

101 REHATS OF A DISCIPLINED SIKH

1. 5 VICES

REHAT

ਖਾਲਸਾ ਸੋਇ ਪੰਚ ਕੋ ਮਾਰੈ ॥ ਖਾਲਸਾ ਸੋਇ ਭਰਮ ਕਉ ਸਾੜੈ ॥੨੭॥

khaalasa soe pa(n)ch ko maarai || khaalasa soe bharam ko saarrai ||27||

They are the Khalsa who destroy the five evils. They are the Khalsa who burn away delusion.

Thankhaanama Bhai Nand Lal Jee

GURBANI

ਗਿਆਨ ਖੜਗ ਪੰਚ ਦੂਤ ਸੰਘਾਰੇ ਗੁਰਮਤਿ ਜਾਗੈ ਸੋਇ ॥

giaan kharrag pa(n)ch dhooth sa(n)ghaarae guramath jaagai soe ||

With the sword of spiritual wisdom, kill the five demons. Remain awake and aware to the Guru's Teachings.

Page 1413 Guru Amar Daas Jee Salok

2. ALCOHOL

REHAT

ਜੂਆ ਖੇਲੈ ਮਦ ਪੀਵੈ ਸੋ ਨਰਕ ਮੇਂ ਜਾਵੈ ॥

jooaa khaelai madh peevai so narak mae(n) jaavai ||

Those who gamble or drink alcohol will suffer in hell.

Rehatnama Bhai Daya Singh Jee

GURBANI

ਮਾਣਸੁ ਭਰਿਆ ਆਣਿਆ ਮਾਣਸੁ ਭਰਿਆ ਆਇ ॥ ਜਿਤੁ ਪੀਤੈ ਮਤਿ ਦੂਰਿ ਹੋਇ ਬਰਲੁ ਪਵੈ ਵਿਚਿ ਆਇ ॥

ਆਪਣਾ ਪਰਾਇਆ ਨ ਪਛਾਣਈ ਖਸਮਹੁ ਧਕੇ ਖਾਇ ॥ ਜਿਤੁ ਪੀਤੈ ਖਸਮੁ ਵਿਸਰੈ ਦਰਗਹ ਮਿਲੈ ਸਜਾਇ ॥

ਝੂਠਾ ਮਦੁ ਮੂਲਿ ਨ ਪੀਚਈ ਜੇ ਕਾ ਪਾਰਿ ਵਸਾਇ ॥

maanas bhariaa aaniaa maanas bhariaa aae || jith peethai math dhoor hoe baral pavai
vich aae || aapanaa paraaeiaa n pashhaanee khasamahu dhakae khaae || jith peethai
khasam visarai dharageh milai sajaae || jhoot(h)aa madh mool n peechee jae kaa paar
vasaae ||

**One person brings a full bottle, and another fills his cup. Drinking the wine, his
intelligence departs, and madness enters his mind; he cannot distinguish between his
own and others, and he is struck down by his Lord and Master. Drinking it, he forgets h**

Page 554 Guru Amar Daas Jee Salok

3. ALWAYS REMAIN IN THE TRUE SANGAT

REHAT

ਪ੍ਰਾਤਕਾਲ ਸਤਸੰਗ ਨ ਜਾਵੈ ਤਨਖਾਹਦਾਰ ਵਹ ਵਡਾ ਕਹਾਵੈ ॥

praathakaal sathasa(n)g n jaavai thanakhaahadhaar veh vaddaa kehaavai ||

Those who do not attend the Holy congregation daily remain in debt for their great sins.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਜਿਨਿ ਹਰਿ ਧਿਆਇਆ ਤਿਸ ਨੋ ਸਰਬ ਕਲਿਆਣ ਹੋਏ ਨਿਤ ਸੰਤ ਜਨਾ ਕੀ ਸੰਗਤਿ ਜਾਇ ਬਹੀਐ ਮੁਹੁ
ਜੋੜੀਐ ॥

jini har dhiaaeiaa this no sarab kaliaan hoeae nith sa(n)th janaa kee sa(n)gath jae
beheeai muhu jorreeai ||

**One who meditates on the Lord obtains all pleasures and comforts; let us go each and
every day, to sit in the Saints' Society.**

Page 550 Guru Amar Daas Raag Bihaagraa

4. ASSOCIATION WITH THE FAITHLESS

REHAT

ਮੀਣਾ ਔਰ ਮਸੰਦੀਆ ਮੋਨਾ ਕੁੜੀ ਜੋ ਮਾਰ ਹੋਇ ਸਿਖ ਵਰਤਨ ਕਰਹਿ ਅੰਤ ਕਰੇਗਾ ਖੁਆਰ ॥੬॥

meenaa aar masa(n)dheea monaa kurree jo maar hoe sikh varathan karehi a(n)th
karaegaa khuaar ||6||

Meenaas, Masandhs, those with haircuts and those who kill their daughters; If a Sikh associates with them, he will not be united with the Lord and will suffer at the time of death.

Thankhaanama Bhai Nand Laal Jee

GURBANI

ਝੂਠੈ ਕੀ ਰੇ ਝੂਠੁ ਪਰੀਤਿ ਛੁਟਕੀ ਰੇ ਮਨ ਛੁਟਕੀ ਰੇ ਸਾਕਤ ਸੰਗਿ ਨ ਛੁਟਕੀ ਰੇ ॥੧॥ ਰਹਾਉ ॥

jhoot(h)ai kee rae jhoot(h) pareeth shhuttakee rae man shhuttakee rae saakath sa(n)g n shhuttakee rae ||1|| rehaao ||

Turn away, O my mind, turn away. Turn away from the faithless cynic. False is the love of the false one; break the ties, O my mind, and your ties shall be broken. Break your ties with the faithless cynic. ||1||Pause||

Page 535 Guru Arjan Dev Jee Raag Dev Gandhaaree

5. AVOID APOSTATES

REHAT

ਜੇ ਕੁਰਹਿਤੀਏ ਜਗ ਦਰਸਾਵਤ ਪਾਹੁਲ ਪੀਇ ਕੁਕਰਮ ਕਮਾਵਤ ॥ ਤਿਨ ਸੋਂ ਵਰਤਣ ਨਾਹਿੰ ਮਿਲਾਵੈ ਰਹਿ ਨਿਰਲੇਖ ਪਰਮ ਸੁਖ ਪਾਵੈ ॥

jae kurehitheeeeae jag dharasaavath paahul peee kukaram kamaavath || thin so(n) varathan naahi(n) milaavai rehi niralaep param sukh paavai ||

Those who after taking Amrit but commit a cardinal sin; Their company should be avoided (until they retake Amrit) to maintain the Guru's blessings.

Rehatnama Bhai Desa Singh

GURBANI

ਜ ਸਤਿਗੁਰ ਨੋ ਮਿਲਿ ਮੰਨੇ ਸੁ ਹਲਤਿ ਪਲਤਿ ਸਿਝੈ ਜਿ ਵੇਮੁਖੁ ਹੋਵੈ ਸੁ ਫਿਰੈ ਭਰਿਸਟ ਥਾਨੁ ॥

j sathigur no mil ma(n)nae s halath palath sijhai j vaemukh hovai s firai bharisatt thhaan ||

One who meets with, and believes in the True Guru, is embellished here and hereafter.

Whoever turns his back on the Guru and becomes baymukh, shall wander in cursed and evil places.

Page 853 Guru Amar Daas Jee Raag Bilaaval

6. AVOID THE COMPANY OF THE FAITHLESS

REHAT

ਨਮਰ ਸੁਭਾਵ ਨ ਕਬਹੂੰ ਤਿਆਗੇ ॥ ਦੁਰਜਨ ਦੇਖ ਦੂਰ ਤੇ ਭਾਗੇ ॥

namar subhaav n kabehoo(n) thiaagae || dhurajan dhaekh dhoor thae bhaagae ||

He never abandons humility. He forever avoids crossing paths with faithless cynics.

Rehatnama Bhai Desa Singh

GURBANI

ਕਬੀਰ ਸਾਕਤ ਸੰਗੁ ਨ ਕੀਜੀਐ ਦੂਰਹਿ ਜਾਈਐ ਭਾਗਿ ॥ ਬਾਸਨੁ ਕਾਰੋ ਪਰਸੀਐ ਤਉ ਕਛੁ ਲਾਗੈ ਦਾਗੁ
॥੧੩੧॥

kabeer saakath sa(n)g n keejeeai dhoorehi jaaeeai bhaag || baasan kaaro paraseeai tho
kashh laagai dhaag ||131||

Kabeer, do not associate with the faithless cynics; run far away from them. If you touch a vessel stained with soot, some of the soot will stick to you. ||131||.

Page 1371 Bhagat Kabeer Jee

7. AWAKE EARLY AND REMEMBER VAHEGURU

REHAT

ਗੁਰਸਿਖ ਰਹਿਤ ਸੁਨਹੁ ਹੇ ਮੀਤ ਪਰਭਾਤੇ ਉਠ ਕਰ ਹਿਤ ਚੀਤ ॥

gurasikh rehith sunahu hae meeth parabhaathae out(h) kar hith cheeth ||

Listen Sikh of the Guru, to the code of discipline. Awake at the Ambrosial hours and focus your attention on the Lord.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਫਰੀਦਾ ਪਿਛਲ ਰਾਤਿ ਨ ਜਾਗਿਓਹਿ ਜੀਵਦੜੋ ਮੁਇਓਹਿ ॥ ਜੇ ਤੈ ਰਬੁ ਵਿਸਾਰਿਆ ਤ ਰਬਿ ਨ ਵਿਸਰਿਓਹਿ
॥੧੦੭॥

fareedhaa pishhal raath n jaagiouhi jeevadharro mueiouhi || jae thai rab visaariaa th rab
n visariouhi ||107||

Fareed, if you do not awaken in the early hours before dawn, you are dead while yet
alive. Although you have forgotten God, God has not forgotten you. ||107||

Page 1383 Bhagat Sheikh Fareed Jee

8. BOWING TO ANOTHER AUTHORITY

REHAT

ਟੋਪੀ ਦੇਖਿ ਨਿਵਾਵਹਿ ਸੀਸ ॥ ਸੋ ਸਿਖ ਨਰਕੀ ਬਿਸਵੈ ਬੀਸ ॥

ttopee dhaekh nivaavehi sees || so sikh narakee bisavai bees ||

Those who bow to anyone of a worldly commanding post will wind up in hell..

Thankhaanama Bhai Nand Laal Jee

GURBANI

ਸਭਿ ਤੁਝ ਹੀ ਥਾਵਹੁ ਮੰਗਦੇ ਮੇਰੇ ਸਾਹਾ ਤੂ ਸਭਨਾ ਕਰਹਿ ਇਕ ਦਾਤਿ ॥੨॥ ਸਭੁ ਕੋ ਤੁਝ ਹੀ ਵਿਚਿ ਹੈ ਮੇਰੇ
ਸਾਹਾ ਤੁਝ ਤੇ ਬਾਹਰਿ ਕੋਈ ਨਾਹਿ ॥

sabh thujh hee thhaavahu ma(n)gadhae maerae saahaa thoo sabhanaa karehi eik
dhaath ||2|| sabh ko thujh hee vich hai maerae saahaa thujh thae baahar koe naahi ||

Everyone begs of You, O my King; You alone give gifts to all. ||2|| All are under Your
Power, O my King; none at all are beyond You.

Page 670 Guru Raam Daas Jee Raag Dhanaasree

9. BREAK WORLDLY BONDS

REHAT

ਖਾਲਸਾ ਸੋਇ ਨਾਮ ਸਿਉਂ ਜੋੜਹਿ ॥ ਖਾਲਸਾ ਸੋਇ ਬੰਧਨ ਕਉ ਤੋੜਹਿ ॥੩੦॥

khaalasaa soe naam siou(n) jorrehi || khaalasaa soe ba(n)dhhan ko thorrehi ||30||

They are the Khalsa who remain attached to the True Naam. They are the Khalsa who break away their worldly bonds.

Thankhaanama Bhai Nand Laal Jee

GURBANI

ਹਉਮੈ ਮਾਰਿ ਬੰਧਨ ਸਭ ਤੋੜੈ ਗੁਰਮੁਖਿ ਸਬਦਿ ਸੁਹਾਵਣਿਆ ॥੧॥

houmai maar ba(n)dhhan sabh thorrai guramukh sabadh suhaavaniaa ||1||

Subduing egotism, they break all their bonds; as Gurmukh, they are adorned with the Word of the Shabad. ||1||.

Page 124 Guru Amar Daas Jee Raag Maajh

10. BREAKING AWAY FROM GURU'S ORDERS

REHAT

ਗੁਰ ਬਚਨ ਸਿਉ ਤੂਟਾ ਜਾਇ ॥ ਦਰਗਹਿ ਤਾਂਕਉ ਮਿਲੈ ਸਜਾਇ॥੧੫॥

gur bachan sio thootaa jaae || dharagehi thaa(n)ko milai sajaaei||15||

Those who turn away from their responsibility to accept the Guru's orders will receive punishment in God's Court.

Thankhaanama Bhai Nand Laal Jee

GURBANI

ਸਤਗੁਰ ਤੇ ਜੋ ਮੁਹ ਫੇਰਹਿ ਮਥੇ ਤਿਨ ਕਾਲੇ ॥ ਅਨਦਿਨੁ ਦੁਖ ਕਮਾਵਦੇ ਨਿਤ ਜੋਹੇ ਜਮ ਜਾਲੇ ॥

sathagur thae jo muh faerehi mathhae thin kaalae || anadhin dhukh kamaavadhae nith johae jam jaalae ||

Those who turn their faces away from the True Guru shall have their faces blackened. Night and day, they suffer in pain; they see the noose of Death always hovering above them.

Page 29 Guru Amar Daas Jee Raag Sri Raag

11. BUJJAR KUREHAT - CARDINAL SINS

REHAT

ਕੁੱਠਾ ਹੁੱਕਾ ਚਰਸ ਤਮਾਕੂ ॥ ਗਾਂਜਾ ਟੋਪੀ ਤਾੜੀ ਖਾਕੂ ॥ ਇਨ ਕੀ ਓਰ ਨ ਕਬਹੂ ਦੇਕੈ ॥ ਰਹਿਤਵੰਤ ਸੋ ਸਿੰਘ
ਵਿਸੇਖੈ ॥

kut(h)aa hukaa charas thamaakoo || gaa(n)jaa ttopee thaarree khaakoo || ein kee our n
kabehoo dhaekai || rehithava(n)th so si(n)gh visaekhai ||

Meat, opium, drugs and tobacco. Ganja, wearing hats, another's woman and alcohol.

He who never even gazes at these evils. Recognise them as my disciplined Singh.

Rehatnama Bhai Desa Singh

GURBANI

ਸੀਲੁ ਸੰਜਮੁ ਸੁਚ ਭੰਨੀ ਖਾਣਾ ਖਾਜੁ ਅਹਾਜੁ ॥

seel sa(n)jam such bha(n)nee khaanaa khaaj ahaaj ||

**Humility, self-control and purity have run away; people eat the uneatable, forbidden
food.**

Page 1243 Guru Nanak Dev Ji

12. CARING FOR THE NEEDY

REHAT

ਖਾਲਸਾ ਸੋ ਨਿਰਧਨ ਕੋ ਪਾਲੈ ॥

khhaalasaa so niradhhan ko paalai ||

He is the Khalsa who nurtures the deprived and poor.

Thankhaanama Bhai Nand Laal Jee

GURBANI

ਗੁਰਮੁਖਿ ਨਾਮੁ ਦਾਨੁ ਇਸਨਾਨੁ ॥

guramukh naam dhaan eisanaan ||

The Gurmukh is blessed with the Name, charity and purification.

