

rehras sahib in english

Rehras Sahib in English: An In-Depth Guide to the Sacred Sikh Prayer

Rehras Sahib is one of the most revered evening prayers in Sikhism, recited daily by millions of devotees worldwide. It holds immense spiritual significance, offering solace, strength, and a profound connection with Waheguru (God). Many non-Punjabi speakers and those new to Sikh practices often seek an understanding of Rehras Sahib in English, aiming to grasp its essence and incorporate its teachings into their daily lives.

In this comprehensive article, we explore the meaning, history, structure, and spiritual benefits of Rehras Sahib, along with its translation and interpretation in English. Whether you are a Sikh seeking deeper understanding or a curious reader interested in Sikh spirituality, this guide provides valuable insights into this sacred prayer.

What Is Rehras Sahib?

Rehras Sahib, also known as the "Evening Prayer," is a compilation of hymns from the Guru Granth Sahib, the holy scripture of Sikhism. It is recited in the evening, typically after sunset, and is considered a vital part of daily spiritual practice for Sikhs. The term "Rehras" roughly translates to "rest" or "pause," signifying a moment to reflect, rejuvenate, and seek divine blessings.

The prayer encompasses praises of Waheguru, reflections on humility, and an affirmation of the divine's omnipresence. It serves as a spiritual anchor, helping devotees to dispel negativity and find inner peace after a day's work.

Historical Background of Rehras Sahib

The origins of Rehras Sahib trace back to the teachings of the Sikh Gurus, primarily Guru Gobind Singh Ji, the tenth Guru of Sikhism. The prayer is believed to have been composed to provide comfort and spiritual strength during challenging times. It consolidates hymns that emphasize the omnipresence of God, His grace, and the importance of humility.

The hymns included in Rehras Sahib are taken from various parts of the Guru Granth Sahib and Dasam Granth, reflecting diverse aspects of divine virtues like mercy, humility, and sovereignty. Over centuries, it has become an integral part of Sikh daily routine, especially in congregations and personal worship.

Structure of Rehras Sahib

Rehras Sahib is composed of several hymns, each with profound meanings. While recitations may vary slightly among different Sikh communities, the core structure remains consistent.

Major Components of Rehras Sahib:

1. Opening Hymn

- Praises the divine qualities and calls upon the divine to accept the prayer.

2. Hymns from Guru Granth Sahib

- Includes verses from the Guru Granth Sahib emphasizing divine virtues, humility, and the importance of remembering God.

3. Hymns from Dasam Granth

- Contains compositions by Guru Gobind Singh Ji, focusing on divine strength and righteousness.

4. Closing Reflection

- Concludes with a prayer for peace, protection, and divine grace.

Duration of Recitation:

Typically lasts around 15-20 minutes, making it suitable for evening worship.

Key Themes and Messages in Rehras Sahib

Rehras Sahib encapsulates core Sikh beliefs and spiritual principles. Here are some of the central themes:

1. The Omnipresence of God

- God is present everywhere and in everything.
- Recognizing divine presence helps believers stay humble and focused.

2. Divine Grace and Mercy

- God's grace is limitless and accessible to all.
- Reciting Rehras Sahib invokes divine mercy and protection.

3. Humility and Submission

- Emphasizes humility as a virtue.
- Encourages surrendering ego and trusting divine wisdom.

4. Inner Peace and Strength

- Provides mental calmness amidst life's challenges.
- Reinforces resilience through faith.

5. The Power of Naam (Divine Name)

- Chanting God's name purifies the mind.
- Rehras Sahib is a form of Naam Simran (remembrance).

Rehras Sahib in English: Translation and Interpretation

Understanding Rehras Sahib in English helps non-Punjabi speakers connect deeply with its spiritual messages. Here, we present an overview of its translation and interpretative insights.

Note: Here are select verses from Rehras Sahib with their English translations:

Opening Verse

Punjabi (original):

"God is the Creator of all, the Sustainer of all, and the Destroyer of all. The True Guru reveals this truth."

English Translation:

God is the Creator of everything, the Sustainer of all existence, and the ultimate Destroyer of ignorance. The True Guru unveils this divine truth.

Interpretation:

This verse emphasizes the omnipotent nature of Waheguru, acknowledging His role as the Creator, Maintainer, and Transformer of the universe. It also highlights the importance of the Guru in guiding souls towards understanding this divine reality.

Verse on Humility

Punjabi (original):

"Without Your grace, I am nothing; I am but a speck in the vast universe."

