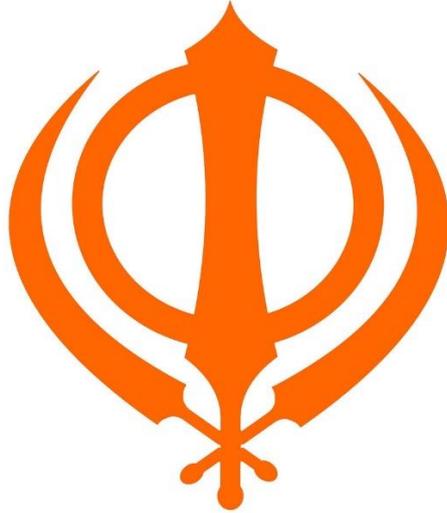


Sikh Prayer

Suffering and Sorrow touch them Not



Shabad "*Dukh Santap Na Lagi*" – Sikh Hymn: "Suffering and Sorrow Touch Them Not"

This hymn of encouragement *Dukh Santap Na Lagi* is composed by Fifth Guru Arjun Dev Ji in Sree Raag and can be found in Guru Granth Sahib.

Guru Nanak stresses that all which exists is contained within One. All is obtained with the reflection of truth and recitation of shabad (the divine word), when realization occurs that everything is One. One develops an understanding of the innate divine relationship through introspection and contemplation of naam . Repeatedly reciting the name of God one who remembers the Divine Enlightener is released from the sorrow and suffering which results from living in a state of separation. Such a life comes to fruit and enjoys all excellences.

(Translated from Gurmuki script)

All things are received if the One is obtained.

The precious gift of this human life becomes fruitful when one recites the True Word.

Through the Enlightener, one who has such destiny written on his forehead enters the Mansion of the Lord's Presence.

O my mind, on the One focus your consciousness.

Without the One, all else is worthless entanglements, emotional attachment to illusory Maya is completely false.

Hundreds of thousands of princely pleasures are enjoyed, if the True Enlightener bestows Grace of His Glance.

If He bestows the Lord's Name for even a moment, my mind and body become cool.

Those who are preordained with such destiny hold tightly to the True Enlightener's Feet.

Fruitful is that moment, and fruitful is that time, when one embraces love for the True Lord.

Suffering and sorrow do not touch those who have the Lord's Name and support.

Grasping their arm, the Guru lifts them up and out, and carries them across to the other side.

Embellished and immaculate is that place where the Saints congregate.

Only that one finds shelter, who has met with the Perfect Guru.