Page 942 Guru Nanak Dev Ji Raag Raamkalee

13. CELEBRATE GURPURABS

REHAT

ਦਸਮੀ ਆਦਿ ਗੁਰੂ ਦਿਨ ਜੇਤੇ ਪੁਰਬ ਸਮਾਨ ਕਹੇ ਹੈਂ ਤੇਤੇ ॥ ਤਿਨ ਮੇਂ ਕਛੁ ਪਰਸਾਦ ਬਨਾਵੈ ਕਰ ਕੜਾਹ
ਖਾਲਸੇ ਖੁਆਵੈ ॥

dhasamee aadh guroo dhin jaethae purab samaan kehae hai(n) thaethae || thin mae(n)
kashh parasaadh banaavai kar karraah khhaalasaee khuaavai ||

**When a recognised Gurpurab day comes One should make the sacred Parshaad and
give it to fellow Sikhs.**

Rehatnama Bhai Desa Singh

GURBANI

ਭਾਇ ਭਗਤ ਗੁਰਪੁਰਬ ਕਰ ਨਾਮ ਦਾਨ ਇਸ਼ਨਾਨ ਦ੍ਰਿੜਾਯਾ॥

bhaae bhagath gurapurab kar naam dhaan eishanaan dhrirraayaa||

**Now being full of loving devotion they celebrate the gurprubs (anniversaries of the
Gurus) and their acts of remembrance of God, charity and holy ablutions, inspire
others also.**

Vaar 1 Bhai Gurdaas Jee

14. CLEAN YOUR TEETH DAILY

REHAT

ਦਾਤਨ ਨੀਤ ਕਰੇਇ ਨਾ ਦੁਖ ਪਾਵੈ ਲਾਲ ਜੀ ॥

dhaathan neeth karaee naa dhukh paavai laal jee ||

Clean your teeth daily and you will not be affected by any pain.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਨਾਮੁ ਦਾਨੁ ਇਸ਼ਨਾਨੁ ਦ੍ਰਿੜੁ ਹਰਿ ਭਗਤਿ ਸੁ ਜਾਗੇ ॥੨॥

naam dhaan eisanaan dhrirr har bhagath s jaagae ||7||

They hold fast to the Naam, to charity, to cleansing and purification; they remain awake in devotion to the Lord. ||7||

Page 418 Guru Nanak Dev Jee Raag Aasaa

15. CLEANSING BEFORE READING BANI

REHAT

ਗੁਰੂ ਕਾ ਸਿਖ ਪਾਠ ਕਰਨ ਬੈਠੇ ਗੁੰਥ ਜੀ ਦਾ ਸੁਚੇਤ ਹੋਇ ਕੇ ਭੈਠੇ ॥ ਨੱਕ ਪਿੰਡਾ ਖੁਰਕ ਕੇ ਹੱਥ ਧੋਇ ਲਏ
guroo kaa sikh paat(h) karan bait(h)ae gra(n)thh jee dhaa suchaeth hoe kae bhait(h)ae
|| naak pi(n)ddaa khurak kae haathh dhoe leae

The Sikh of the Guru should wash their body, face and hands before sitting at the GuruGranth Sahib to read Bani.

Rehatnama Bhai Chaupaa Singh Jee

GURBANI

ਨਿਰਮਲ ਭਗਤਿ ਹੈ ਨਿਰਾਲੀ ॥ ਮਨੁ ਤਨੁ ਧੋਵਹਿ ਸਬਦਿ ਵੀਚਾਰੀ ॥ ਅਨਦਿਨੁ ਸਦਾ ਰਹੈ ਰੰਗਿ ਰਾਤਾ ਕਰਿ
ਕਿਰਪਾ ਭਗਤਿ ਕਰਾਇਦਾ ॥੬॥

niramal bhagath hai niraalee || man than dhovehi sabadh veechaaree || anadhin
sadhaa rehai ra(n)g raathaa kar kirapaa bhagath karaaeidhaa ||6||

Pure and unique is devotional worship. The mind and body are washed clean, contemplating the Shabad. One who remains forever imbued with His Love, night and day - in His Mercy, the Lord inspires him to perform devotional worship service. ||6||

Page 1059 Guru Amar Daas Jee Raag Maaroo

16. COMB YOU HAIR TWICE DAILY

REHAT

ਕੰਘਾ ਦੋਨੋ ਵਕਤ ਕਰ ਪਾਗ ਚੁਨੈ ਕਰ ਬਾਂਧਈ ॥

ka(n)ghaa dhono vakath kar paag chunai kar baa(n)dhhee ||

Comb your hair twice a daily and re-tie your turban each time you wear it.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਨਾਤਾ ਸੋ ਪਰਵਾਣੁ ਸਚੁ ਕਮਾਈਐ ॥

naathaa so paravaan sach kamaaeai ||

One's cleansing bath is only approved, if he practices Truth.

Page 565 Guru Nanak Dev Jee Raag Vadans

17. DELUSION WITHOUT REHAT

REHAT

ਰਹਤ ਬਿਨਾ ਜਗ ਮੋ ਭਰਮਾਈ ॥ ਰਹਤ ਬਿਨਾ ਨਰ ਨਰਕੇ ਜਾਈ ॥੮੮॥

rehath binaa jag mo bharamaaee || rehath binaa nar narakae jaaee ||88||

Without discipline the whole world remains deluded. Without discipline they will go to hell.

Rehatnama Bhai Desa Singh

GURBANI

ਦੂਜੈ ਭਾਇ ਭਰਮਿ ਵਿਗੁਤੀ ਮਨਮੁਖਿ ਮੋਹੀ ਜਮਕਾਲਿ ॥ ਕਹੈ ਨਾਨਕੁ ਸੁਣਿ ਮਨ ਮੇਰੇ ਤੂ ਸਦਾ ਸਚੁ ਸਮਾਲਿ ॥੧॥

dhoojai bhaae bharam viguthee manamukh mohee jamakaal || kehai naanak sun man maerae thoo sadhaa sach samaal ||1||

The love of duality and doubt have ruined the self-willed manmukh, who is lured away by the Messenger of Death. Says Nanak, listen, O my mind: contemplate the True Lord forever. ||1||

Page 569 Guru Amar Daas Jee Raag Vadans

18. DESTROY THE TYRANNICAL ENEMY

REHAT

ਖ਼ਾਲਸਾ ਸੋਇ ਦੁਸ਼ਟ ਕਉ ਗਾਲੈ ॥

khhaalasaa soe dhushatt ko gaalai ||

He is the Khalsa who destroys the tyrant enemy.

GURBANI

ਧੰਨ ਜਣੇਂਦੀ ਮਾਉਂ ਜੋਧਾ ਜੋਧੀਐ ॥੧੦॥

dhha(n)n janae(n)adhee maaou(n) jodhhaa jodhheeai ||aa||

Blest is the mother of a gurmukh who has given birth to him and the gurmukh is the best among warriors.

Vaar 19 Bhai Gurdaas Ji

19. DINING WITH THE FAITHLESS

REHAT

ਕੁੜੀਮਾਰ ਮਸੰਦ ਜੋ ਮੀਣੇ ਕਾ ਪ੍ਰਸਾਦਿ ਲਏ ਜੁ ਇਨ ਕੇ ਹਾਥ ਕਾ ਜਨਮ ਗਵਾਵਹਿ ਬਾਦ॥੨੦॥

kurreemaar masa(n)dh jo meenae kaa prasaadh leae j ein kae haathh kaa janam gavaavehi baadha||20||

Do not eat food made by those who are excommunicated from the Panth The life of those who take from their hands will go avail.

Rehatnama Bhai Desa Singh

GURBANI

ਚੋਰਾ ਜਾਰਾ ਰੰਡੀਆ ਕੁਟਣੀਆ ਦੀਬਾਣੁ ॥ ਵੇਦੀਨਾ ਕੀ ਦੋਸਤੀ ਵੇਦੀਨਾ ਕਾ ਖਾਣੁ ॥ ਸਿਫਤੀ ਸਾਰ ਨ ਜਾਣਨੀ ਸਦਾ ਵਸੈ ਸੈਤਾਨੁ ॥

choraa jaaraa ra(n)ddeaaa kuttaneeaa dheebaan || vaedheenaa kee dhosathee vaedheenaa kaa khaan || sifathee saar n jaananee sadhaa vasai saithaan ||

Thieves, adulterers, prostitutes and pimps, make friendships with the unrighteous, and eat with the unrighteous. They do not know the value of the Lord's Praises, and Satan is always with them.

20. DISCRIMINATING WHEN DISTRIBUTING PARSHAAD

REHAT

ਜੇ ਪ੍ਰਸਾਦ ਕੋ ਬਾਂਟ ਹੈ ਮਨ ਮੇ ਧਾਰੇ ਲੋਭ ॥ ਕਿਸ ਥੋੜਾ ਕਿਸ ਅਗਲਾ ਸਦਾ ਰਹੈ ਤਿਸ ਸੋਗ ॥

jo prasaadh ko baa(n)tt hai man mae dhhaarae lobh || kis thhorraa kis agalaa sadhaa rehai this sog ||

If while distributing Kraah Parshaad one discriminates and becomes greedy. Giving some more than others they will forever receive unhappiness.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਏਕ ਦ੍ਰਿਸਟਿ ਸਭ ਸਮ ਕਰਿ ਜਾਣੈ ਨਦਰੀ ਆਵੈ ਸਭੁ ਬ੍ਰਹਮੁ ਪਸਰਈਆ ॥੭॥

eaek dhrisatt sabh sam kar jaanai nadharee aavai sabh breham pasareeaa ||7||

With a single, impartial eye, look upon all alike, and see God pervading all. ||7||

Page 833 Guru Raam DaasJee Raag Bilaaval

21. DISHONEST LIVELIHOOD, GREED AND CORRUPTION

REHAT

ਗੋਲਕ ਰਾਖੈ ਨਾਹਿ ਜੋ ਛਲ ਕਾ ਕਰੈ ਵਪਾਰ ॥ ਕਹੈ ਗੋਬਿੰਦ ਸਿੰਘ ਲਾਲ ਜੀ ਭੋਗੈ ਨਰਕ ਹਜ਼ਾਰ ॥

golak raakhai naahi jo shhal kaa karai vapaar || kehai gobi(n)dh si(n)gh laal jee bhogai narak hazaar ||

Those who do not give one tenth of their earning to the Guru and earn a living of deceit and corruption. Listen carefully Nand Lal as Guru Gobind Singh speaks, they will suffer thousands of hells at death.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਲਾਲਚ ਝੂਠ ਬਿਕਾਰ ਮਹਾ ਮਦ ਇਹ ਬਿਧਿ ਅਉਧਿ ਬਿਹਾਨਿ ॥ ਕਹਿ ਕਬੀਰ ਅੰਤ ਕੀ ਬੇਰ ਆਇ ਲਾਗੋ ਕਾਲੁ ਨਿਦਾਨਿ ॥੨॥੫॥

laalach jhoot(h) bikaar mehaa madh eih bidhh aoudhh bihaan || kehi kabeer a(n)th kee

baer aae laago kaal nidhaan ||2||5||

You are engrossed in greed, falsehood, corruption and great arrogance. Your life is passing away. Says Kabeer, at the very last moment, death will come and seize you, you fool! ||2||5||

Page 1124 Bhagat Kabeer Jee Raag Kaydhaaraa

22. DISTRIBUTING FOOD WITHOUT REHAT

REHAT

ਲਗੇ ਦਿਵਾਨ ਮੂਲ ਨ ਜਾਵੈ ਰਹਿਤ ਬਿਨਾ ਪ੍ਰਸਾਦ ਬ੍ਰਾਠਾਵੈ ॥

lagae dhivaan mool n jaavai rehith binaa prasaadh brathaavai ||

Sinful are those who show disrespect while in the Divaan; sinful are those who distribute food or Parshaad in the Gurdwara without living a life according to the code of conduct.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਮਨਮੁਖ ਕਥਨੀ ਹੈ ਪਰੁ ਰਹਤ ਨ ਹੋਈ ॥

manamukh kathhanee hai par rehath n hoee ||

The self-willed manmukh talks about it, but does not practice it.

Page 831 Guru Nanak Dev Jee Raag Bilaaval

23. DO NOT BACKBITE

REHAT

ਚੁਗਲੀ ਕਰ ਜੋ ਕਾਜ ਬਿਗਾਰੈ ਪ੍ਰਿਗ ਤਿਸ ਜਨਮ ਜੁ ਧਰਮ ਬਿਸਾਰੈ ॥

chugalee kar jo kaaj bigarai dhhrig this janam j dharam bisaarai ||

Those who back-bite and ruin their lives are cursed and have wasted their lives by abandoning righteousness.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਹਰਿ ਕੀ ਵਡਿਆਈ ਵਡੀ ਹੈ ਜਾ ਨ ਸੁਣਈ ਕਹਿਆ ਚੁਗਲ ਕਾ ॥

har kee vaddiaaee vaddee hai jaa n sunee kehiaa chugal kaa ||

Great is the Greatness of the Lord; He does not hear the words of the back-biters.

Page 84 Guru Amar Daas Raag Sri Raag

24. DO NOT EAT BEFORE NITNEM

REHAT

ਠੰਡੇ ਪਾਣੀ ਜੋ ਨਹਿ ਨੁਵੈ ਬਿਨ ਜਪ ਪੜ੍ਹੇ ਪ੍ਰਸਾਦ ਜੁ ਖਾਵੈ ॥

t(h)a(n)ddae paanee jo nehi nhaavai bin jap parrhae prasaadh j khaavai ||

Those who do not take their morning bath in cold water and those who eat before their Nitnem infringe the Rehat.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਹਰਿ ਪੂਜੀ ਚਾਹੀ ਨਾਮੁ ਬਿਸਾਹੀ ਗੁਣ ਗਾਵੈ ਗੁਣ ਭਾਵੈ ॥ ਨੀਦ ਭੂਖ ਸਭ ਪਰਹਰਿ ਤਿਆਗੀ ਸੁੰਨੇ ਸੁੰਨਿ ਸਮਾਵੈ ॥

har poojee chaahee naam bisaahee gun gaavai gun bhaavai || needh bhookh sabh parehar thiaagee su(n)nae su(n)n samaavai ||

I seek the wealth of the Lord, to purchase the Naam; I sing and love the Glorious Praises of the Lord. I have totally renounced sleep and hunger, and through deep meditation, I am absorbed into the Absolute Lord.

Page 442 Guru Raam Daas Raag Aasaa

25. DO NOT GAMBLE

REHAT

ਨਿੰਦਾ ਜੁਆ ਹਿਰੈ ਜੁ ਮਾਲ ਮਹਾਂ ਦੁਖਾਵੈ ਤਿਸ ਕੋ ਕਾਲ ॥

ni(n)dhaa jooaa hirai j maal mehaa(n) dhukhaavai this ko kaal ||

Those who slander, gamble and remain deceitful will receive a painful death.

GURBANI

ਕਹਿ ਕਬੀਰ ਕਿਛੁ ਗੁਨੁ ਬੀਚਾਰਿ ॥ ਚਲੇ ਜੁਆਰੀ ਦੁਇ ਹਥ ਝਾਰਿ ॥੪॥੨॥

kehi kabeer kishh gun beechaar || chalae juaaree dhue hathh jhaar ||4||2||

Says Kabeer, think of doing some good deeds. In the end, the gambler shall depart empty-handed. ||4||2||

Page 1157 Bhagat Kabeer Jee Raag Bhairo

26. DO NOT HURT ANOTHER SOUL

REHAT

ਖਲਕ ਖਾਲਿਕ ਕੀ ਜਾਨ ਕੈ ਖਲਕ ਦੁਖਾਵੈ ਨਾਹਿ ਖਲਕ ਦੁਖੈ ਜੋ ਨੰਦ ਜੀ ਖਾਲਿਕ ਕੋਪੈ ਤਾਹਿ ॥

khhalak khhaalik kee jaan kai khhalak dhukhaavai naahi khhalak dhukhai jo na(n)dh jee khhaalik kopai thaahi ||

Recognising the world as the Creator's he does not hurt another soul. Those who give pain the creation receive pain from the Creator.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਇਕੁ ਫਿਕਾ ਨ ਗਾਲਾਇ ਸਭਨਾ ਮੈ ਸਚਾ ਧਣੀ ॥ ਹਿਆਉ ਨ ਕੈਹੀ ਠਾਹਿ ਮਾਣਕ ਸਭ ਅਮੋਲਵੇ ॥੧੨੯॥

eik fikaa n gaalaae sabhanaa mai sachaa dhhanee || hiaao n kaihee t(h)aahi maanak sabh amolavae ||129||

Do not utter even a single harsh word; your True Lord and Master abides in all. Do not break anyone's heart; these are all priceless jewels. ||129||.

