

## Further Reading

### NOTABLE HYMNS IN THE SRI GURU GRANTH SABIB JI

#### 1. Siri Japji Sahib (by Siri Guru Nanak Dev Ji)

The Japji Sahib, the first composition in the Siri Guru Granth Sahib Ji, is one of the most profound hymns focused on the remembrance of the Divine Name. Siri Guru Nanak Dev Ji begins by describing the oneness of God, the importance of Naam Simran, and how one can unite with the Divine by contemplating the Name.

- “Ik-Oang-Kaar, Satnam, Karta Purakh, Nirbhau, Nirvair, Akal Murat, Ajuni, Saibhang, Gur Prasad.” Translation: There is One God, whose Name is True. He is the Creator, without fear, without hate, immortal, beyond birth and death, self-illuminated, and realized through the grace of the Guru.
- “Simar, Simar, Simar Guru, Waheguru.” Translation: Meditate, meditate, meditate on the Guru’s Name, Waheguru.

#### 2. Anand Sahib (by Guru Amar Das Ji)

The Anand Sahib is a hymn that encapsulates the bliss of experiencing the Divine presence. It teaches that through the continuous remembrance of Waheguru, one can experience the oneness with the Divine.

- “Waheguru, Waheguru, Waheguru, Satnam.” Translation: Waheguru, Waheguru, Waheguru, True is His Name.
- “Har ka naam simrat sukh payia.” Translation: By meditating on the Name of the Lord, peace and joy are attained.

#### 3. Siri Sukhmani Sahib (by Siri Guru Arjan Dev Ji)

Siri Sukhmani Sahib (The Prayer of Peace) is a long composition by Siri Guru Arjan Dev Ji, which emphasizes inner peace and spiritual bliss through the remembrance of God’s Name. It speaks about the effects of Naam Simran on the individual’s heart and mind.

- “Har har naam japyo, man hirdhe dhaayo.” Translation: Chant the Name of the Lord, O my mind, and focus your heart on it.
- “Har naam dayvay har daas sabh.” Translation: By meditating on the Name of the Lord, all desires and attachments are eliminated.

#### 4. Salok Mahala 9 (by Guru Tegh Bahadur Ji)

Guru Tegh Bahadur Ji’s Salok Mahala 9 also stresses the idea of merging with the Divine through continuous remembrance of Waheguru.

- “Naam japo har, har, har, jeevan kaataay.” Translation: Chant the Name of the Lord, O my soul, the one who recites His Name shall be saved.

#### 5. Mundavani (by Guru Arjan Dev Ji)

The Mundavani hymn describes the ultimate oneness with the Divine and emphasizes the importance of meditating on the Divine Name, Waheguru.

- “Waheguru Waheguru Waheguru.” Translation: Waheguru, Waheguru, Waheguru.

- “Man mere, Waheguru ka naam sumir.” Translation: O my mind, remember the Name of Waheguru.

### **6. Chaupai Sahib (by Guru Gobind Singh Ji)**

The Chaupai Sahib focuses on the strength and protection that comes from reciting the Divine Name. It also emphasizes the realization of God’s presence through the repetition of His Name.

- “Waheguru, Waheguru, Waheguru.” Translation: Waheguru, Waheguru, Waheguru.
- “Har har naam japo, jeevan sukhi hoye.” Translation: Chant the Name of the Lord, and life becomes blissful.

### **7. Asa Di Var (by Siri Guru Nanak Dev Ji)**

Asa Di Var contains verses that convey the importance of Naam Simran in connecting with the Divine and experiencing oneness with Paramatma.

- “Naam japna, man har har rekhna.” Translation: Meditate on the Name, keep the Lord in your mind.
- “Har naam ko simro, satgur ki kirpa.” Translation: Meditate on the Name of the Lord with the Guru’s grace.