

Sukhmani Sahib - The essence

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*Sukhmani Sahib is a prayer of peace. It was written by Guru Arjan Dev Ji, the fifth Sikh guru. It consists of 24 verses, each made of 8 stanzas. Each verse starts with a salok (in red ink). The salok sets the theme of each verse
This document is NOT a translation. It is merely an essence of Guru ji's wisdom.
Each verse gives a summary of the message in the prayer.*

1. Salute the Creator, the Greatest, the Supreme Power

By meditating on His name, worry and anguish are replaced by peace and joy
By His grace, all hopes are fulfilled.
He pervades the universe
Sing His glorious praises day and night
Dedicate yourself to your Master
Then, you shall gain knowledge and spiritual wisdom.
Then, you shall experience the radiance of his love.

2. He is the destroyer of pain and suffering. He lives in every heart. He is your protector. Seek his sanctuary.

When there is no one for you, the Lord will be there to help and support you
Impress God by being good – not by rituals
You shall obtain honour and dignity
When misfortunes threaten you, He will rescue you,
When there is darkness, His name will be the light,
When there is a blazing heat, He will give you shade
When no one wants to know you, He will recognise you,
When there is thirst, His name will rain on you
By chanting His name, you will get the courage to face the obstacles of life
Keep the company of holy congregation and receive His blessings.

3. Even the wisdom of holy books does not explain the Lord's greatness. My lord is a precious jewel.

Meaningless rituals do not give you spiritual wisdom
Washing your body with holy water does not cleanse your polluted mind
Wearing religious robes does not get rid of ego
Seek the sanctuary of Lord's feet
To be humble is to be great
Learn to accept pain and pleasure in the same way.

4. Acknowledge god's presence in all. He created you so he will always be with you .

The best religion is to meditate on the name of God
The best ritual is to wash away ego in the company of good people
The best effort is to keep the love of God in your heart
The best words are singing the praises of God
The best place is your heart where God resides.

5. Lord is your provider. If you forget this, then you lose your honour

Thank the lord for the perfect body and mind he has granted us
Thank the lord for the loving care and guidance
Lord, You are My master.
You are my Saviour
I am your slave and forever indebted to you.

6. Desire, anger, greed and ego can only be destroyed by seeking help from God

We humans are greedy and ignorant
We take things for granted
We get disappointed with God when things do not work out the way we want
We are surrounded by ego, arrogance, anger and greed
We seek false sense of security in these things
TRUST GOD
LOVE HIM UNCONDITIONALLY
ONLY THEN WILL YOU FIND PEACE

7. Whoever loves the Lord shall be liberated from the traps of materialistic world

By His Grace, we are granted the gift of life
By His Grace, we receive all the pleasures of beautiful body
We adorn the body with beautiful things and rub it with fragrances
By His Grace, our hearts will blossom with Love for god
Then we will feel God in our hearts.

**8. A truthful and pure heart, a radiant face and a compassionate heart,
Such are the qualities of a good holy person.**

Keep the company of good honest people who will influence your thinking
Their values and habits will imprint on you
Thus you will gain spiritual wisdom
You will learn to become a humble, loving and caring
You will become a faithful and devoted servant of God
So, Sit in holy congregation and sing His praises.
Enrich your soul with a wealth that has no match

**9. He who loves God sees His image in all
Such a person becomes humble and performs good deeds without ego.**

Do not speak evil of others; do not corrupt your mind
Do not fall into traps of desires and passions
Do not hear words that pollute your mind
Control your thoughts by meditation
Focus your mind on goodness
Beg forgiveness
Beg guidance
Beg spiritual wisdom
God's love is the only cure for a broken heart
By His grace, you shall be saved

**10. The whole universe is the Lord's creation.
In it survive millions of different forms of life.**

In this universe, so many different forms exist
Many show wisdom, greatness, compassion, kindness and devotion
Many show ignorance, greed, conceit, self-importance and foolishness
Some give charity and some steal from others
So how can both extremes live in same environment?
For all creation, God appears in different forms to guide them to the truth
It is up to an individual to take the chance that is offered to him by the Lord.
Trust in Him and you will recognise him among yourself.

**11. My Lord is the creator. He pervades the waters, the lands,
the skies and all the space.**

God is an all powerful force
Everything happens as He wishes
We, helpless beings are subject to his command
When we love him, we feel Him in our hearts
Our body and soul belong to Him
Show your devotion to him by complete surrender
Then you will merge into Him, just as water merges with water.

12. Humble people enjoy peace and harmony; Arrogant, proud simply rot away

A foolish person lives in a house made of arrogance and pride
In his ignorance, he gives charity with ego
He makes sure that he is praised for his acts
He thrives on ego, he enjoys playing God, he loves no one but himself
Such a foolish man, however, cannot deceive God
When he faces judgement, he will crumble like ashes
He will never be accepted by God
He will fall into cycle of births and deaths
Love God; meditate in his name
Break away from the worldly traps.
Be humble and honest Only then will you find peace.