Page 1384 Bhagat Sheikh Fareed Jee

27. DO NOT SELL GURBANI

REHAT

ਗੁਰੂ ਕਾ ਸਿਖ ਪੋਥੀ ਲਿਖ, ਪੜ੍ਹਕੇ ਵੇਚੇ ਨਾਹੀ

guroo kaa sikh pothhee likha parrhakaee vaechae naahee

The Sikh of the Guru should never write or read Gurbani with the intention of selling it.

Rehatnama Bhai Chaupaa Singh Jee

GURBANI

ਪ੍ਰਿਗੁ ਤਿਨਾ ਕਾ ਜੀਵਿਆ ਜਿ ਲਿਖਿ ਲਿਖਿ ਵੇਚਹਿ ਨਾਉ ॥

dhhrig thinaa kaa jeeviaa j likh likh vaechehi naao ||

Cursed are the lives of those who read and write the Lord's Name to sell it.

Page 1245 Guru Nanak Dev Jee Salok

28. DO NOT SLANDER OTHER FAITHS

REHAT

ਜਗਤ ਮਾਂਹਿ ਹੈ ਪੰਥ ਸੁ ਜੇਤੇ ਕਰੈ ਨਿੰਦ ਨਹਿ ਕਬਹੂੰ ਤੇਤੇ ॥

jagath maa(n)hi hai pa(n)thh s jaethae karai ni(n)dh nehi kabehoo(n) thaethae ||

He never slanders any other faith or religion of the world.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਬੇਦ ਕਤੇਬ ਕਹਹੁ ਮਤ ਝੂਠੇ ਝੂਠਾ ਜੋ ਨ ਬਿਚਾਰੈ ॥

baedh kathaeb kehahu math jhoot(h)ae jhoot(h)aa jo n bichaarai ||

Do not say that the Vedas, the Bible and the Koran are false. Those who do not contemplate them are false.

Page 1350 Bhagat Kabeer Jee Raag Prabhaathee

29. DO NOT SLEEP WITHOUT READING BANI

REHAT

ਬਿਨ ਰਹਿਰਾਸ ਸਮਾਂ ਜੋ ਖੋਵੈ ਕੀਰਤਨ ਪੜ੍ਹੇ ਬਿਨਾ ਜੋ ਸੋਵੈ ॥

bin rehiraas samaa(n) jo khovai keerathan parrhae binaa jo sovai ||

Those who waste the evening without reading 'Rehraas' and sleep without hearing the praises of the Lord (Sohilaa). infringe the Rehat.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਅਨਦਿਨੁ ਭੋਗੇ ਭੋਗੇ ਸੁਖਿ ਸੋਵੈ ਸਬਦਿ ਰਹੈ ਲਿਵ ਲਾਏ ॥

anadhin bhog bhogae sukh sovai sabadh rehai liv laaeae ||

Night and day, they enjoy enjoyments, and they sleep in peace; they remain lovingly absorbed in the Word of the Shabad.

Page 774 Guru Raam Daas Raag Soohee

30. DO NOT SWEAR

REHAT

ਗੁਰੂ ਕਾ ਸਿਖ ਗੰਦ-ਵਾਕੀ ਨਾ ਹੋਵੈ

guroo kaa sikh ga(n)dhaavaakee naa hovai

The Sikh of the Guru should never speak disgusting speech.

Rehatnama Bhai Chaupaa Singh Jee

GURBANI

ਨਾਨਕ ਫਿਕੈ ਬੋਲਿਐ ਤਨੁ ਮਨੁ ਫਿਕਾ ਹੋਇ ॥

naanak fikai boliai than man fikaa hoe ||

O Nanak, speaking insipid words, the body and mind become insipid.

Page 473 Guru Nanak Dev Jee Raag Aasaa

31. DO NOT WASTE THE EVENING

REHAT

ਬਿਨ ਰਹਿਰਾਸ ਸਮਾਂ ਜੋ ਖੋਵੈ ਕੀਰਤਨ ਪੜ੍ਹੇ ਬਿਨਾ ਜੋ ਸੋਵੈ ॥

bin rehiraas samaa(n) jo khovai keerathan parrhae binaa jo sovai ||

Those who waste the evening without reading 'Rehraas' and sleep without hearing the praises of the Lord (Sohilaa). infringe the Rehat.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਜੋ ਦੀਸੈ ਮਾਇਆ ਮੋਹ ਕੁਟੰਬੁ ਸਭੁ ਮਤ ਤਿਸ ਕੀ ਆਸ ਲਗਿ ਜਨਮੁ ਗਵਾਈ ॥

jo dheesai maaeiaa moh kutta(n)b sabh math this kee aas lag janam gavaaee ||

That which you can see, Maya, and all attachment to family - don't place your hopes in them, or your life will be wasted and lost.

Page 859 Guru Raam Daas Raag Gond

32. EATING BEFORE REHRAAS

REHAT

ਪ੍ਰਾਤਾ ਕਾਲ ਗੁਰ ਗੀਤ ਨ ਗਾਵੈ ॥ ਰਹਿਰਾਸ ਬਿਨਾ ਪ੍ਰਸਾਦਿ ਜੋ ਖਾਵੈ॥

praathaa kaal gur geeth n gaavai || rehiraas binaa prasaadh jo khaavai||

Those who do not sing the Guru's Hymn at dawn and those who eat before doing Rehraas are punishable.

Thankhaanama Bhai Nand Laal Jee

GURBANI

ਏਹਾ ਸੰਧਿਆ ਪਰਵਾਣੁ ਹੈ ਜਿਤੁ ਹਰਿ ਪ੍ਰਭੁ ਮੇਰਾ ਚਿਤਿ ਆਵੈ ॥ ਹਰਿ ਸਿਉ ਪ੍ਰੀਤਿ ਊਪਜੈ ਮਾਇਆ ਮੋਹੁ ਜਲਾਵੈ ॥

eaehaa sa(n)dhhiaa paravaan hai jith har prabh maeraa chith aavai || har sio preeth oopajai maaeiaa mohu jalaavai ||

That evening prayer alone is acceptable, which brings the Lord God to my consciousness. Love for the Lord wells up within me, and my attachment to Maya is burnt away.

Page 553 Guru Amar Daas Jee Salok

33. EATING JOOTH

REHAT

ਸੰਨਿਆਸੀ ਬੈਰਾਗੀ ਜੇਵੈ ਔਰ ਉਦਾਸੀ ਯੋਗੀ ਤੇਵੈ ਜੰਗਮ ਵਾਮੀ ਅਵਰ ਜੁ ਕੋਈ ਤਾਂ ਕਾ ਜੁਠਾ ਕਬੀ ਨ ਲੇਈ ॥

sa(n)niaasee bairaagee jaevai aar oudhaasee yogee thaevai ja(n)gam vaamee avar j
koee thaa(n) kaa joot(h)aa kabee n laeee ||

Hermits, renouncers, Udhasis and Yogis; Celibates and other sects and faiths; never eat from the same plate.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਜ ਸਤਿਗੁਰ ਨੋ ਮਿਲਿ ਮੰਨੇ ਸੁ ਹਲਤਿ ਪਲਤਿ ਸਿਝੈ ਜਿ ਵੇਮੁਖੁ ਹੋਵੈ ਸੁ ਫਿਰੈ ਭਰਿਸਟ ਥਾਨੁ ॥

j sathigur no mil ma(n)nae s halath palath sijhai j vaemukh hovai s firai bharisatt thhaan
||

One who meets with, and believes in the True Guru, is embellished here and hereafter. Whoever turns his back on the Guru and becomes baymukh, shall wander in cursed and evil places.

Page 853 Guru Amar Daas Jee Raag Bilaaval

34. EVENING - REHRAAS, KEERTAN AND KATHA

REHAT

ਸੰਧਿਆ ਸਮੈਂ ਸੁਨੈ ਰਹਿਰਾਸ ਕੀਰਤਨ ਕਥਾ ਸੁਨੈ ਹਰਿ ਯਾਸ ॥

sa(n)dhhiaa samai(n) sunai rehiraas keerathan kathaa sunai har yaas ||

In the evening listen the 'Rehraas' and listen to the Keertan and discourses (Katha) of the Lord's praises.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਸਿਮਰਿ ਧਿਆਇ ਗਾਇ ਗੁਨ ਗੋਬਿੰਦ ਦਿਨੁ ਰੈਨਿ ਸਾਝ ਸਵੇਰੈ ॥੧॥ ਰਹਾਉ ॥

simar dhhiaae gaae gun gobi(n)dh dhin rain saajh savaerai ||1|| rehaao ||

Remember Him, meditate on Him, and sing the Glorious Praises of the Lord of the Universe, day and night, evening and morning. ||1||Pause||

Page 530 Guru Arjan Dev Jee Raag Dev Gandhaaree

35. EVIL EYE

REHAT

ਖਾਲਸਾ ਸੋ ਪਰਦ੍ਰਿਸ਼ਟਿ ਤਿਆਗੇ ॥

khhaalasaa so paradhrishatt thiaagae ||

He is the Khalsa who does not take pleasure in gazing upon another's wealth or beauty.

Thankhaanama Bhai Nand Laal Jee

GURBANI

ਅਖੀ ਸੂਤਕੁ ਵੇਖਣਾ ਪਰ ਤ੍ਰਿਅ ਪਰ ਧਨ ਰੂਪੁ ॥

akhee soothak vaekhanaa par thria par dhhan roop ||

The impurity of the eyes is to gaze upon the beauty of another man's wife, and his wealth.

GGG Page 472

36. EVIL SPIRITS (BHOOTHES) WITHOUT STRICT REHAT

REHAT

ਰਹਤ ਬਿਨਾ ਤਨਖਾਹੀ ਜਾਨੋ ॥ ਰਹਤ ਬਿਨਾ ਜੜ੍ਹ ਭੂਤ ਬਖਾਨੋ ॥

rehath binaa thanakhaahee jaano || rehath binaa jarrh bhooth bakhaano ||

Without strict discipline they are punishable. Without strict discipline they are like ghosts.

Rehatnama Bhai Desa Singh

GURBANI

ਕਲਿ ਮਹਿ ਪ੍ਰੇਤ ਜਿਨੀ ਰਾਮੁ ਨ ਪਛਾਤਾ ਸਤਜੁਗਿ ਪਰਮ ਹੰਸ ਬੀਚਾਰੀ ॥ ਦੁਆਪੁਰਿ ਤ੍ਰੇਤੈ ਮਾਣਸ ਵਰਤਹਿ
ਵਿਰਲੈ ਹਉਮੈ ਮਾਰੀ ॥੧॥ ਕਲਿ ਮਹਿ ਰਾਮ ਨਾਮਿ ਵਡਿਆਈ ॥ ਜੁਗਿ ਜੁਗਿ ਗੁਰਮੁਖਿ ਏਕੋ ਜਾਤਾ ਵਿਣੁ ਨਾਵੈ

ਮੁਕਤਿ ਨ ਪਾਈ ॥੧॥ ਰਹਾਉ ॥

kal mehi praeth jinhee raam n pashhaathaa sathajug param ha(n)s beechaaree ||
dhuaapur thraethai maanas varathehi viralai houmai maaree ||1|| kal mehi raam naam
vaddiaaee || jug jug guramukh eaeko jaathaa vin naavai mukath n paaee ||1|| rehaao ||
**In this Dark Age of Kali Yuga, those who do not realize the Lord are goblins. In the
Golden Age of Sat Yuga, the supreme soul-swans contemplated the Lord. In the Silver
Age of Dwaapur Yuga, and the Brass Age of Traytaa Yuga, mankind prevailed, but only
a**

Page 1131 Guru Amar Daas Jee Raag Bhairo

37. FAITH

REHAT

ਗੁਰ ਸ਼ਰਧਾ ਦ੍ਰਿੜ ਭਗਤਿ ਕਮਾਵੈ ॥ ਵਹੀ ਖਾਲਸਾ ਸਦ ਗਤਿ ਪਾਵੈ ॥

gur sharadhhaa dhriir bhagath kamaavai || vehee khaalasa sadh gath paavai ||

**A Sikh should have full faith in their devotional worship. Such a Khalsa is forever
emancipated.**

Rehatnama Bhai Desa Singh

GURBANI

ਮੰਨੈ ਮਾਰਗਿ ਠਾਕ ਨ ਪਾਇ ॥ ਮੰਨੈ ਪਤਿ ਸਿਉ ਪਰਗਟੁ ਜਾਇ ॥ ਮੰਨੈ ਮਗੁ ਨ ਚਲੈ ਪੰਥੁ ॥ ਮੰਨੈ ਧਰਮ ਸੇਤੀ
ਸਨਬੰਧੁ ॥ ਐਸਾ ਨਾਮੁ ਨਿਰੰਜਨੁ ਹੋਇ ॥ ਜੇ ਕੋ ਮੰਨਿ ਜਾਣੈ ਮਨਿ ਕੋਇ ॥੧੪॥

ma(n)nai maarag t(h)aak n paae || ma(n)nai path sio paragatt jaae || ma(n)nai mag n
chalai pa(n)thh || ma(n)nai dharam saethee sanaba(n)dhh || aisaa naam nira(n)jan hoe
|| jae ko ma(n)n jaanai man koe ||14||

**The path of the faithful shall never be blocked. The faithful shall depart with honor and
fame. The faithful do not follow empty religious rituals. The faithful are firmly bound to
the Dharma. Such is the Name of the Immaculate Lord. Only one who has fait**

Page 3 Guru Nanak Dev Jee Japji Sahib

38. FALSE (KUCHEE) BANI

REHAT

ਸਤਿਗੁਰ ਕੀ ਬਾਣੀ ਬਿਨਾ ਰਸਨਾ ਰਟਹਿ ਜੋ ਹੋਰ ਸੋ ਮਾਰਿਆ ਕਰਤਾਰ ਕਾ ਪੜਾ ਨਰਕਿ ਮਧ ਘੋਰ॥੨੬॥

sathigur kee baanee binaa rasanaa rattehi jo hor so maariaa karathaar kaa parraa
narak madhh ghora||26||

Those who disregard the Guru's Bani and chant or speak anything else. will be punished by God Himself.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਅਗੈ ਜਾਤਿ ਨ ਪੁਛੀਐ ਕਰਣੀ ਸਬਦੁ ਹੈ ਸਾਰੁ ॥ ਹੋਰੁ ਕੂੜੁ ਪੜਣਾ ਕੂੜੁ ਕਮਾਵਣਾ ਬਿਖਿਆ ਨਾਲਿ ਪਿਆਰੁ ॥

agai jaath n pushheeai karanee sabadh hai saar || hor koorr parranaa koorr
kamaavanaa bikhiaa naal piaar ||

Hereafter, no one is questioned about social status; excellent and sublime is the practice of the Word of the Shabad. Other study is false, and other actions are false; such people are in love with poison.

Page 1093 Guru Amar DaasJee Raag Maaroo

39. FALSE RITUALISTIC WORSHIP

REHAT

ਗੁਰੂ ਕਾ ਸਿਖ ਗੋਰ, ਮੜੀ, ਕਬਰ, ਦੇਹਰਾ, ਮਸੀਤ, ਮੁੱਲਾ, ਕਾਜੀ ਨੂੰ ਨਾ ਮੰਨੇ, ਬਿਨਾਂ ਗੁਰੂ ਅਪਣੇ

guroo kaa sikh gora marrhee kabara dhaeharaa maseetha mulaa kaazee noo(n) naa
ma(n)nae binaa(n) guroo apanae

The Sikh of the Guru should never pray to graves, cemeteries, cremation grounds. Nor should they pray in Hindu Temples or Mosques. They should not accept sermons from non-Sikh priests but should only have faith in their Guru.

