestowed His Mercy. I have obtained my home in the True Mansion of His Presence, realizing the Word of the Guru's Shabad. ||3|| His humble devotees are protected and saved; He Himself showers His Blessings upon us. In this world and in the world hereafter, radiant are the faces of those who cherish and enshrine the Glories of the True Lord. Twenty-four hours a day, they lovingly dwell upon His Glories; they are imbued with His Infinite Love. Nanak is forever a sacrifice to the Supreme Lord God, the Ocean of Peace. ||4||11||81|| *Ang 46 Sri Guru Granth Sahib Ji*

Our Deeds

Our life is based upon our deeds; the actions we commit are recorded by angels that are present with us all the time. There is no hiding from them, they write down an account of all our deeds. When the time of death comes the angel of death takes us to the court Dharam Raj (God of Justice) there we get judged and we will reap what we have sown. If one lives a righteous life and gets united with God while alive all our karma (actions) are erased and one doesn't get taken by the angel of death but instead goes straight to God when he/she dies.

All do their deeds under the Lord's Glance of Grace; no one is beyond His Vision. *ANG 66 SGGSJ*

Chitar and Gupat, the recording angels of the conscious and the subconscious, sing to You; they know, and they write, and on the basis of what they write, the Lord of Dharma passes judgement. *ANG 347 SGGSJ*

Azraa-eel, the Angel of Death, shall be appointed to punish them. *ANG 953 SGGSJ*

Those who focus their consciousness on the Guru's Feet, they do not fear the judgment of Dharamraj. *ANG 1404 SGGSJ*

The Gurmukh practices good deeds, and the truth is revealed in the heart. *ANG 27 SGGSJ*

Tell me, O Siblings of Destiny, the religion for this Dark Age of Kali Yuga. I seek emancipation - how can I be emancipated? Meditation on the Lord, Har, Har, is the boat, the raft; meditating on the Lord, the swimmer swims across. O Dear Lord, protect and preserve the honor of Your humble servant. O Lord, Har, Har, please make me chant the chant of Your Name; I beg only for Your devotional worship. ||Pause|| The Lord's servants are very dear to the Lord; they chant the Word of the Lord's Bani. The account of the recording angels, Chitr and Gupt, and the account with the Messenger of Death is totally erased. *ANG 668 SGGSJ*

The Mind

Gurbani tells us that there is a war going on between good and dark energies within us. Our mind is the **tool** to tap into both, whatever we focus on in our minds will decide the lifestyle we live. If we focus on Waheguru the dark energies which lead to sin and falsehood will be subdued. But if we lose focus on Waheguru we will be trapped in corruption and darkness. The reciting of Gurbani is the way to enlighten our soul. But the war is very hard as the dark passions are very powerful; only really hard devoted worship will make the dark energies go away.

Those contented souls who meditate on the Lord with single-minded love, meet the True Lord. The Gurmukhs train their minds to contemplate the Lord, the Supreme Soul. *SGGSJ ANG 18*

O mind, swim across, by focusing your consciousness on the Shabad. *SGGSJ ANG 19*

O my mind, earn the profit, before you return home. *SGGSJ ANG 20*

Forgetting the Beloved, even for a moment, the mind is afflicted with terrible diseases. How can honor be attained in His Court, if the Lord does not dwell in the mind? *SGGSJ ANG 21*

Within the mind are emeralds and rubies, the Jewel of the Naam, treasures and diamonds. O mind, become Gurmukh, and extinguish the fire (evil desires) within. *SGGSJ ANG 22*

By dealing their deals of falsehood, their minds and bodies become false. O Nanak, instruct your mind through the Word of the Guru's Shabad, and praise the Lord. *SGGSJ ANG 23*

Maya – The illusion

A lot of people never remember God and are caught up in worldly things. Guru Ji tells us to live in the world, but we must also remember God and live a truthful life full of worship and good deeds. Worldly pleasures are fake and bear no fruit they are just like a dream they come and go.