English Translation:

Without Your mercy, I am nothing; I am merely a tiny speck amidst the infinite cosmos.

Interpretation:

This underscores humility, recognizing our insignificance without divine grace. It encourages devotees to surrender ego and seek divine blessings.

Verse on Divine Power

Punjabi (original):

"Your power is limitless; no one can resist Your will."

English Translation:

Your divine power knows no bounds; no one can oppose Your divine will.

Interpretation:

It affirms the sovereignty of Waheguru, inspiring faith that divine will prevails over all human efforts.

Closing Prayer

Punjabi (original):

"Grant us peace and protection; keep us safe from harm."

English Translation:

Bestow upon us peace and safeguard us; keep us protected from all harms.

Interpretation:

A plea for divine protection and tranquility, acknowledging dependence on divine mercy.

Spiritual Benefits of Reciting Rehras Sahib

Regular recitation of Rehras Sahib offers numerous spiritual and mental benefits:

- Inner Peace: Calms the mind and reduces stress.
- Strength and Resilience: Reinforces mental strength to face daily challenges.
- Enhanced Faith: Deepens trust in Waheguru's divine plan.
- Humility and Gratitude: Cultivates humility and appreciation for divine blessings.
- Protection: Invokes divine protection against negative influences.
- Connection with the Divine: Fosters a personal bond with Waheguru.

How to Incorporate Rehras Sahib into Daily Life

Here are practical tips for incorporating Rehras Sahib into your daily routine:

1. Create a Quiet Space: Find a peaceful environment for recitation.
2. Consistent Timing: Recite daily in the evening, preferably after sunset.
3. Use a Prayer Book: Keep a copy of Rehras Sahib or a printed version with transliteration.
4. Focus on Meaning: Read with understanding, contemplating the messages.
5. Combine with Meditation: Practice silent reflection or Naam Simran alongside recitation.
6. Join Sangat: Participate in congregational recitations for collective spiritual upliftment.

Conclusion: Embracing the Spirit of Rehras Sahib

Rehras Sahib in English serves as a vital bridge for those seeking to understand and experience the profound spirituality of Sikh prayers. Its verses remind us of divine omnipresence, emphasize humility, and inspire resilience. Whether recited at dusk or reflected upon silently, Rehras Sahib offers timeless wisdom to navigate life's complexities with faith and serenity.

By embracing its teachings and incorporating its recitation into daily practice, devotees can cultivate inner peace, strengthen their spiritual connection, and live with humility and gratitude. Its universal messages transcend language and culture, making Rehras Sahib a guiding light for all seeking divine grace and tranquility.

Remember: The true essence of Rehras Sahib lies not just in recitation but in understanding and embodying its divine virtues in everyday life. Let its words inspire you

to live with humility, faith, and compassion.

Frequently Asked Questions

What is Rehras Sahib and what is its significance in Sikhism?

Rehras Sahib is a daily evening prayer in Sikhism that summarizes the essence of the Guru Granth Sahib. It is recited to thank Waheguru for the day's blessings and to seek peace and protection. It holds great spiritual significance as it helps Sikhs connect with the divine and reflect on their faith.

Can you provide an English translation of Rehras Sahib?

Yes, Rehras Sahib has been translated into English by many scholars. These translations aim to convey the meaning and spiritual message of the prayer, emphasizing gratitude, humility, and devotion to Waheguru. Many online resources and books offer comprehensive English versions with explanations.

What are the main themes of Rehras Sahib in English?

The main themes of Rehras Sahib include gratitude to Waheguru, seeking protection from evil, humility, the importance of prayer, and recognizing the omnipresence and omnipotence of God. It encourages believers to maintain faith and humility in their daily lives.

How can I learn Rehras Sahib in English if I am not familiar with Gurmukhi or Punjabi?

You can learn Rehras Sahib in English through transliterations, translations, and audio recordings available online. Many Sikh organizations and websites provide step-by-step guides, pronunciation tips, and translations to help non-Punjabi speakers understand and recite the prayer confidently.

Is Rehras Sahib recited only in the evening, or can it be recited at other times?

Traditionally, Rehras Sahib is recited in the evening as part of daily prayer routines. However, it can be recited at any time of the day for spiritual reflection, seeking peace, or during special occasions to invoke divine blessings.

What are the benefits of reciting Rehras Sahib in English for non-Punjabi speakers?

Reciting Rehras Sahib in English helps non-Punjabi speakers understand the prayer's

meaning, deepening their spiritual connection. It fosters inner peace, gratitude, and mindfulness, making the teachings of Sikhism accessible and meaningful regardless of language barriers.