Rehatnama Bhai Chaupaa Singh Jee

GURBANI

ਗ੍ਰਿਹਿ ਮੜੀ ਮਸਾਣੀ ਬਨ ਮਹਿ ਬਸਤੇ ਉਠਿ ਤਿਨਾ ਕੈ ਲਾਗੀ ਪਲੀਆ ॥੪॥

grihi marree masaanee ban mehi basathae oot(h) thinaa kai laagee paleeaa ||4||

Some dwell in homes, graveyards, cremation grounds and forests; but Maya still clings to them there. ||4||

Page 1005 Guru Arjan Dev Jee Raag Maaroo

40. FALSE STORIES AND FICTION

REHAT

ਝੂਠੀ ਸਾਖਾ ਕਬਹੂੰ ਨ ਭਰੀਏ ॥

jhoot(h)ee saakhaa kabehoo(n) n bhareeae ||

He never listens to false stories.

Rehatnama Bhai Desa Singh

GURBANI

ਪੇਖਿ ਪੇਖਿ ਰੇ ਕਸੁੰਭ ਕੀ ਲੀਲਾ ਰਾਚਿ ਮਾਚਿ ਤਿਨਹੂੰ ਲਉ ਹਸੂਆ ॥ ਛੀਜਤ ਡੋਰਿ ਦਿਨਸੁ ਅਰੁ ਰੈਨੀ ਜੀਅ ਕੋ ਕਾਜੁ ਨ ਕੀਨੋ ਕਛੁਆ ॥੨॥

paekh paekh rae kasu(n)bh kee leelaa raach maach thinehoo(n) lo hasooaa || shheejath ddor dhinas ar raineer jee ko kaaj n keeno kashhooaa ||2||

Watching, watching the transitory dramas of the world, you are embroiled and enmeshed in them, and you laugh with delight. The string of life is wearing thin, day and night, and you have done nothing for your soul. ||2||.

Page 206 Guru Arjan Dev Jee Raag Gauree

41. FEAR THE KHALSA

REHAT

ਸਿੰਘ ਸਿੰਘ ਪਰ ਸ਼ਸਤ੍ਰ ਨ ਕਰੇ ॥ ਜਾਨ ਗੁਰੂ ਖਾਲਸੇ ਤੇ ਡਰੇ ॥੪੩॥

si(n)gh si(n)gh par shasathr n karae || jaan guroo khaalasaee thae ddarae||43||

A Sikh should never attack another Sikh. He should recognise others as the Guru Khalsa and should remain fearful of them.

GURBANI

ਸੰਤਨ ਕੇ ਹਮ ਉਲਟੇ ਸੇਵਕ ਭਗਤਨ ਤੇ ਡਰਪਾਵਉ ॥੨॥

sa(n)than kae ham oulattaee saevak bhagathan thae ddarapaavo ||2||

Turning away from the world, I have become the servant of the Saints; I fear no one except the Lord's devotees. ||2||

Page 693 Bhagat Naamdev Jee

42. FIGHT THE DAILY BATTLE

REHAT

ਖਾਲਸਾ ਸੋਇ ਕਰੈ ਨਿਤ ਜੰਗ ॥

khhaalasaa soe karai nith ja(n)g ||

He is the Khalsa who fights the enemies each and every day.

Thankhaanama Bhai Nand Laal Jee

GURBANI

ਸਬਾਹੀ ਸਾਲਾਹ ਜਿਨੀ ਧਿਆਇਆ ਇਕ ਮਨਿ ॥ ਸੇਈ ਪੂਰੇ ਸਾਹ ਵਖਤੈ ਉਪਰਿ ਲੜਿ ਮੁਏ ॥

sabaahee saalaah jinee dhiaaieiaa eik man || saeee poorae saah vakhathai oupar larr mueae ||

Those who praise the Lord in the early hours of the morning and meditate on Him single-mindedly, are the perfect kings; at the right time, they die fighting.

Page 145 Salok Guru Nanak

43. FIVE WORDLY EVILS

REHAT

ਪਰਨਾਰੀ ਜੁਆ ਅਸੱਤ ਚੋਰੀ ਮਦਿਰਾ ਜਾਨ ਪਾਂਚ ਐਬ ਯੇ ਜਗਤ ਮੋ ਤਜੈ ਸੁ ਸਿੰਘ ਸੁਜਾਨ ॥

paranaaree jooaa asaath choree madhiraa jaan paa(n)ch aib yae jagath mo thajai s si(n)gh sujaan ||

Adultery, gambling, dishonesty, stealing and intoxicants; These are five sins of the world which the Singh abandons.

Rehatnama Bhai Desa Singh

GURBANI

ਮ੍ਰਿਗ ਤ੍ਰਿਸਨਾ ਗੰਧਰਬ ਨਗਰੰ ਦ੍ਰੁਮ ਛਾਯਾ ਰਚਿ ਦੁਰਮਤਿਹ ॥

mrig thrisanaa ga(n)dhharab nagara(n) dhraam shhaayaa rach dhuramathih ||

Misled by evil-mindedness, mortals are engrossed in the mirage of the illusory world, like the passing shade of a tree.

Page 1356 Guru Arjan Dev Jee Salok Sehskrithee

44. FORSAKING YOUR PARTNER

REHAT

ਪਰ ਇਸਤ੍ਰੀ ਸਿਉ ਨੇਹ ਲਗਾਵੈ ਗੋਬਿੰਦ ਸਿੰਘ ਵਹ ਸਿਖ ਨ ਭਾਵੇ ॥

par eisathree sio naeh lagaavai gobi(n)dh si(n)gh veh sikh n bhaavae ||

Those Sikhs who fall for a woman other than their own will never receive the blessing of Guru Gobind Singh.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਨਿਮਖ ਕਾਮ ਸੁਆਦ ਕਾਰਣਿ ਕੋਟਿ ਦਿਨਸ ਦੁਖੁ ਪਾਵਹਿ ॥ ਘਰੀ ਮੁਹਤ ਰੰਗ ਮਾਣਹਿ ਫਿਰਿ ਬਹੁਰਿ ਬਹੁਰਿ ਪਛੁਤਾਵਹਿ ॥੧॥

nimakh kaam suaadh kaaran kott dhinas dhukh paavehi || gharee muhath ra(n)g maanehi fir bahur bahur pashhuthaavehi ||1||

For a moment of sexual pleasure, you shall suffer in pain for millions of days. For an instant, you may savor pleasure, but afterwards, you shall regret it, again and again.

||1||

Page 403 Guru Arjan Dev Jee Raag Aasa

45. GAZING AT WOMEN IN THE SANGAT

REHAT

ਮਾਂਇ ਭੈਣ ਜੋ ਆਵੈ ਸੰਗਤਿ ਦ੍ਰਿਸ਼ਟਿ ਬੁਰੀ ਦੇਖੇ ਤਿਸ ਪੰਗਤਿ ॥

maa(n)e bhain jo aavai sa(n)gath dhrishatt buree dhaekhae this pa(n)gath ||

Great sinners are those who cast evil eyes on women who enter the Sangat and do not treat them as mothers and sisters.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਲੋਭਾਦਿ ਦ੍ਰਿਸ਼ਟਿ ਪਰ ਗ੍ਰਿਹੰ ਜਦਿਬਿਧਿ ਆਚਰਣੰ ॥ ਤਜਿ ਸਕਲ ਦੁਹਕ੍ਰਿਤ ਦੁਰਮਤੀ ਭਜੁ ਚਕ੍ਰਧਰ ਸਰਣੰ
॥੩॥

lobhaadh dhrisatt par griha(n) jadhibidhh aacharana(n) || thaj sakal dhuhakirath
dhuramathee bhaj chakradhhar sarana(n) ||3||

If you seek the path of good conduct, forsake greed, and do not look upon other men's property and women. Renounce all evil actions and evil inclinations, and hurry to the Sanctuary of the Lord. ||3||

Page 526 Bhagat Jaidev Raag Gujree

46. GIVE ONE TENTH OF EARNINGS

REHAT

ਦਸ ਨਖ ਕਰ ਜੋ ਕਾਰ ਕਮਾਵੈ ਤਾਂ ਕਰ ਜੋ ਧਨ ਘਰ ਮੈ ਆਵੈ ॥ ਤਸ ਤੇ ਗੁਰੁ ਦਸੋਂਧ ਜੋ ਦੇਈ ਸਿੰਘ ਸੁਯਸ
ਬਹੁ ਜਗ ਮਹਿ ਲੋਈ ॥

dhas nakh kar jo kaar kamaavai thaa(n) kar jo dhhan ghar mai aavai || thas thae gur
dhasaa(n)adhh jo dhaeee si(n)gh suyas bahu jag mehi loee ||

He must earn an honest living with the ten nails of his hand and bring that money home. He who then gives one tenth of these honest earnings to the Guru will be praised the world over.

Rehatnama Bhai Desa Singh

GURBANI

ਘਾਲਿ ਖਾਇ ਕਿਛੁ ਹਥਹੁ ਦੇਇ ॥ ਨਾਨਕ ਰਾਹੁ ਪਛਾਣਹਿ ਸੇਇ ॥੧॥ ਨਾਨਕ ਅਗੈ ਸੇ ਮਿਲੈ ਜਿ ਖਟੇ ਘਾਲੇ
ਦੇਇ ॥੧॥

ghaal khaae kishh hathhahu dhaee || naanak raahu pashhaanehi saee ||1|| naanak agai
so milai j khattae ghaalae dhaee ||1||

One who works for what he eats, and gives some of what he has - O Nanak, he knows
the Path. ||1||

Page 1245 Guru Nanak Dev Jee Raag Saarang

47. GIVE TO LESS FORTUNATE SIKHS

REHAT

ਆਪ ਸਿੰਘ ਜੋ ਰਾਜਾ ਹੋਈ ਨਿਰਧਨ ਸਿੰਘਨ ਪਾਲੈ ਸੋਈ ॥

aap si(n)gh jo raajaa hoee niradhhan si(n)ghan paalai soee ||

If one Sikh is well off, he should try to help other Sikhs who are less fortunate.

Rehatnama Bhai Desa Singh

GURBANI

ਮਤਿ ਹੋਈ ਹੋਇ ਇਆਣਾ ॥ ਤਾਣ ਹੋਦੇ ਹੋਇ ਨਿਤਾਣਾ ॥ ਅਣਹੋਦੇ ਆਪੁ ਵੰਡਾਏ ॥ ਕੋ ਐਸਾ ਭਗਤੁ ਸਦਾਏ

॥੧੨੮॥ How rare is one who is known as such a devotee. ||128||

math hodhee hoe eiaanaa || thaan hodhae hoe nithaanaa || anehodhae aap

va(n)ddaaeae || ko aisaa bhagath sadhaaeae ||128|| hoaa rouare s one aaho s kanoaan

ouas sucheh ou dheavotteea n(g)an(g)a128n(g)an(g)a

If you are wise, be simple;.if you are powerful, be weak; and when there is nothing to
share, then share with others.

Page 1384 Bhagat Sheikh Fareed Jee

48. GURMAT ORIENTED SPEECH

REHAT

ਸ਼ਬਦ ਗਿਆਨ ਬਿਨ ਕਰਹਿ ਜੁ ਬਾਤ ॥ ਤਾਂ ਕੈ ਕਛੁ ਨਾ ਆਵਹਿ ਹਾਥ ॥॥

shabadh giaan bin karehi j baath || thaa(n) kai kashh naa aavehi haathh ||||

Those who speak words which do not reflect on the Guru's teachings will never attain even an iota of spiritual bliss.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਗੁਰ ਬਿਨੁ ਗਿਆਨੁ ਨ ਹੋਵਈ ਨਾ ਸੁਖੁ ਵਸੈ ਮਨਿ ਆਇ ॥ ਨਾਨਕ ਨਾਮ ਵਿਹੂਣੇ ਮਨਮੁਖੀ ਜਾਸਨਿ ਜਨਮੁ ਗਵਾਇ ॥੧॥

gur bin giaan n hovee naa sukh vasai man aae || naanak naam vihoonae manamukhee jaasan janam gavaae ||1||

Without the Guru, spiritual wisdom is not obtained, and peace does not come to abide in the mind. O Nanak, without the Naam, the Name of the Lord, the self-willed manmukhs depart, after having wasted their lives. ||1||

Page 650 Guru Amar Daas Jee Salok

49. GURU FATHEH

REHAT

ਆਗੇ ਆਵਤ ਸਿੰਘ ਜੁ ਪਾਵੈ ॥ ਵਾਹਿਗੁਰੂ ਕੀ ਫਤੇ ਬੁਲਾਵੈ ॥

aagae aavath si(n)gh j paavai || vaahiguroo kee fathae bulaavai ||

Whenever he sees another Singh approaching at a distance. He greets him with 'Vaheguru Jee Kaa Khalsa! Vaheguru Jee Kee Fatheh!!'

Rehatnama Bhai Desa Singh

GURBANI

ਹਿਕ ਦੁੰ ਹਿਕਿ ਚਾੜੇ ਅਨਿਕ ਪਿਆਰੇ ਨਿਤ ਕਰਦੇ ਭੋਗ ਬਿਲਾਸਾ ॥ ਤਿਨਾ ਦੇਖਿ ਮਨਿ ਚਾਉ ਉਠੰਦਾ ਹਉ ਕਦਿ ਪਾਈ ਗੁਣਤਾਸਾ ॥

hik dhoo(n) hik chaarrae anik piaarae nith karadhae bhog bilaasaa || thinaa dhaekh man chaaoo out(h)a(n)dhaa ho kadh paaee gunathaasaa ||

Each of them is more beautiful than the others; countless are His lovers, constantly

enjoying bliss with Him. Beholding them, desire wells up in my mind; when will I obtain the Lord, the treasure of virtue?

Page 703 Guru Arjan Dev Jee Raag Jaithsree

50. GURU HUKAM AND SERVICE OF SIKHS

REHAT

ਮੇਰਉ ਹੁਕਮ ਮਾਨਹਿ ਨਹੀ ਕਰਹਿ ਨ ਸਿਖ ਕੀ ਸੇਵ ਸੋ ਬੀਰਜ ਮਲੇਛ ਕੋ ਪਰਗਟ ਪਛਾਨਹੁ ਭੇਵ ॥੮॥

maero hukam maanehi nehee karehi n sikh kee saev so beeraj malaeshh ko paragatt pashhaanahu bhaev ||8||

They who do not accept my Hukam and do not perform devotional service of Sikhs, they are faithless melechas.

Thankhaanama Bhai Nand Laal Jee

GURBANI

ਗੁਰ ਚਰਨ ਸਰੇਵਹਿ ਗੁਰਸਿਖ ਤੋਰ ॥ ਗੁਰ ਸੇਵ ਤਰੇ ਤਜਿ ਮੇਰ ਤੋਰ ॥ ਨਰ ਨਿੰਦਕ ਲੋਭੀ ਮਨਿ ਕਠੋਰ ॥ ਗੁਰ ਸੇਵ ਨ ਭਾਈ ਸਿ ਚੋਰ ਚੋਰ ॥੨॥

gur charan saraevehi gurasikh thor || gur saev tharae thaj maer thor || nar ni(n)dhak lobhee man kat(h)or || gur saev n bhaaee s chor chor ||2||

Your GurSikhs serve at the Guru's Feet. Serving the Guru, they are carried across; they have abandoned 'mine' and 'yours'. The slanderous and greedy people are hard-hearted. Those who do not love to serve the Guru are the most thieving of thieves. ||2||

Page 1170 Guru Nanak Dev Jee Raag Basant

51. GURU'S SANCTUARY

REHAT

ਜੋ ਗੁਰ ਕੀ ਸਰਣ ਪੜੈ ਤਿਸਕੋ ਜਮ ਕਾ ਬਾਣ ਨ ਲਗੇਗਾ ॥

jo gur kee saran parrai thisako jam kaa baan n lagaegaa ||

Those who take the shelter of the Guru will be saved from the beatings of the Angel of Death.