*The created world is like an illusion, a mirage - see this, and reflect upon it in your mind. **Sri Guru Granth Sahib Ji Ang 536***

*Emotional attachment to Maya is created by my God; He Himself misleads us through illusion and doubt. **Sri Guru Granth Sahib Ji Ang 67***

*Caught in the illusion of Maya, you have forgotten the Supreme Lord. **Sri Guru Granth Sahib Ji Ang 805***

*Through the Shabad, egotism is conquered and subdued, and the illusion of Maya is dispelled. **Sri Guru Granth Sahib Ji Ang 67***

How Do We Clean Our Soul?

You have not cleansed the filth from within yourself, although outwardly, you wear the dress of a renunciate. *Ang 525 Sri Guru Granth Sahib Ji*

But what is the use of bathing at sacred shrines of pilgrimage, when the filth of stubborn pride is within the mind? *Ang 61 Sri Guru Granth Sahib Ji*

But you do not remember the Fearless, Formless Lord - you are like an elephant bathing in the mud. *Ang 213 Sri Guru Granth Sahib Ji*

O Siblings of Destiny, filth is washed away by bathing in the Pure Water of the Name. *Ang 57 Sri Guru Granth Sahib Ji*

The True Guru is the True Pool of Nectar; bathing in it, the mind is washed clean of all filth. *Ang 113 Sri Guru Granth Sahib Ji*

The Guru is the Ocean, and all His Teachings are the river. Bathing within it, glorious greatness is obtained. *Ang 150 Sri Guru Granth Sahib Ji*

The True Guru, the Primal being, is the Pool of Ambrosial Nectar. The very fortunate ones come to bathe in it. *Ang 40 Sri Guru Granth Sahib Ji*

Taking my cleansing bath in the Name of the Lord, Har, Har, I have been purified. *Ang 197 Sri Guru Granth Sahib Ji*

The Guru is the Boat to carry me across the world-ocean; the Guru is the Sacred Shrine of Pilgrimage, the Guru is the Holy River. *ANG 17 Sri Guru Granth Sahib Ji*

O Nanak, the Boat of Truth will ferry you across; contemplate the Guru. *ANG 20 Sri Guru Granth Sahib Ji*

WHERE DID OUR LUST COME FROM?

Lust is a dark energy within us; it is in all of us and has been created by God as a part of his game. Lust causes many people to fail the test of life, as they remain attached to its pleasures and therefore remaining attached to falsehood (worldly illusion). Lust is extremely powerful and one of the main tools Maya (illusion of Kaljug) uses to keep us away from God. However with the Grace of Guru Ji and Sangat, lust can be overcome and therefore no longer remain a barrier between the mortal and God. We must pray to Guru Ji and ask him to help us overcome obstacles in the way of us and God.

Sexual desire and anger are diffused throughout the universe. Coming and going, people suffer in pain. *Ang 129 Sri Guru Granth Sahib Ji*

You do not control your seed and semen, and yet you claim to practice abstinence. You are lured by the tastes of the tongue and sex organs. *Ang 903 SGGJ*

He does not preserve his semen and seed, and does not chant the Shabad. *Ang 945 SGGJ*

Your Name, O Lord and Master, is the Purifier of sinners, the Giver of peace, immaculate, cooling and soothing. *Ang 207 SGGJ*

The lustful, lecherous man desires many women, and he never stops peeking into the homes of others. *Ang 672 Sri Guru Granth Sahib Ji*

You are overflowing with sexual desire, and your intellect is stained with darkness; you are held in the grip of Shakti's power. Your eyes water, and your intellect and strength have left you; but still, your sexual desire churns and drives you on. *Ang 93 Sri Guru Granth Sahib Ji*

Day and night, you are engrossed in sexual desire, O my merchant friend, and your consciousness is blind to the Naam. *Ang 75 Sri Guru Granth Sahib Ji*