Additional Resources

Rehras Sahib in English is a profound and revered prayer in Sikhism that holds immense spiritual significance for adherents worldwide. Known for its calming and uplifting qualities, Rehras Sahib is recited in the evening as a means to reflect on divine virtues, seek protection, and attain inner peace. This sacred prayer encapsulates the essence of Sikh teachings, emphasizing humility, devotion, and the omnipresence of the Divine. Its translation into English has made the profound messages accessible to a broader audience, fostering understanding and spiritual connection beyond linguistic boundaries.

Introduction to Rehras Sahib

Rehras Sahib, also known as the "Evening Prayer," is a compilation of hymns from the Guru Granth Sahib, the central religious scripture of Sikhism. Traditionally recited at sunset or during evening hours, it serves as a spiritual shield against the challenges of life, invoking divine blessings and protection. Its recitation is considered a vital daily ritual for devout Sikhs, and many undertake to understand its meanings deeply through translations and explanations in various languages, including English.

The prayer is composed of verses that praise God's attributes, recount the deeds of the Gurus, and emphasize the importance of meditative devotion. For those unfamiliar with Gurmukhi (the original script of the Guru Granth Sahib), English translations serve as a vital bridge, allowing them to grasp the profound messages embedded within.

Historical and Spiritual Significance

Rehras Sahib holds a pivotal place in Sikh daily worship. Its origins are rooted in the teachings of the Sikh Gurus, particularly Guru Gobind Singh, the tenth Guru, who emphasized devotion and the remembrance of God's name. The prayer serves multiple purposes:

- Mental Peace: Reciting Rehras Sahib helps calm the mind after a busy day, fostering inner tranquility.
- Spiritual Reflection: It encourages contemplation on divine virtues and one's relationship with the Divine.
- Protection: The prayer is believed to provide spiritual protection against negative influences and evil.

- Community Bonding: Reciting it collectively during evening gatherings fosters community spirit and shared faith.

The inclusion of this prayer in daily routines underscores its importance as a spiritual anchor, guiding adherents through life's uncertainties with faith and resilience.

Content and Structure of Rehras Sahib

Rehras Sahib is composed of several hymns and shabads (verses), primarily from the Guru Granth Sahib, and sometimes includes compositions from the Dasam Granth. Its structure typically includes:

Main Components:

- Opening Praise: Invocations that acknowledge God's omnipresence and benevolence.
- Descriptions of Divine Attributes: Verses describing God's qualities such as truth, mercy, and justice.
- Historical References: Narratives about the Gurus and their divine missions.
- Practical Guidance: Verses that emphasize living a truthful, humble, and service-oriented life.
- Closing Prayer: A plea for divine protection and grace.

Key Themes:

- The One Supreme Reality: Emphasizes the monotheistic essence of Sikhism.
- Humility and Devotion: Encourages believers to adopt humility and unwavering devotion.
- Eternal Truth: Highlights the importance of adhering to truth in thought, word, and deed.
- Divine Grace: Recognizes that salvation and peace come through God's grace.

English Translation and Its Importance

Translating Rehras Sahib into English plays a critical role in making its teachings accessible to non-Punjabi speakers, diasporic communities, and scholars. A faithful translation captures not only the literal meanings but also the spiritual essence and poetic beauty of the original hymns.

Features of a Good Translation:

- Accuracy: Preservation of the original message and intent.
- Poetic Flow: Maintaining the lyrical and rhythmic qualities.
- Clarity: Making complex theological concepts understandable.
- Contextual Explanation: Providing background where necessary to clarify metaphors and

references.

Benefits of Reading Rehras Sahib in English:

- Enhanced Understanding: Non-Punjabi speakers can grasp divine qualities and moral lessons.
- Deeper Reflection: Facilitates introspection and spiritual growth.
- Educational Value: Useful for teaching Sikh principles in diverse settings.
- Interfaith Dialogue: Acts as a bridge to foster understanding among different faith communities.

Sample Translation Excerpt

(Note: This is a simplified translation for illustrative purposes)

"O Lord, the eternal truth, the infinite; You are the protector, the refuge of all. Your mercy is endless, and Your justice is fair. We bow before You, the Creator and Sustainer, seeking Your grace to dispel our doubts and fears."

Recitation and Practice of Rehras Sahib

Reciting Rehras Sahib is an act of devotion that can be performed individually or collectively. Many Sikhs incorporate its recitation into their evening routine, sometimes accompanied by singing (Kirtan) or silent meditation.