GURBANI

ਬਿਨਵੰਤਿ ਨਾਨਕ ਸਰਣਿ ਸੁਆਮੀ ਬਹੁਤਿ ਜਮਿ ਨ ਉਪਾੜਾ ॥੪॥੩॥੧੨॥

binava(n)th naanak saran suaamee bahurr jam n oupaarraa ||4||3||12||

Prays Nanak, I have entered the Sanctuary of the Lord and Master; the Messenger of Death shall not destroy me again. ||4||3||12||

Page 461 Guru Arjan Dev Jee Raag Aasaa

52. HONESTY

REHAT

ਝੂਠ ਨ ਬੋਲਹਿ ਨ ਸੁਣਹਿ ਝੂਠ ਨ ਕਰਹਿ ਪ੍ਰੀਤਿ ॥ ਸਚ ਕਮਾਵਹਿ ਸੰਗਤੀ ਸੱਚੀ ਪਾਲਹਿ ਰੀਤਿ ॥੩॥

jhoot(h) n bolehi n sunehi jhoot(h) n karehi preeth || sach kamaavehi sa(n)gathee saachee paalehi reeth ||3||

Never tell lies and never listen to lies. Never get attached to that habit. Earn the truth in the company of the holy and live a life on honesty.

Rehatnama Mukhthnama

GURBANI

ਜੋ ਤੁਧੁ ਸਚੁ ਧਿਆਇਦੇ ਸਚੁ ਸੇਵਨਿ ਸਚੇ ਤੇਰਾ ਮਾਣੁ ॥ ਓਨਾ ਅੰਦਰਿ ਸਚੁ ਮੁਖ ਉਜਲੇ ਸਚੁ ਬੋਲਨਿ ਸਚੇ ਤੇਰਾ ਤਾਣੁ ॥

jo thudhh sach dhiaaeidhae sach saevan sachae thaeraa maan || onaa a(n)ddhar sach mukh oujalae sach bolan sachae thaeraa thaan ||

Those who meditate on You, O True Lord, serve the Truth; O True Lord, they take pride in You. Within them is the Truth; their faces are radiant, and they speak the Truth. O True Lord, You are their strength.

Page 307 Guru Raam Daas Jee

53. JEWELLERY AND MAKE-UP

REHAT

ਸੁਰਮਾਦਿਕ ਸਿੰਗਾਰ ਨਹਿੰ ਨਹਿੰ ਪਰ ਤਰੁਨੀ ਸੰਗਿ

suramaadhik shi(n)gaar nehi(n) nehi(n) par tharunee sa(n)gi

Do not wear make-up or jewellery. Do not commit adultery.

Rehatnama Bhai Daya Singh Jee

GURBANI

ਪਰਹਰਿ ਕਪੜੁ ਜੇ ਪਿਰ ਮਿਲੈ ਖੁਸੀ ਰਾਵੈ ਪਿਰੁ ਸੰਗਿ ॥ ਸਦਾ ਸੀਗਾਰੀ ਨਾਉ ਮਨਿ ਕਦੇ ਨ ਮੈਲੁ ਪਤੰਗੁ ॥

parehar kaparr jae pir milai khusee raavai pir sa(n)g || sadhaa seegaaree naao man kadhae n mail patha(n)g ||

Discarding worldly adornments, she meets her Husband Lord, and she celebrates joyfully with Him. She is adorned forever with the Name in her mind, and she does not have even an iota of filth.

Page 642 Guru Raam Daas Jee Raag Sorat

54. KASHERAA - DO NOT REMOVE

REHAT

ਗਿੱਲੀ ਸੁੱਕੀ ਕੱਛ ਪਾਇ ਲਏ ॥ ਕੱਛ ਦੇ ਪਉਂਚੇ ਦਾ ਸਿਖ ਵਿਸਾਹ ਨਾ ਕਰੇ

gliee sukee kaashh paae leae || kaashh dhae pou(n)achae dhaa sikh visaah naa karae

Whether the washed Kasheraa is wet or dry it should be put on. When removing the Kasheraa only one leg should be removed and put into the new Kasheraa.

Rehatnama Bhai Chaupaa Singh Jee

GURBANI

ਇੰਦ੍ਰੀ ਜਿਤ ਪੰਚ ਦੋਖ ਤੇ ਰਹਤ ॥ ਨਾਨਕ ਕੋਟਿ ਮਧੇ ਕੋ ਐਸਾ ਅਪਰਸ ॥੧॥

ei(n)dhree jith pa(n)ch dhokh thae rehath || naanak kott madhhae ko aisaa aparas ||1||

One who conquers his sexual instincts and is free of the five sinful passions - O Nanak, among millions, there is scarcely one such 'touch-nothing Saint'. ||1||

55. KEEP REHAT AND ABANDON CASTE AND CREED

REHAT

ਭੇਖ ਪਿਆਰਾ ਨਾਹਿ ਮਮ ਵਰਣ ਪਿਆਰਾ ਨਾਹਿ ॥ ਰਹਿਤ ਪਿਆਰੀ ਮੋਹ ਕੋ ਸਿਦਕ ਪਿਆਰਾ ਆਹਿ ॥੪੫॥

bhaekh piaaraa naahi mam varan piaaraa naahi || rehith piaaree moh ko sidhak piaaraa aahi ||45||

I have not love for appearances or for high castes. It is discipline that I love.

Rehatnama Bhai Sahib Singh Jee

GURBANI

ਜਾਣਹੁ ਜੋਤਿ ਨ ਪੂਛਹੁ ਜਾਤੀ ਆਗੈ ਜਾਤਿ ਨ ਹੇ ॥੧॥ ਰਹਾਉ ॥

jaanahu joth n pooshhahu jaathee aagai jaath n hae ||1|| rehaao ||

Recognize the Lord's Light within all, and do not consider social class or status; there are no classes or castes in the world hereafter. ||1||Pause||

Page 349 Guru Nanak Dev Jee Raag Aasaa

56. KEEP YOUR HEAD COVERED

REHAT

ਨਗਨ ਹੋਇ ਬਾਹਰ ਫਿਰਹਿ ਨਗਨ ਸੀਸ ਜੋ ਖਾਇ ਨਗਨ ਪ੍ਰਸਾਦ ਜੋ ਬਾਂਟਈ ਤਨਖਾਹੀ ਬਡੋ ਕਹਾਇ ॥੨੪॥

nagan hoe baahar firehi nagan sees jo khaae nagan prasaadh jo baa(n)ttee thanakhaahee baddo kehaae ||24||

Those who walk outside, eat or distribute food without their head covered will be punished severely.

Thankhaanama Bhai Nand Laal Jee

GURBANI

ਤੁਮਰੀ ਓਟ ਤੁਮਾਰੀ ਆਸਾ ॥ ਬੈਠਤ ਉਠਤ ਸੋਵਤ ਜਾਗਤ ਵਿਸਰੁ ਨਾਹੀ ਤੂੰ ਸਾਸ ਗਿਰਾਸਾ ॥੧॥ ਰਹਾਉ ॥

thumaree outt thumaaree aasaa || bait(h)ath oot(h)ath sovath jaagath visar naahee thoo(n) saas giraasaa ||1|| rehaao ||

While sitting down or standing up, while sleeping or waking, with every breath and morsel of food, I never forget You. ||1||Pause||

Page 378 Guru Arjan Dev Jee Raag Aasaa

57. KRAAH PARSHAAD

REHAT

ਕੜਾਹ ਕਰਨ ਕੀ ਬਿਧਿ ਸੁਨ ਲੀਜੈ ਤੀਨ ਭਾਗ ਕੇ ਸਮਸਰ ਕੀਜੈ ॥ ਲੇਪਨ ਆਗੈ ਬਹੁਕਰ ਦੀਜੈ ਮਾਂਜਨ ਕਰ
ਭਾਂਜਨ ਧੋਵੀਜੈ ॥ ਕਰ ਇਸਨਾਨ ਪਵਿਤ੍ਰੁ ਹੈ ਬਹੈ ਵਾਹਿਗੁਰੂ ਬਿਨ ਅਵਰ ਨ ਕਹੈ ॥ ਕਰ ਤਿਆਗ ਚੌਕੀ ਪਰ
ਧਰੈ ਚਾਰ ਓਰ ਕੀਰਤਨ ਬਹਿ ਕਰੈ ॥

karraah karan kee bidhh sun leejai theen bhaag ko samasar keejai || laepan aagai
bahukar dheejai maa(n)jan kar bhaa(n)jan dhoveejai || kar eisanaan pavithr hvai behai
vaahiguroo bin avar n kehai || kar thiaag chaakee par dharai chaar our keerathan behi
karai ||

Listen to the method of making Krah Parshaad. Take three equal quantities of sugar, butter and flour. Clean the utensils and bowl. Take a cleansing bath, repeat 'Vaheguru' while preparing. Stay focused while making the Parshaad and sing the Guru's Hymns.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਅਨਿਕ ਪ੍ਰਕਾਰ ਭੋਜਨ ਬਹੁ ਕੀਏ ਬਹੁ ਬਿੰਜਨ ਮਿਸਟਾਏ ॥ ਕਰੀ ਪਾਕਸਾਲ ਸੋਚ ਪਵਿਤ੍ਰਾ ਹੁਣਿ ਲਾਵਹੁ ਭੋਗੁ
ਹਰਿ ਰਾਏ ॥੨॥

anik prakaar bhojan bahu keeeae bahu bi(n)jan misattaeeae || karee paakasaal soch
pavithraa hun laavahu bhog har raaeeae ||2||

I have prepared all sorts of foods in various ways, and all sorts of sweet deserts. I have made my kitchen pure and sacred. Now, O my Sovereign Lord King, please sample my food. ||2||.

Page 1266 Guru Arjan Dev Jee Raag Malaar

58. LOVE FOR SIKHS

REHAT

ਜੋ ਸਿਖ ਸੋਂ ਹਿਤ ਨ ਕਰਹਿ ਸੋ ਨਰਕੇ ਪਰਿ ਜਾਹੁ ॥੨੫॥

jo sikh so(n) hith n karehi so narakae par jaahu ||25||

Those who do not show love to other Sikhs will be punished at death.

Thankhaanama Bhai Nand Laal Jee

GURBANI

ਜਨ ਨਿਰਵੈਰ ਨਿੰਦਕ ਅਹੰਕਾਰੀ ॥ ਜਨ ਭਲ ਮਾਨਹਿ ਨਿੰਦਕ ਵੇਕਾਰੀ ॥

jan niravair ni(n)dhak aha(n)kaaree || jan bhal maanehi ni(n)dhak vaekaaree ||

The Lord's humble servant has no vengeance. The slanderer is egotistical. The Lord's humble servant wishes well, while the slanderer dwells on evil.

Page 869 Guru Arjan Dev Jee

59. LOVE FOR THE GURU

REHAT

ਖਾਲਸਾ ਸੋਇ ਗੁਰੂ ਹਿਤ ਲਾਵੈ ॥

khhaalasaa soe guroo hith laavai ||

He is the Khalsa who forever loves his Guru.

Thankhaanama Bhai Nand Laal Jee

GURBANI

ਗੁਰਮੁਖ ਸੁਖਫਲ ਪ੍ਰੇਮ ਰਸ ਗੁਰਸਿਖਾਂ ਸਤਿਗੁਰੂ ਪਿਆਰਾ॥

guramukh sukhafal praem ras gurasikhaa(n) sathiguroo piaaraa||

The sweet fruit of Gurmukhs is the love of Lord and the Guru's Sikhs love their true Guru.

Vaar 6 - Bhai Gurdaas Jee

60. MEMORIZE GURBANI

REHAT

ਦੁਹੂ ਗ੍ਰੰਥ ਮੇ ਬਾਨੀ ਜੋਈ ਚੁਨ ਚੁਨ ਕੰਠ ਕਰੇ ਨਿਤ ਸੋਈ ॥

dhuhoo gra(n)thh mae baanee joee chun chun ka(n)t(h) karae nith soee ||

Read the Guru's Bani daily and pick out Shabads and memorize them by heart.

Rehatnama Bhai Desa Singh

GURBANI

ਬਚਨ ਗੁਰ ਰਿਦਿ ਧਰਹੁ ਪੰਚ ਭੂ ਬਸਿ ਕਰਹੁ ਜਨਮੁ ਕੁਲ ਉਧਰਹੁ ਦੁਾਰਿ ਹਰਿ ਮਾਨੀਅਹੁ ॥

bachan gur ridh dhharahu pa(n)ch bhoo bas karahu janam kul oudhharahu dhvaar har maaneeahu ||

Enshrine the Word of the Guru's Teachings within your heart, and overpower the five passions. Your life, and your generations, shall be saved, and you shall be honored at the Lord's Door.

Page 1400 Bhatt Gayand

61. MORNING - SIMRAN, ISHNAAN AND NITNEM

REHAT

ਵਾਹਿਗੁਰੂ ਗੁਰੁ ਮੰਤ੍ਰੁ ਸੁ ਜਾਪ ਕਰ ਇਸਨਾਨ ਪੜੈ ਜਪੁ ਜਾਪੁ ॥॥

vaahiguroo gur ma(n)thr s jaap kar eisanaan parrhai jap jaap ||||

Repeat the Mantra of the Guru 'Vaheguru'. Take your bath and then read your morning prayers.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਕਰਿ ਇਸਨਾਨੁ ਸਿਮਰਿ ਪ੍ਰਭੁ ਅਪਨਾ ਮਨ ਤਨ ਭਏ ਅਰੋਗਾ ॥

kar eisanaan simar prabh apanaa man than bheae aroga ||

After taking your cleansing bath, remember your God in meditation, and your mind and body shall be free of disease.

62. MUSIC & LYRICS

REHAT

ਤ੍ਰਿਯਾ ਰਾਗ ਸੁਨਹਿ ਚਿਤ ਲਾਇ ॥ ਸੁਨਹੁ ਲਾਲ ਸੋ ਜਮਪੁਰਿ ਜਾਇ ॥੧੭॥

thriyaa raag sunehi chith laae || sunahu laal so jamapur jaae ||17||

Those who listen to dirty lyrics and lustful tunes with attention, listen Nand Lal Jee, they will be punished by the angel of death.;

Rehatnama Bhai Nand Laal Jee

GURBANI

ਮੇਰੇ ਮੋਹਨ ਸ੍ਰਵਨੀ ਇਹ ਨ ਸੁਨਾਏ ॥ ਸਾਕਤ ਗੀਤ ਨਾਦ ਧੁਨਿ ਗਾਵਤ ਬੋਲਤ ਬੋਲ ਅਜਾਏ ॥੧॥ ਰਹਾਉ ॥

maerae mohan sravane eih n sunaaeae || saakath geeth naadh dhun gaavath bolath bol ajaaeae ||1|| rehaao ||

O my fascinating Lord, may I never listen to the faithless cynic, singing his songs and tunes, and chanting his useless words. ||1||Pause||

Page 820 Guru Arjan Dev Jee Raag Bilaaval

63. NAAM - IMBUED IN

REHAT

ਖ਼ਾਲਸਾ ਸੋਇ ਨਾਮ ਰਤਿ ਲਾਗੇ ॥

khhaalasaa soe naam rath laagae ||

He is the Khalsa who remains imbued in the True Name of the Lord.