You filthy, heartless, lustful donkey! Haven't you heard of the Righteous Judge of Dharma? *Ang 1001 Sri Guru Granth Sahib Ji*

Lust, anger, egotism, jealousy and desire are eliminated by chanting the Name of the Lord. *Ang 1389 Sri Guru Granth Sahib Ji*

The Guru has cut out the sinful mistakes of sexual desire and anger, and my hopes have been fulfilled. *Ang 108 Sri Guru Granth Sahib Ji*

“When I was mature enough, Satguru Sri Guru Teg Bahadur Ji gave me this teaching: Until the day you take your last breath, you must take this and never forget it. You must always keep respect for your wife. You must never go into another woman’s bed, even in your dream- *Sri Dasam Granth Sahib-Ang 842*

Be faithful to your one wife; see others as your daughters, sisters and mothers (Vice versa for women) -*Vaar 6-Pauri 8- Bhai Gurdas Ji*

Without having Anand Karaj those who have sexual relationships, listen O Sikh the Guru states: He/she is not my Sikh. Those Sikhs who fall for a woman/man other than their spouse will not receive the blessing of Sri Guru Gobind Singh Ji- Rehatnama-Bhai Nand Lal Ji aka Nand Singh

Kaljug the Dark Age - Explained in Sri Guru Granth Sahib Ji

"The Dark Age of Kaal Yug is the dagger, and kings are the Butchers; righteous has sprouted wings and flown away. In this dark night of falsehood, the moon of Truth is not visible anywhere. I have searched in vain, and I am so confused. In this darkness, I cannot see the way. In egotism, they cry out in pain. Says Nanak, how will they be saved?" **Ang 145**

*The Dark Age of Kali Yuga is so hot; the Lord's Name is soothing and cool. Remember, remember it in meditation, and obtain everlasting peace. Your fear shall be dispelled, and your hopes shall be fulfilled. By devotional worship and loving adoration, your soul shall be enlightened. You shall go to that home, and live forever. Says Nanak, the noose of death is cut away. **Ang 288***

*In this Dark Age of Kali Yuga, no one is interested in good karma, or Dharmic faith. This Dark Age was born in the house of evil. O Nanak, without the Naam, the Name of the Lord, no one is liberated. **Ang 160***

*The beggar is known as an emperor and the fool is known as a religious scholar. The blind man is known as a seer; this is how people talk. The trouble-maker is called a leader, and the liar is seated with honor. O Nanak, the Gurmukhs know that this is justice in the Dark Age of Kali Yuga. **Ang 1288***

*Here is a famine of Truth; falsehood prevails, and the blackness of the Dark Age of Kali Yuga has turned men into demons. **Ang 486***

*Those who act like tyrants are accepted and approved - recognize that this is the sign of the Dark Age of Kali Yuga. **Ang 902***

*In this Dark Age of Kali Yuga, people have faces like dogs; they eat rotting carcasses for food. They bark and speak, telling only lies; all thought of righteousness has left them. **Ang 1242***

*The All-powerful Guru is the Boat to carry us across in this Dark Age of Kali Yuga. Hearing the Word of His Shabad, we are transported into Samaadhi. **Ang 1400***

Death

To reach your True Home after you die, you must conquer death while you are still alive. Ang 21 Sri Guru Granth Sahib Ji

Maharaj is telling us to jaap naam, live purely and merge our soul with the supreme light while we are alive. This is the only way to beat death!

Without the Shabad, this pollution is not washed off; through the cycle of death and rebirth, they waste away in misery. *Ang 29 Sri Guru Granth Sahib Ji*

The spiritually blind do not even think of the Naam; they are all bound and gagged by the Messenger of Death. *Ang 32 Sri Guru Granth Sahib Ji*

Those who have not met the Primal Being, the True Guru, are most unfortunate, and are subject to death. *Ang 40 Sri Guru Granth Sahib Ji*

The whole world is bound by death; without the Guru, death cannot be avoided. *Ang 55 Sri Guru Granth Sahib Ji*