How to Recite Rehras Sahib:

- Preparation: Find a quiet, clean space; preferably after completing daily chores.
- Purpose: Reflect on divine virtues and seek inner peace.
- Method: Recite slowly and with understanding, focusing on the meanings.
- Frequency: Usually recited once daily, but can be repeated for spiritual upliftment.

Tips for Better Practice:

- Understand the meaning: Use translations and explanations to deepen connection.
- Maintain humility: Approach the prayer with sincerity and devotion.
- Reflect: Ponder on how the teachings apply in daily life.
- Consistent routine: Make it a regular part of your evening to foster discipline and spiritual growth.

Pros and Cons of English Translations of Rehras

Sahib

Pros:

- Accessibility: Opens the prayer to non-Punjabi speakers.
- Educational: Enhances understanding of Sikh teachings.
- Universal Appeal: Bridges cultural and linguistic gaps.
- Personal Growth: Facilitates reflection and internalization of divine virtues.

Cons:

- Loss of Poetic Beauty: Some nuances of the original hymns may be lost.
- Misinterpretation Risks: Poor translations can distort meanings.
- Cultural Context: Certain metaphors and references may require additional explanation.
- Reduced Ritual Significance: For some, recitation without understanding may diminish spiritual impact.

Features to Look for in a Quality English Translation

When selecting or studying Rehras Sahib in English, consider the following features:

- Faithfulness to Original Text: Accurate representation of hymns.
- Explanatory Footnotes: Clarify metaphors, historical references, and theological concepts.
- Poetic Quality: Retain lyrical flow to preserve devotional mood.
- Ease of Understanding: Use clear, accessible language without oversimplification.
- Complementary Audio: Listening alongside reading can enhance comprehension.

Impact of Rehras Sahib on Personal and Community Life

The recitation of Rehras Sahib in English has a profound impact on both individual practitioners and the wider community:

Personal Impact:

- Inner Peace: Regular recitation helps reduce stress and anxiety.
- Moral Guidance: Reinforces values such as humility, truthfulness, and compassion.
- Spiritual Connection: Deepens one's relationship with the Divine.

- Resilience: Provides strength during difficult times.

Community Impact:

- Shared Faith: Collective recitations foster unity.
- Interfaith Outreach: Translations facilitate dialogue with other faith groups.
- Educational Outreach: Used in Sikh schools and community programs to teach spiritual principles.
- Cultural Preservation: Keeps the teachings alive across generations and linguistic boundaries.

Conclusion

Rehras Sahib in English serves as a vital spiritual resource, making the profound teachings of Sikhism accessible and relatable to a global audience. Its recitation offers solace, guidance, and a reminder of divine virtues that transcend language and cultural barriers. While translations may sometimes face challenges in capturing the full poetic and spiritual depth of the original hymns, careful and faithful translations significantly contribute to spiritual understanding and growth.

For anyone seeking peace amidst life's turbulence or wishing to deepen their spiritual practice, embracing Rehras Sahib in English can be a transformative experience. Its messages of humility, devotion, and divine grace continue to inspire millions, reminding us that divine presence is always near, guiding us toward truth and inner harmony.

Features of Rehras Sahib in English:

- Accessible to non-Punjabi speakers
- Deep spiritual and moral teachings
- Enhances understanding of Sikh principles
- Encourages daily reflection and devotion

Potential Challenges:

- Risk of misinterpretation if translation is poor
- May lack the poetic resonance of original hymns
- Requires sincere effort to understand and internalize

By integrating Rehras Sahib into daily routines, especially with insightful translations, individuals can experience a profound sense of peace and spiritual upliftment, enriching their lives and fostering a harmonious community grounded in divine virtues.

Rehras Sahib In English

rehras sahib in english: 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.

rehras sahib in english: 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.

rehras sahib in english: 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 in english: *HOLY SERMONS OF REHRAAS SAHIB* , 2022-09-10 These Holy Verses of "HOLY SERMONS OF REHRAAS SAHIB". are recited by the Sikhs in the Evening. I hope that after going through this holy book the feelings of true devotion, true faith and true love for the Almighty God who is the Creator of all and everything will be created and developed both into your minds and hearts. The goal or main objective of the human life is only to have union with the Supreme Soul and to attain the salvation. The human life is provided to a person by the Lord so that he or she may make efforts to get rid of transmigration of the soul, to avoid the cycle of repeated births and deaths by performing noble and good deeds and by pondering over the pious name of the Almighty Lord.