Thankhaanama Bhai Nand Laal Jee

GURBANI

ਅਨਦਿਨੁ ਨਾਮੁ ਸਲਾਹਨਿ ਰੰਗਿ ਰਾਤੇ ਗੁਰ ਕਿਰਪਾ ਤੇ ਪਾਵਣਿਆ ॥੩॥

anadhin naam salaahan ra(n)g raathae gur kirapaa thae paavaniaa ||3||

Night and day, praise the Naam, the Name of the Lord; imbued with the Lord's Love, by Guru's Grace, you shall find Him. ||3||

64. NATURAL FORM

REHAT

ਦਾੜ੍ਹਾ ਮੁਛ ਸਿਰ ਕੇਸ ਬਨਾਈ ॥ ਹੈ ਇਹ ਦ੍ਰਿੜ੍ਹ ਜਿਹ ਪ੍ਰਭੂ ਰਜਾਈ ॥ ਮੇਟ ਰਜਾਈ ਜੁ ਸੀਸ ਮੁੰਡਾਵੈ ॥ ਕਹੁ ਤੇ ਜਗ ਕੈਸੇ ਹਰਿ ਪਾਵੈ ॥੮੦॥

dhaarrhaa mushh sir kaes banaaee || hai eih dhriirrh jih prabhoo razaaee || maett razaaee j sees mu(n)ddaavai || kahu thae jag kaisae har paavai ||80||

The hair moustache and beard are created within God's order. How can those who violate their natural form by cutting their hair ever be accepted by the Lord?

Rehatnama Bhai Desa Singh

GURBANI

ਸੇ ਦਾੜੀਆਂ ਸਚੀਆ ਜਿ ਗੁਰ ਚਰਨੀ ਲਗੰਨਿ ॥ਮੁਖ ਸਚੇ ਸਚੁ ਦਾੜੀਆ ਸਚੁ ਬੋਲਹਿ ਸਚੁ ਕਮਾਹਿ ॥

sae dhaaarreeaaa(n) sacheeaa j gur charanee laga(n)nih || aaaamukh sachae sach dhaaarreeaa sach bolehi sach kamaahi ||

Those beards are true, which brush the feet of the True Guru... True are the faces and true are the beards, of those who speak the Truth and live the Truth.

Page 1413 Guru Amar Daas Jee Salok

65. NEVER ABANDON YOUR WEAPONS

REHAT

ਸ਼ਸਤ੍ਰਹੀਨ ਇਹ ਕਬਹੂੰ ਨ ਹੋਈ ॥ ਰਹਿਤਵੰਤ ਖਾਲਸ ਹੈ ਸੋਈ ॥

shasathreheen eih kabehoo(n) n hoee || rehithava(n)th khaalas hai soee ||

He who never abandons his weapon (Kirpaan). Recognise them as the disciplined and pure Khalsa.

Rehatnama Bhai Desa Singh

GURBANI

ਸੂਰਾ ਸੇ ਪਹਿਚਾਨੀਐ ਜੁ ਲਰੈ ਦੀਨ ਕੇ ਹੇਤ ॥ ਪੁਰਜਾ ਪੁਰਜਾ ਕਟਿ ਮਰੈ ਕਬਹੂ ਨ ਛਾਡੈ ਖੇਤੁ ॥੨॥੨॥

sooraa so pehichaaneeai j larai dheen kae haeth || purajaa purajaa katt marai kabehoo
n shhaaddai khaeth ||2||2||

**He alone is known as a spiritual hero, who fights in defense of religion. He may be cut
apart, piece by piece, but he never leaves the field of battle. ||2||2||.**

Page 1105 Salok Kabeer Jee

66. NEVER RUN FROM BATTLEFIELD

REHAT

ਰਣ ਮੇ ਜਾਇ ਨ ਕਬਹੂੰ ਭਾਜੈ ॥ ਦ੍ਰਿੜ ਕਰ ਛਤ੍ਰੀ ਧਰਮ ਲੋ ਗਾਜੈ ॥

ran mae jaae n kabehoo(n) bhaajai || dhriir kar shhathree dhharam lo gaajai ||

He never runs from the battlefield and enshrines the warrior lifestyle in his heart.

Rehatnama Bhai Desa Singh

GURBANI

ਸੂਰਾ ਸੋ ਪਹਿਚਾਨੀਐ ਜੁ ਲਰੈ ਦੀਨ ਕੇ ਹੇਤ ॥ ਪੁਰਜਾ ਪੁਰਜਾ ਕਟਿ ਮਰੈ ਕਬਹੂ ਨ ਛਾਡੈ ਖੇਤੁ ॥੨॥੨॥

sooraa so pehichaaneeai j larai dheen kae haeth || purajaa purajaa katt marai kabehoo
n shhaaddai khaeth ||2||2||

**He alone is known as a spiritual hero, who fights in defense of religion. He may be cut
apart, piece by piece, but he never leaves the field of battle. ||2||2||.**

Page 1105 Salok Kabeer Jee

67. NEVER SAY BAD ABOUT A GURU'S SIKH

REHAT

ਕਥਾ ਕੀਰਤਨ ਮਨ ਨਹਿ ਲਾਵੈ ਸੰਤ ਸਿਖ ਕਉ ਬੁਰਾ ਅਲਾਵੈ ॥

kathaa keerathan man nehi laavai sa(n)th sikh ko buraa alaavai ||

**Those who do not engage their minds into the Keertan and the discourse; and those
who attempt to defame a disciplined Sikh are punishable.**

Rehatnama Bhai Nand Laal Jee

GURBANI

ਸੰਤਾ ਨਾਲਿ ਵੈਰੁ ਕਮਾਵਦੇ ਦੁਸਟਾ ਨਾਲਿ ਮੋਹੁ ਪਿਆਰੁ ॥ ਅਗੈ ਪਿਛੈ ਸੁਖੁ ਨਹੀ ਮਰਿ ਜੰਮਹਿ ਵਾਰੋ ਵਾਰ ॥

sa(n)thaa naal vair kamaavadhae dhusattaa naal mohu piaar || agai pishhai sukh nehee mar ja(n)mehi vaaro vaar ||

They inflict their hatred upon the Saints, and they love the wicked sinners. They find no peace in either this world or the next; they are born only to die, again and again.

Page 649 Guru Amar Daas Raag Sorath

68. NEVER SHOW ENMITY TO OTHER SIKHS

REHAT

ਸਿੰਘ ਸਿੰਘ ਸੋ ਨੇਹ ਸੁ ਕਰਨੋ ਵੈਰ ਭਾਵ ਮਨ ਤੇ ਪਰਹਰਨੋ ॥

si(n)gh si(n)gh so naeh s karano vair bhaav man thae pareharano ||

He should always be loving towards other Sikhs. Enmity should be removed from the mind.

Rehatnama Bhai Desa Singh

GURBANI

ਵੈਰ ਵਿਰੋਧ ਮਿਟੇ ਤਿਹ ਮਨ ਤੇ ॥ ਹਰਿ ਕੀਰਤਨੁ ਗੁਰਮੁਖਿ ਜੋ ਸੁਨਤੇ ॥

vair virodhh mittae thih man thae || har keerathan guramukh jo sunathae ||

Hatred and alienation depart from those who, as Gurmukh, listen to the Kirtan of the Lord's Praises.

Page 259 Guru Arjan Dev Jee Raag Gauree

69. NEVER SLACK IN DISCIPLINE

REHAT

ਰਹਿਤ ਬਹਿਤ ਨ ਕਬਹੂੰ ਤਿਆਗੈ ॥

rehith behith n kabehoo(n) thiaagai ||

The Sikh never abandons the code of conduct.

Rehatnama Bhai Desa Singh

GURBANI

ਗੁਰਮੁਖਿ ਜਪ ਤਪ ਸੰਜਮੀ ਹਰਿ ਕੈ ਨਾਮਿ ਪਿਆਰੁ ॥

guramukh jap thap sa(n)jamee har kai naam pjaar ||

For the Gurmukh, the love of the Name of the Lord is chanting, deep meditation and self-discipline.

Page 29 Guru Amar Daas Ji Raag Sri Raag

70. NEVER SPEAK WHILE BANI IS RECITED

REHAT

ਸਤਸੰਗ ਜਾਇ ਕਰ ਚਿੱਤ ਡੁਲਾਵੈ ਹਰਿ ਯਸ ਸੁਨਤੇ ਬਾਤ ਚਲਾਵੈ ॥

sathasa(n)g jaae kar chth ddulaavai har yas sunathae baath chalaavai ||

Those who attend the Holy congregation but adopt evil thoughts and those who begin conversation instead of paying attention to the True Word are punishable.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਸਾਧ ਸੰਗਤ ਗੁਰਸ਼ਬਦ ਸੁਣ ਗੁਰਮੁਖ ਪੰਥ ਨ ਚਾਲ ਚਲੰਦੇ॥ ਕਪਟ ਸਨੇਹੀ ਫਲ ਨ ਲਹੰਦੇ ॥੦॥

saadhh sa(n)gath gurashabadh sun guramukh pa(n)thh n chaal chala(n)dhae|| kapatt sanaehee fal n leha(n)dhae ||a||

They sit and pretend to listen to the Shabad when in the Holy Congregation but never adopt it in their life. Those who practice corruption never obtain the fruit of attending the Sangat.

Vaar 17 Bhai Gurdaas

71. OCCUPATION

REHAT

ਜਿਹ ਬਿਧਿ ਰਹਤ ਨ ਨਾਸ ਹੋਇ ਸੋਈ ਟਹਿਲ ਕਮਾਇ॥

jih bidhh rehath n naas hoe soee ttehil kamaaei||

The Sikh should only hold that post which does not counteract on their Rehat.

GURBANI

ਰੇ ਮਨ ਟਹਲ ਹਰਿ ਸੁਖ ਸਾਰ ॥ ਅਵਰ ਟਹਲਾ ਝੂਠੀਆ ਨਿਤ ਕਰੈ ਜਮੁ ਸਿਰਿ ਮਾਰ ॥੧॥ ਰਹਾਉ ॥

rae man ttehal har sukh saar || avar ttehalaa jhoot(h)eeaa nith karai jam sir maar ||1||
rehaao ||

O mind, true peace comes from serving the Lord. Other services are false, and as punishment for them, the Messenger of Death bashes in one's head. ||1||Pause||

Page 986 Guru Arjan Dev Jee Raag Maalee Gauraa

72. PERFORM ARDAAS BEFORE UNDERTAKING TASK

REHAT

ਅਰਦਾਸ ਬਿਨਾਂ ਜੋ ਕਾਜ ਸਿਧਾਵੈ ਭੇਟ ਕੀਏ ਬਿਨ ਕਛੁ ਮੁਖ ਪਾਵੈ ॥

aradhaas binaa(n) jo kaaj sidhhaavai bhaett keeeae bin kashh mukh paavai ||

Sinful are those who attempt a task without and Ardas, sinful are those who eat at the Gurdwara without first giving an offering.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਆਪੇ ਜਾਣੈ ਕਰੇ ਆਪਿ ਆਪੇ ਆਣੈ ਰਾਸਿ ॥ ਤਿਸੈ ਅਗੈ ਨਾਨਕਾ ਖਲਿਇ ਕੀਚੈ ਅਰਦਾਸਿ ॥੧॥

aapae jaanai karae aap aapae aanai raas || thisai agai naanakaa khalie keechai
aradhaas ||1||

He Himself knows, He Himself acts, and He Himself does it right. So stand before Him, O Nanak, and offer your prayers. ||1||.

Page 1093 Guru Angad Dev Jee Raag Maaroo

73. READY FOR BATTLE

REHAT

ਖਾਲਸਾ ਸੋਇ ਜੁ ਚਭੈ ਤੁਰੰਗ ॥

khhaalasaa soe j chabhai thura(n)g ||
He is the Khalsa who is forever ready for battle.

Thankhaanama Bhai Nand Laal Jee

GURBANI

ਗਗਨ ਦਮਾਮਾ ਬਾਜਿਓ ਪਰਿਓ ਨੀਸਾਨੈ ਘਾਉ ॥ ਖੇਤੁ ਜੁ ਮਾਂਡਿਓ ਸੂਰਮਾ ਅਬ ਜੁਝਨ ਕੋ ਦਾਉ ॥੧॥

gagan dhamaamaa baajiou pariou neesaanai ghaao || khaeth j maa(n)ddiou sooramaa
ab joojhan ko dhaao ||1||

The battle-drum beats in the sky of the mind; aim is taken, and the wound is inflicted.
The spiritual warriors enter the field of battle; now is the time to fight! ||1||.

Page 1105 Salok Kabeer Jee

74. RECOGNISE GURU GRANTH SAHIB AS GURU

REHAT

ਜੋ ਗੁਰ ਕਾ ਸਿਖ ਅਖਾਏ, ਅਤੇ ਸ਼ਬਦ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਦਾ ਗੁਰੂ ਕਰਕੇ ਨਾ ਮੰਨੇ, ਆਪਣੀ ਮਾਇਆ ਦੇ ਹੰਕਾਰ ਵਿਚ ਗਲਤਾਨ ਰਹੇ

jo gur kaa sikh akhaaeae athae shabadh gra(n)thh saahib jee dhaa guroo karakae naa
ma(n)nae aapanee maaeiaa dhae ha(n)kaar vich galathaan rehae

One who claims to be a Sikh of the Guru, but does not accept the Guru Granth Sahib as
Guru; they will forever remain deluded by their egotistical attachment to Maayaa.

Rehatnama Bhai Chaupaa Singh Jee

GURBANI

ਨ ਸਬਦੁ ਬੂਝੈ ਨ ਜਾਣੈ ਬਾਣੀ ॥ ਮਨਮੁਖਿ ਅੰਧੇ ਦੁਖਿ ਵਿਹਾਣੀ ॥

n sabadh boojhai n jaanai baanee || manamukh a(n)dhae dhukh vihaanee ||

The blind, self-willed manmukh does not understand the Shabad; he does not know the
Word of the Guru's Bani, and so he passes his life in misery.

Page 665 Guru Amar Daas Jee Raag Dhanaasree

75. RECOGNISE THE KHALSA AS THE GURU'S IMAGE

REHAT

ਗੁਰੂ ਸਰੂਪ ਖਾਲਸਾ ਹਈਏ ॥ ਜਿਨ ਕੀ ਟਹਿਲ ਪਰਮਸੁਖ ਲਹੀਏ ॥੨੨॥

guroo saroop khaalasaa heeeae || jin kee ttehil paramasukh leheeeae ||22||

The Khalsa is the image of the Guru. Serving them, eternal peace is obtained.

Rehatnama Bhai Desa Singh

GURBANI

ਜੈਸਾ ਕਰੈ ਕਹਾਵੈ ਤੈਸਾ ਐਸੀ ਬਨੀ ਜਰੂਰਤਿ ॥ ਹੋਵਹਿ ਲਿੰਕ ਝਿੰਕ ਨਹ ਹੋਵਹਿ ਐਸੀ ਕਹੀਐ ਸੂਰਤਿ ॥ ਜੋ
ਓਸੁ ਇਛੇ ਸੋ ਫਲੁ ਪਾਏ ਤਾਂ ਨਾਨਕ ਕਹੀਐ ਮੂਰਤਿ ॥੨॥

jaisaa karai kehaavai thaisaa aisee banee jaroorath || hovehi li(n)n(g) jhi(n)n(g) neh
hovehi aisee keheei soorath || jo ous eishhae so fal paaeae thaa(n) naanak keheei
moorath ||2||

Mortals are known by their actions; this is the way it has to be. They should show
goodness, and not be deformed by their actions; this is how they are called beautiful.

Whatever they desire, they shall receive; O Nanak, they become the very image of God.

Page 1245 Guru Angad Dev Jee

76. RELATIONSHIP BEFORE MARRIAGE

REHAT

ਬਿਨਾ ਅਨੰਦ ਬਿਵਾਹ ਤੇ ਭੁਗਤੇ ਪਰ ਕੀ ਜੋਇ ॥ ਸੁਣ ਸਿਖਾ ਗੁਰ ਕਹਿ ਥੱਕੇ ਮੇਰਾ ਸਿਖ ਨ ਸੋਇ ॥੨੫॥

binaa ana(n)dh bivaah thae bhugathae par kee joe || sun sikhaa gur kehi thhaakae
maeraa sikh n soe ||25||

Without having Anand Karaj those who have sexual relationships. Listen O' Sikh the
Guru states, he is not my Sikh.