**13. Those who seek sanctuary of the Lord are saved
Those who slander His name fall into the cycle of births and death**

Do not slander and gossip about good people,
For you are slandering God himself
Then you shall fall; your happiness will vanish
Your intellect is clouded and your reputation is tainted
You will live the lowly life of snakes and worms
You will never find peace
You will rot in sickness
Gossip is the worst form of sins
It makes your mind and soul dirty and impure
By focussing on God, gossip is replaced by love and tolerance
Lord, have mercy on us
So that our tongues speak no evil

**14. Give up self importance; remember the lord always
then all the pain and fear will depart from your heart**

Let meditation be your occupation
Let your tongue sing His praises
Let your eyes see the beauty of His creation
Let your feet walk to His house
Let your sins be washed away by doing good deeds
Let your mind experience the peace by focussing on His greatness
Let your soul be free of pain, doubt and fear
For God is glorious and He is always with you.

**15. God has the power to read our thoughts
By His grace, all your prayers will be answered**

God loves all those who love him
He will mend your broken heart
Do not take beauty, wealth and health for granted
Thank Him sincerely for these gifts with a humble heart
Lord, we ask you to cure us of illnesses and diseases of ego
Enlighten our dark minds with your wisdom
Show us the right path of truthfulness
Grant us your guidance so that we live with honesty and integrity.

**16. God has no form, no shape and no colour
Only those who are blessed understand this devine power**

God is the supreme power
To question Him about His beginning is like a child asking about his father's birth
Those who serve him will attain good sense and spiritual wisdom
He will appear in many different forms
He will be recognised by those who love Him
He is all around us
His existence is the ultimate truth.

17. God is the beginning , is the present and will be there forever.

Be humble, touch the lord's feet and pray for guidance and wisdom
Seek comfort in Him; Let all the fears leave your mind
Have faith in him; Let him preserve your honour
Remember Him in every breath you take
Do not despair – Do not lose heart with anxiety
He protects all who come to him
No harm shall come to you as long as He is there for you
Devote yourself to good deeds
Thus you will become a good and humble just like Him

**18. A person who lives a truthful living is a reflection of God
Seek the friendship and guidance from such good people**

Lord loves his devotee and will infuse His powers into good people
Such person is very fortunate for he becomes a part of God
Then, this devotee obeys every command of his master
He performs selfless service without expecting rewards.
He accepts God's will without any doubts
His mind is content and soul enriched
He becomes a part of everlasting power
He loses fear of death
Doubt, pain and sorrows fade away
He is forever saved by God's grace.

**19. Nothing goes with you when you leave this world
The only wealth that you can take is your devotion to God**

Gather the wealth of Lord's name and be fortunate
Replace doubt with faith
Replace hate with love
Replace pride with humbleness
Replace pain with comfort of His love
No harm shall come to you
No obstacles stand in your way
Your broken heart will be mended with soothing love
Remember Him in meditation and obtain everlasting peace

**20. Lord, I wander aimlessly after materialistic things
I fall at your feet; Save me, accept me; guide me to a truthful living**

Lord, You are merciful and I am a humble servant
Bless me so that I perform devotional worship everyday
You are my shelter, my pillar of support
By God's grace my wishes will be granted
Lord is forever kind and rewarding
Why forget Him, who has given us everything?
Why forget Him, who has given us the gift of life?
Why forget Him, who saves us from disasters?
Meditating on His name gives us peace of mind
He is kind, forgiving and loving to all
By His Grace, all those who believe in Him
Will enjoy the glory and wealth of heavens

21. My lord possesses all qualities. He created this world with perfection

God set up the world like a stage
On this stage He is the producer of His own plays
He controls the performers with perfection
He chooses everyone's roles and destiny
His presence will be felt by all those who believe in Him
He is beyond calculation, beyond measure, uncountable and unfathomable
He controls his creation with perfection

22. He is the master and pervades everywhere

He creates and destroys as it pleases Him
He is the ocean of excellence. Infinite and endless
Sing his praises and blend your soul with Him
Listen to guru's teachings and enlighten your mind
Harbour his love and trust in your heart
And feel anxiety and fear fade away
No harm shall come to you under Lord's protection

23. Lord's name is like an ointment that heals the mind It dispels ignorance and enlightens the mind with spiritual wisdom

In the company of holy people, you will find God
His image is securely placed in the human body
He exists deep within each heart
He will protect you from all evil
He will stabilise your rocky boat called life
He will answer your prayers
Do not be impatient
Have faith in Him
He will always be there for you.

24. Worship and adore the perfect god. Sing his glorious praises

Follow Guru's teachings and abandon selfishness and conceit
Focus your conscience on the Lord
He is the creator, sustainer and destroyer
He is kind to the hurt, merciful to the poor and forgiving to the sinner
Those who love God become just like Him
Such a noble person saves other from drowning
His life is prosperous, his mind drenched in love
He is at peace and knows no hatred
SUKHMANI is the prayer of peace and the Glory of god
When you recite it, your mind becomes rich
Your wishes are fulfilled; You gain respect and honour
You enjoy wisdom, peace and tranquillity
Your human form becomes worthwhile
Sorrow, sickness, fear and doubt leave you body
Such a person is called THE HOLY ONE
Whose actions and thoughts are pure and immaculate

**SUKHMANI - A PRAYER OF PEACE AND TRANQUILITY
RECITE IT AND APPLY IT IN YOUR DAILY LIVES**