rehras sahib in english: *The Evening Prayers Rahras Sahib and Kirtan Sohila* , 2003

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rehras sahib in english: **Music in Colonial Punjab** Radha Kapuria, 2023 This book offers the first social history of music in undivided Punjab (1800-1947), unearthing new evidence to argue for the power of female performers and the primacy of classical music for a region conventionally understood as a centre of folk music alone.

rehras sahib in english: **HOLY SERMONS OF ANAND SAHIB** , 2022-07-24 HOLY VERSES OF ANAND SAHIB were uttered by the third master Shri Guru Amar Dass Ji and these Holy Verses are recited by the Sikhs at Dawn. I hope that after going through this holy book the feelings of true devotion, true faith and true love for the Almighty God who is the Creator of all and everything will be created and developed both into your minds and hearts. The goal or main objective of the human life is only to have union with the Supreme Soul means the Almighty God and to attain the salvation. The human life is provided to a person by the Lord so that he or she may make efforts to get rid of transmigration of the soul, to avoid the cycle of repeated births and deaths by performing noble and good deeds and by pondering over the pious name of the Almighty Lord.

rehras sahib in english: **Guru Nanak's Asa Di Var** Mohinder Kaur Kapoor, Sukhbir Singh Kapoor, Nānak, Sukhbir Singh Kapoor, Mohinder Kaur Kapoor, 2004

rehras sahib in english: Guru Granth Sahib - An Advance Study Volume-I Sukhbir S Kapoor, 2005

rehras sahib in english: HOLY SERMONS OF KIRTAN SOHILA SAHIB , 2022-05-29 After going through this holy book "Holy Verses of Kirtan Sohila Sahib", the feelings of true devotion, true faith and true love for the Almighty God who is the Creator of all and everything will be created and developed both into your minds and hearts. The goal or main objective of the human life is only to have union with the Supreme Soul and to attain the salvation. The human life is provided to a person by the Lord so that he or she may make efforts to get rid of transmigration of the soul, to avoid the cycle of repeated births and deaths by performing noble and good deeds and by pondering over the pious name of the Almighty Lord.

rehras sahib in english: Japji Sahib Jaspal Singh, 2021-09-18 Japji Sahib, the first Bani in Sri Guru Grant Sahib, holds the key to the entire Sikh philosophy. It has been translated by many scholars into various languages, especially in English. Each translation has contributed towards spreading the message of Gurbani beyond the lingual bounds. The uniqueness of the present translation is that the verse composition is translated using English and French meters, observing rhyme. The footnotes have been provided at various places by the editor to make the readers understand the relation between the signifier and the signified as translation has its own limitations.

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rehras sahib in english: IDEAL HUSBAND SARDAR PARAMJIT SINGH, 2021-08-02 These days most of the couples in every part of the universe are leading a stressful and quarrelsome life. Most of them are facing marital discord. They fail to enjoy their married life and their expectations are not fulfilled and they are frustrated with their married life. As a result the families are being broken. Their marriages end in divorces. They have no regard for the marriage. They fail to understand and convince their spouses. I hope this book will create and develop the feelings of devotion, faith and love for the marriage and for the spouse. They will start to adjust themselves with the situations and the circumstances. They will start to understand their life partners and begin to .live long partnership with the spouses

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provided to a person by the Lord so that he or she may make efforts to get rid of transmigration of the soul, to avoid the cycle of repeated births and deaths by performing noble and good deeds and by pondering over the pious name of the Almighty Lord. In this way one may achieve one's goal of life and one may make his or her life a successful one.

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The Story Behind Van Morrison's 'Someone Like You' Song In this post, we'll explore the story behind Van Morrison's 'Someone Like You' song, diving into its lyrical meaning, its place in Morrison's career, and its enduring impact on

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Van Morrison - Someone Like You Lyrics | "Someone Like You" is a song written by Northern Irish singer and songwriter Van Morrison and recorded on his seventeenth studio album, *Poetic Champions Compose* (1987)

Van Morrison - Someone Like You (2024) Lyrics - Genius Someone Like You (2024) Lyrics: I've been searching a long time / Looking for someone exactly like you (Ooh) / I've been travelling all around the world (Ooh) / Waiting for you to come

Someone Like You - Van Morrison - YouTube Someone exactly Like you. I've been travellin' a hard road Lookin' for someone exactly like you I've been carryin' my heavy load Waiting for the light to come Shining through

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