Rehatnama Mukhthnama

GURBANI

ਇਕ ਕਾਮਣਿ ਹਿਤਕਾਰੀ ਮਾਇਆ ਮੋਹਿ ਪਿਆਰੀ ਮਨਮੁਖ ਸੋਇ ਰਹੇ ਅਭਾਗੇ ॥ ਨਾਨਕ ਸਹਜੇ ਸੇਵਹਿ ਗੁਰੂ

ਅਪਣਾ ਸੇ ਪੂਰੇ ਵਡਭਾਗੇ ॥੪॥੩॥

eik kaaman hithakaaree maaeiaa mohi piaaree manamukh soe rehae abhaagae ||
naanak sehajae saevehi gur apanaa sae poorae vaddabhaagae ||4||3||

Some are lovers of beautiful young women; emotional attachment to Maya is very dear to them. The unfortunate self-willed manmukhs remain asleep. O Nanak, those who intuitively serve their Guru, have perfect destiny. ||4||3||

Page 569 Guru Amar Daas Jee Raag Vadhans

77. REMAIN DETACHED FROM POSSESSIONS

REHAT

ਧਨ ਕੀਰਤਿ ਸੁਖ ਰਾਜ ਬਡਾਈ ॥ ਯੁਵਤੀ ਸੁਤ ਵਿਦਿਆ ਬਹੁ ਭਾਈ ॥ ਏਸਭ ਦਾਤ ਗੁਰੂ ਕੀ ਜਾਨੈ ॥ ਤਾਂ ਤੇ ਨਹਿ ਅਭਿਮਾਨਹਿ ਠਾਨੈ ॥

dhhan keerath sukh raaj baddaaee || yuvathee suth vidhiaa bahu bhaaee || eaesabh
dhaath guroo kee jaanai || thaa(n) thae nehi abhimaanehi t(h)aanai ||

Wealth, employment, happiness, power and praise. Education, knowledge and family. He should recognise these as gifts from the Guru. Then self-centeredness and ego will not enter the mind.

Rehatnama Bhai Desa Singh

GURBANI

ਗਿਰੁਹ ਤੇਰਾ ਤੂ ਠਾਕੁਰੁ ਮੇਰਾ ਗੁਰਿ ਹਉ ਖੋਈ ਪ੍ਰਭੁ ਦੀਨਾ ॥

grihu thaeraa thoo t(h)aakur maeraa gur ho khoee prabh dheenaa ||

My household belongs to You, O my Lord and Master; the Guru has blessed me with God, and rid me of egotism.

Page 1210 Guru Arjan Dev Jee Raag Saarang

78. REMAIN TRUE TO YOUR WORD

REHAT

ਕਰੈ ਬਚਨ ਜੋ ਪਾਲੈ ਨਾਹੀਂ ਗੋਬਿੰਦ ਸਿੰਘ ਤਿਸ ਠੌਰ ਨ ਆਹੀ ॥

karai bachan jo paalai naahee(n) gobi(n)dh si(n)gh this t(h)aar n aahee ||

Those who do not remain true to their word will be abandoned forever.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਬਚਨੁ ਕਰੇ ਤੈ ਖਿਸਕਿ ਜਾਇ ਬੋਲੇ ਸਭੁ ਕਚਾ ॥ ਅੰਦਰਹੁ ਬੋਥਾ ਕੂੜਿਆਰੁ ਕੂੜੀ ਸਭ ਖਚਾ ॥

bachan karae thai khisak jaae bolae sabh kachaa || a(n)dharahu thhothhaa koorriaar
koorree sabh khachaa ||

He gives his word, but then backs out. All that he says is false. The false person is hollow within; he is totally engrossed in falsehood.

Page 1099 Guru Arjan Dev Jee Raag Maroo

79. REMEMBER THE REHAT

REHAT

ਪ੍ਰਥਮ ਰਹਤ ਏਹੀ ਹੈ ਕਹੀ ॥ ਪਾਹੁਲ ਮੈਂ ਜੋ ਸਿੰਘਨ ਕਹੀ ॥

prathham rehath eaehee hai kehee || paahul mai(n) jo si(n)ghan kehee ||

The most important principle is to forever remember the Rehat given by the Singhs at the initiation ceremony.

Rehatnama Bhai Desa Singh

GURBANI

ਧਨੁ ਧਨੁ ਸਾਧੁ ਜਿਨ੍ਹੀ ਹਰਿ ਪ੍ਰਭੁ ਪਾਇਆ ਤਿਨ੍ ਪੂਛਉ ਹਰਿ ਕੀ ਬਾਤਾ ॥ ਪਾਇ ਲਗਉ ਨਿਤ ਕਰਉ
ਜੁਦਰੀਆ ਹਰਿ ਮੇਲਹੁ ਕਰਮਿ ਬਿਧਾਤਾ ॥੨॥

dhhan dhhan saadhh jinhee har prabh paaeiaa thinh pooshho har kee baathaa || paae
lago nith karo judhareeaa har maelahu karam bidhhaathaa ||2||

Blessed, blessed are the Holy, who have found their Lord God; I ask them to tell me the stories of the Lord. I fall at their feet, and always pray to them, to mercifully unite me with my Lord, the Architect of Destiny. ||2||

Page 984 Guru Raam Daas Jee Raag Maalee Gauraa

80. REPEAT VAHEGURU VAHEGURU

REHAT

ਵਾਹਿਗੁਰੂ ਨਿਤ ਬਚਨ ਉਚਾਰੇ ॥ ਵਾਹਿਗੁਰੂ ਕੇ ਹਿਰਦੈ ਧਾਰੈ ॥

vaahiguroo nith bachan ouchaarae || vaahiguroo ko hiradhai dhhaarai ||

He repeats the True Name of 'Vaheguru' daily. He enshrines Vaheguru in his heart.

Rehatnama Bhai Desa Singh

GURBANI

ਵਾਹਿਗੁਰੂ ਗੁਰੂ ਮੰਤ੍ਰ ਹੈ ਜਪ ਹਉਮੈਂ ਖੋਈ॥ ਆਪ ਗਵਾਏ ਆਪ ਹੈ ਗੁਣ ਗੁਣੀ ਪਰੋਈ ॥੦

vaahiguroo guroo ma(n)thr hai jap houmai(n) khoee|| aap gavaaeae aap hai gun gunee
paroee ||a

His Guru-mantar is Vahiguru, whose recitation erases egotism. Losing egotism and merging into the qualities of the supreme Lord, he himself becomes full of qualities.

Vaar 13 Bhai Gurdaas Jee

81. RESPECT YOUR PARENTS

REHAT

ਜੋ ਮਾਤਾ ਪਿਤਾ ਦੀ ਆਗਿਆ ਨਾ ਮੰਨੇ, ਸੋ ਭੀ ਤਨਖਾਹੀਆ

jo maathaa pithaa dheer aagiaa naa ma(n)nae so bhee thanakhaaheeeaa

One who does not show respect to the wishes of their parents is will be punished.

Rehatnama Bhai Chaupaa Singh Jee

GURBANI

ਕਾਹੇ ਪੂਤ ਝਗਰਤ ਹਉ ਸੰਗਿ ਬਾਪ ॥ ਜਿਨ ਕੇ ਜਣੇ ਬਡੀਰੇ ਤੁਮ ਹਉ ਤਿਨ ਸਿਉ ਝਗਰਤ ਪਾਪ ॥੧॥ ਰਹਾਉ
॥

kaahae pooth jhagarath ho sa(n)g baap || jin kae janae baddeerae thum ho thin sio
jhagarath paap ||1|| rehaao ||

O son, why do you argue with your father? It is a sin to argue with the one who fathered you and raised you. ||1||Pause||

82. RE-TIE YOUR TURBAN EACH TIME

REHAT

ਕੰਘਾ ਦੋਨੋ ਵਕਤ ਕਰ ਪਾਗ ਚੁਨੈ ਕਰ ਬਾਂਧਈ ॥

ka(n)ghaa dhono vakath kar paag chunai kar baa(n)dhhee ||

Comb your hair twice a daily and re-tie your turban each time you wear it.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਹਉ ਗੋਸਾਈ ਦਾ ਪਹਿਲਵਾਨੜਾ ॥ ਮੈ ਗੁਰ ਮਿਲਿ ਉਚ ਦੁਮਾਲੜਾ ॥ ਸਭ ਹੋਈ ਛਿੰਝ ਇਕਠੀਆ ਦਯੁ ਬੈਠਾ
ਵੇਖੈ ਆਪਿ ਜੀਉ ॥੧੭॥

ho gosaaee dhaa pehilavaanarraa || mai gur mil ouch dhumaalarraa || sabh hoee
shhi(n)jh eikat(h)eeaa dhay bait(h)aa vaekhai aap jeeo ||17||

I am a wrestler; I belong to the Lord of the World. I met with the Guru, and I have tied a tall, plumed turban. All have gathered to watch the wrestling match, and the Merciful Lord Himself is seated to behold it. ||17||.

Page 73 Guru Arjan Dev Jee Raag Sri Raag

83. SERVE VISITING SIKHS

REHAT

ਪਰਦੇਸੀ ਸਿੰਘਨ ਜਬ ਦੇਖੈ ਉਨ ਕੀ ਸੇਵਾ ਕਰੇ ਬਿਸੇਖੈ ॥

paradhaesee si(n)ghan jab dhaekhai oun kee saevaa karae bisaekhai ||

When others Sikhs come from other lands, they should be served with utmost devotion and respect.

Rehatnama Bhai Desa Singh

GURBANI

ਗੁਰਮੁਖ ਸੇਵਾ ਗੁਰਸਿਖਾਂ ਗੁਰਸਿਖ ਮਾ ਪਿਉ ਦਾਈ ਮਿਤਾ॥

guramukh saevaa gurasikhaa(n) gurasikh maa pio dhaaee mithaa||

Gurmukhs serve the Sikhs considering them their parents, brothers and friends.

Vaar 5 Bhai Gurdaas

84. SHARE YOUR FOOD

REHAT

ਏਕਾਕੀ ਬਹਿ ਖਾਹਿ ਨਹਿ ਅਵਰਨ ਕੋ ਭੀ ਦੇਇ ॥

eaekaakee behi khaahi nehi avaran ko bhee dhaee ||

Do not just eat on your own, always try to share with others.

Rehatnama Bhai Desa Singh

GURBANI

ਦਰਿ ਵਾਟ ਉਪਰਿ ਖਰਚੁ ਮੰਗਾ ਜਬੈ ਦੇਇ ਤ ਖਾਹਿ ॥

dhar vaatt oupar kharach ma(n)gaa jabai dhaee th khaahi ||

Sitting, waiting at the Lord's Door, they beg for food, and when He gives to them, they eat.

Page 473 Guru Nanak Dev Jee Raag Aasaa

85. SITTING HIGHER THAN GURBANI RECITER

REHAT

ਸ਼ਬਦ ਹੇਠ ਪੜ੍ਹਨਿ, ਆਪ ਮੰਜੇ ਚੜ੍ਹਿ ਬੈਠਨਿ, ਸੋ ਭੀ ਤਨਖਾਹੀਆ

shabadh haet(h) parrhan iaap ma(n)jae charrih bait(h)an iso bhee thanakhaaheeeaa

If the listener sits in a higher position than the reciter of Gurbani he will be punished for showing disrespect.

Rehatnama Bhai Chaupaa Singh Jee

GURBANI

ਗੁਰ ਕਹਿਆ ਮਾਨੁ ਨਿਜ ਨਿਧਾਨੁ ਸਚੁ ਜਾਨੁ ਮੰਤ੍ਰੁ ਇਹੈ ਨਿਸਿ ਬਾਸੁਰ ਹੋਇ ਕਲਾਨੁ ਲਹਹਿ ਪਰਮ ਗਤਿ ਜੀਉ

॥

gur kehiaa maan nij nidhhaan sach jaan ma(n)thra eihai nis baasur hoe kalyaan lehehi
param gath jeeo ||

**Respect and obey the Guru's Word; this is your own personal treasure - know this
mantra as true. Night and day, you shall be saved, and blessed with the supreme
status.**

Page 1403 Bhatt Gayandh Jee Savaiye M:5

86. SLANDERING

REHAT

ਖਾਲਸਾ ਸੋਇ ਜੁ ਨਿੰਦਾ ਤਿਆਗੇ ॥

khhaalasaa soe j ni(n)dhaa thiaagae ||

He is the Khalsa who refrains from slandering.

Thankhaanama Bhai Nand Laal Jee

GURBANI

ਨਿੰਦਕੁ ਨਿੰਦਾ ਕਰਿ ਮਲੁ ਧੋਵੈ ਓਹੁ ਮਲਭਖੁ ਮਾਇਆਧਾਰੀ ॥

ni(n)dhak ni(n)dhaa kar mal dhhovai ouhu malabhakh maaeiaadhhaaree ||

**By slandering, the slanderer washes the filth off others; he is an eater of filth, and a
worshipper of Maya.**

GGG Page 506

87. STUDY REHAT REGULARLY

REHAT

ਗੁਰੂ ਕਾ ਸਿਖ ਹੋਵੈ, ਸੋ ਐਸੀ ਰਹਿਤ ਦੀ ਖੋਜਣਾ ਕਰੈ, ਜੇਹੜੀ ਰਹਿਤ ਸਾਹਿਬ ਖੁਸ਼ੀ ਆਵੈ

guroo kaa sikh hovai so aisee rehith dhee khojanaa karai jaeharree rehith saahib
khushee aavai

**The Sikh of the Guru should study Rehat and discipline and they should adopt those
principles that please the Guru.**

Rehatnama Bhai Chaupaa Singh Jee

GURBANI

ਸਤਿਗੁਰੁ ਦਾਤਾ ਜੀਅ ਕਾ ਸਭਸੈ ਦੇਇ ਅਧਾਰੁ ॥ ਸਤਿਗੁਰ ਬਚਨ ਕਮਾਵਣੇ ਸਚਾ ਏਹੁ ਵੀਚਾਰੁ ॥

sathigur dhaathaa jeea kaa sabhasai dhaee adhhaar || sathigur bachan kamaavanae sachaa eaehu veechaar ||

The True Guru is the Giver of the soul; He gives Support to all. Act according to the Instructions of the True Guru; this is the true philosophy.

Page 52 Guru Arjan Dev Jee Raag Sri Raag

88. SWEET SPEECH

REHAT

ਮਧੁਰ ਬਚਨ ਸਬਹਿਨ ਕੋ ਭਾਖੈ ਚਾਕਰ ਸਿੰਘਨ ਕੋ ਹੀ ਰਾਖੈ ॥

madhhur bachan sabehin ko bhaakhai chaakar si(n)ghan ko hee raakhai ||

His speech should be righteous and he should only employ Sikhs for his work..

Rehatnama Bhai Desa Singh

GURBANI

ਬਈਅਰਿ ਬੋਲੈ ਮੀਠਲੀ ਭਾਈ ਸਾਚੁ ਕਹੈ ਪਿਰ ਭਾਇ ॥

beear bolai meet(h)ulee bhaaee saach kehai pir bhaae ||

That soul-bride, who talks sweetly and speaks the Truth, O Siblings of Destiny, becomes pleasing to her Husband Lord.

Page 637 Guru Nanak Dev Jee Raag Sorath

89. TAKE A COLD BATH

REHAT

ਠੰਡੇ ਪਾਣੀ ਜੋ ਨਹਿ ਨੁਾਵੈ ਬਿਨ ਜਪ ਪੜ੍ਹੇ ਪ੍ਰਸਾਦ ਜੁ ਖਾਵੈ ॥

t(h)a(n)ddae paanee jo nehi nhaavai bin jap parrhae prasaadh j khaavai ||

Those who do not take their morning bath in cold water and those who eat before their Nitnem infringe the Rehat.

Rehatnama Bhai Nand Laal Jee

GURBANI

ਇਸਾਨੁ ਕਰਹਿ ਪਰਭਾਤਿ ਸੁਧ ਮਨਿ ਗੁਰ ਪੂਜਾ ਬਿਧਿ ਸਹਿਤ ਕਰੰ ॥

eisaan karehi parabhaath sudhh man gur poojaa bidhh sehith kara(n) ||

After their cleansing bath in the hours before the dawn, they worship the Guru with their minds pure and clear.

Page 1402 Bhatt Gayand

90. TAKING DAUGHTERS AND SISTERS EARNINGS

REHAT

ਧੀਅ ਭੈਣ ਕਾ ਪੈਸਾ ਖਾਇ ਗੋਬਿੰਦ ਸਿੰਘ ਧੱਕੇ ਯਮ ਲਾਇ ॥

dhheea bhain kaa paisaa khaae gobi(n)dh si(n)gh dhhaakae yam laae ||

Those who eat from the earnings of their daughters and sisters will receive heavy punishment from the Angels of Death..

Rehatnama Bhai Nand Laal Jee

GURBANI

ਹਕੁ ਪਰਾਇਆ ਨਾਨਕਾ ਉਸੁ ਸੁਅਰ ਉਸੁ ਗਾਇ ॥

hak paraaeiaa naanakaa ous sooar ous gaae ||

To take what rightfully belongs to another, is like a Muslim eating pork, or a Hindu eating beef.

Page 141 Guru Nanak Dev Jee Raag Maajh

91. TEACH YOUR CHILDREN GURMAT

REHAT

ਜੋ ਸਿਖ ਆਪਣੇ ਪੁਤ੍ਰ ਨੂੰ ਪੋਥੀ, ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਨਾ ਸਿਖਾਏ, ਸੋ ਭੀ ਤਨਖਾਹੀਆ

jo sikh aapanae puthr noo(n) pothhee gra(n)thh saahib jee naa sikhaaeae so bhee thanakhaaheea

The Sikh parent who does not teach their children to read and understand Gurbani will be punished.

GURBANI

ਓਹੁ ਆਪਿ ਛੁਟਾ ਕੁਟੰਬ ਸਿਉ ਦੇ ਹਰਿ ਹਰਿ ਨਾਮੁ ਸਭ ਸ੍ਰਿਸਟਿ ਛੁਡਾਏ ॥ ਜਨ ਨਾਨਕ ਤਿਸੁ ਬਲਿਹਾਰਣੈ ਜੋ ਆਪਿ ਜਪੈ ਅਵਰਾ ਨਾਮੁ ਜਪਾਏ ॥੨॥

ouhu aap shhuttaa kutta(n)b sio dhae har har naam sabh srisatt shhaddaaeae || jan naanak this balihaaranai jo aap japai avaraa naam japaaeae ||2||

He is saved, along with his family; bestowing the Name of the Lord, Har, Har, He saves the whole world. Servant Nanak is a sacrifice to one who himself chants the Naam, and inspires others to chant it as well. ||2||

Page 140 Guru Raam Daas Jee Raag Maajh

92. THE FIRST REHAT (PRITHAM REHAT)

REHAT

ਪ੍ਰਥਮ ਰਹਿਤ ਯਹਿ ਜਾਨ ਖੰਡੇ ਕੀ ਪਾਹੁਲ ਛਕੇ ॥ ਸੋਈ ਸਿੰਘ ਪ੍ਰਧਾਨ ਅਵਰ ਨ ਪਾਹੁਲ ਜੋ ਲਏ ॥

prathham rehith yehi jaan kha(n)ddae kee paahul shhakaee ||asooe si(n)gh pradhhaan avar n paahul jo leae ||

To drink the Ambrosial Nectar of the Khanda (Amrit) is the primary instruction for the Sikh. He who abandons all other initiations is truly a great Sikh.

Rehatnama Bhai Desa Singh

GURBANI

ਸੁਰਿ ਨਰ ਮੁਨਿ ਜਨ ਅੰਮ੍ਰਿਤੁ ਖੋਜਦੇ ਸੁ ਅੰਮ੍ਰਿਤੁ ਗੁਰ ਤੇ ਪਾਇਆ ॥

sur nar mun jan a(n)mrith khojadhae s a(n)mrith gur thae paaeiaa ||

The angelic beings and the silent sages search for the Ambrosial Nectar; this Amrit is obtained from the Guru.

Guru Amar Daas Raag Raamkali - Anand

93. THE FIVE SINGHS

REHAT

ਪਾਂਚ ਸਿੰਘ ਅੰਮ੍ਰਿਤ ਜੋ ਦੇਵੈਂ ਤਾਂ ਕੋ ਸਿਰ ਧਰ ਛਕ ਪੁਨ ਲੇਵੈ ॥ ਪੁਨ ਮਿਲ ਪਾਂਚੋ ਰਹਿਤ ਜੋ ਭਾਖੈ ਤਾਂ ਕੋ ਮਨ
ਮੇਂ ਦ੍ਰਿੜ ਕਰ ਰਾਖੈ ॥

paa(n)ch si(n)gh a(n)mrith jo dhaevai(n) thaa(n) ko sir dhhar shhak pun laevai ||apun mil
paa(n)cho rehith jo bhaakhai thaa(n) ko man mae(n) dhriir kar raakhai ||

**Offer you head and take the Amrit prepared by five Singhs. The code of conduct
(Rehat), which they bless you with, should be enshrined in one's heart.**

Krith Bilaas Paathshahee Dasvee

GURBANI

ਗੁਰਸਿਖਾਂ ਅੰਦਰਿ ਸਤਿਗੁਰੂ ਵਰਤੈ ਜੋ ਸਿਖਾਂ ਨੋ ਲੋਚੈ ਸੋ ਗੁਰ ਖੁਸੀ ਆਵੈ ॥

gurasikhaa(n) a(n)dhara sathiguroo varathai jo sikhaa(n) no lochai so gur khusee aavai ||

**Deep within the hearts of His GurSikhs, the True Guru is pervading. The Guru is
pleased with those who long for His Sikhs.**

GGS Page 317

94. TURNING BACK TOWARDS GURU GRANTH SAHIB

REHAT

ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਪਾਸ ਪਿੱਠ ਕਰਿ ਬੈਠੇ, ਸੋ ਤਨਖਾਹੀਆ

gra(n)thh saahib jee paas pt(h) kar bait(h)ae so thanakhaaheeeaa

**Those who turn their back towards the Guru Granth Sahib while in It's presence will be
punished.**

Rehatnama Bhai Chaupaa Singh Jee

GURBANI

ਜਨ ਨਾਨਕ ਕੀ ਲਜ ਪਾਤਿ ਗੁਰੂ ਹੈ ਸਿਰੁ ਬੋਚਿਓ ਸਤਿਗੁਰ ਆਗੇ ॥੫॥੧੦॥੨੪॥੬੨॥

jan naanak kee laj paath guroo hai sir baechiou sathigur aagae ||5||10||24||62||

Servant Nanak's honor and respect is the Guru; he has sold his head to the True Guru.
||5||10||24||62||

Page 172 Guru Raam Daas Jee Raag Gauree

95. VICTORIOUS & FEARLESS

REHAT

ਖਾਲਸਾ ਸੋਇ ਲੜੇ ਹੈ ਆਗੇ ॥

khhaalasaa soe larrae hvai aagae ||

He is the Khalsa who fights valantly in the direction of victory.

Thankhaanama Bhai Nand Laal Jee

GURBANI

ਸੂਰਾ ਸੋ ਪਹਿਚਾਨੀਐ ਜੁ ਲਰੈ ਦੀਨ ਕੇ ਹੇਤ ॥ ਪੁਰਜਾ ਪੁਰਜਾ ਕਟਿ ਮਰੈ ਕਬਹੂ ਨ ਛਾਡੈ ਖੇਤੁ ॥੨॥੨॥

sooraa so pehichaaneeai j larai dheen kae haeth ||aapurajaa purajaa katt marai
kabehoo n shhaaddai khaeth ||2||2||

He alone is known as a spiritual hero, who fights in defense of religion. He may be cut apart, piece by piece, but he never leaves the field of battle. ||2||2||.

GGG Page 1105

96. VISITS/PILGRIMAGES TO GURDWARAS ONLY

REHAT

ਗੁਰੂ ਕਾ ਸਿਖ ਜੇ ਓਦਾਸੀ ਕਰੈ ਤਾਂ ਅਪਣੇ ਗੁਰਾਂ ਦੇ ਅਸਥਾਨ ਦੇਖੇ

guroo kaa sikh jae ouadhaasee karai thaa(n) apanae guraa(n) dhae asathhaan
dhaekhae

The Sikh of the Guru should only visit Sikh Gurdwaras when on pilgrimage.

Rehatnama Bhai Chaupaa Singh Jee

GURBANI

ਦੇਵਣ ਵਾਲੇ ਕੈ ਹਥਿ ਦਾਤਿ ਹੈ ਗੁਰੂ ਦੁਆਰੈ ਪਾਇ ॥

dhaevan vaalae kai hathh dhaath hai guroo dhuaarai paae ||

The Gift is in the Hands of the Great Giver. At the Guru's Door, in the Gurdwara, it is received.

Page 33 Guru Amar Daas Jee Raag Sri Raag

97. WASH YOUR HANDS BEFORE EATING

REHAT

ਜੋ ਪ੍ਰਸਾਦ ਛਕਨੇ ਲਗੇ ਹਾਥ ਸੁਚੇਤ ਕਰੇਇ ॥

jo prasaadh shhakanae lagae haathh suchaeth karaee ||

When you are going to eat, first wash your hands.

Rehatnama Bhai Desa Singh

GURBANI

ਫੁਨਿ ਗੁਰੂ ਜਲ ਬਿਮਲ ਅਥਾਹ ਮਜਨੁ ਕਰਹੁ ਸੰਤ ਗੁਰਸਿਖ ਤਰਹੁ ਨਾਮ ਸਚ ਰੰਗ ਸਰਿ ॥

fun guroo jal bimal athhaah majan karahu sa(n)th gurasikh tharahu naam sach ra(n)g sar ||

Then, cleanse yourself in the Immaculate and Unfathomable Water of the Guru; O Gursikhs and Saints, cross over the Ocean of Love of the True Name.

Page 1400 Bhatt Gayandh

98. WEARING OF HATS/CAPS

REHAT

ਹੋਇ ਸਿਖ ਸਿਰ ਟੋਪੀ ਧਰੈ ॥ ਸਾਤ ਜਨਮ ਕੁਸ਼ਟੀ ਹੁਇ ਮਰੈ ॥

hoe sikh sir ttopee dhharai || saath janam kushattee hue marai ||

He who as a Sikh places a hat on their head; will be reborn seven times as a leper.

Thankhaanama Bhai Nand Laal Jee

GURBANI

ਜੋ ਬਿਨੁ ਸਤਿਗੁਰ ਸੇਵੇ ਖਾਦੇ ਪੈਨਦੇ ਸੇ ਮੁਏ ਮਰਿ ਜੰਮੇ ਕੋੜੇ ॥ ਓਇ ਹਾਜਰੁ ਮਿਠਾ ਬੋਲਦੇ ਬਾਹਰਿ ਵਿਸੁ

ਕਢਹਿ ਮੁਖਿ ਘੋਲੇ ॥

jo bin sathigur saevae khaadhae painadhae sae mueae mar ja(n)mae korrhae || oue
haajar mit(h)aa boladhae baahar vis kadtehi mukh gholae ||

Those who eat and dress without serving the True Guru die; after death, those wretched lepers are consigned to reincarnation. In His Sublime Presence, they talk sweetly, but behind His back, they exude poison from their mouths.

Page 306 Guru Raam Daas Jee

99. WORSHIP WITHOUT GURU

REHAT

ਧਰਹਿ ਕੇਸ ਪਾਹੁਲ ਬਿਨਾ ਭੇਖੀ ਮੂੜਾ ਸਿਖ ॥ ਮੇਰਾ ਦਰਸਨ ਨਾਹਿ ਤਿਸ ਪਾਪੀ ਤਿਆਗੇ ਭਿਖ ॥੫॥

dhharehi kaes paahul binaa bhaekhee moorraa sikh || maeraa dharasan naahi this
paapee thiaagae bhikh ||5||

Those who keep their hair but do not get initiated are faithless sinners. They will never receive my blessing.

Rehatnama Bhai Sahib Singh Jee

GURBANI

ਮਨਮੁਖ ਭਗਤਿ ਕਰਹਿ ਬਿਨੁ ਸਤਿਗੁਰ ਵਿਣੁ ਸਤਿਗੁਰ ਭਗਤਿ ਨ ਹੋਈ ਰਾਮ ॥ ਹਉਮੈ ਮਾਇਆ ਰੋਗਿ
ਵਿਆਪੇ ਮਰਿ ਜਨਮਹਿ ਦੁਖੁ ਹੋਈ ਰਾਮ ॥

manamukh bhagath karehi bin sathigur vin sathigur bhagath n hoee raam || houmai
maaeiaa rog viaapae mar janamehi dhukh hoee raam ||

The self-willed manmukhs practice devotional rituals without the True Guru, but without the True Guru, there is no devotion. They are afflicted with the diseases of egotism and Maya, and they suffer the pains of death and rebirth.

Page 768 Guru Amar Daas Jee Raag Soohee

100. WORSHIPPING OTHER GODS AND GODDESSES

REHAT

ਅਕਾਲ ਪੁਰਖ ਕੋ ਛਾਡ ਕਰਿ ਭਜੈ ਦੇਵ ਕੋਈ ਅਉਰ ਜਨਮ ਜਨਮ ਭ੍ਰਮਤਾ ਫਿਰਹਿ ਲਹਹਿ ਨ ਸੁਖ ਕੀ ਠਉਰ

॥੧੬॥

akaa purakh ko shhaadd kar bhajai dhaev koe aour janam janam bhramathaa firehi
lehehi n sukh kee t(h)our ||16||

Those who forget God and worship deities instead. They will be born again and again in
delusion and will never attain peace.

Thankhaanama Bhai Nand Laal Jee

GURBANI

ਤੋਰਉ ਨ ਪਾਤੀ ਪੂਜਉ ਨ ਦੇਵਾ ॥ ਰਾਮ ਭਗਤਿ ਬਿਨੁ ਨਿਹਫਲ ਸੇਵਾ ॥੨॥

thoro n paathee poojo n dhaevaa || raam bhagath bin nihafal saevaa ||2||

I do not pick leaves as offerings, and I do not worship idols. Without devotional worship
of the Lord, service is useless. ||2||

Page 1158 Bhagat Kabeer Jee Raag Bhairo

101. RESOLVE DISPUTES WITHIN SIKHS

REHAT

ਸਿਖ ਦਾ ਮਾਮਲਾ ਸਿਖਾਂ ਵਿਚ ਨਿਬੇੜੇ, ਦੇਣੇ ਲੈਣੇ ਵਾਲਾ ਜੋ ਬੇਮੁਖ ਹੋਵੇਗਾ, ਸੋ ਨ ਨਿਬੜੇਗਾ

sikh dhaa maamalaa sikhaa(n) vich nibaerrae dhaenae lainae vaalaa jo baemukh
hovaegaa so n nibarraegaa

Disputes within Sikhs should be resolved by Sikhs. One who himself takes from
Gursikhs should not be used for resolving them.

Rehatnama Bhai Chaupaa Singh Jee

GURBANI

ਸਭੇ ਸਿਖ ਉਬਾਰਿਅਨੁ ਪ੍ਰਭਿ ਕਾਜ ਸਵਾਰੇ ॥ ਨਿੰਦਕ ਪਕੜਿ ਪਛਾੜਿਅਨੁ ਝੁਠੇ ਦਰਬਾਰੇ ॥

sabhae sikh oubaarrian prabh kaaj savaarae || ni(n)dhak pakarr pashhaarrian jhoot(h)ae
dharabaarae ||

God has emancipated all the Sikhs and resolved their affairs. He has seized the
slanderers and thrown them to the ground, and declared them false in His Court.

