

Blessings of the Sikh Daily Prayers

Guru Gobind Singh gave seven daily Banis or prayers that draw upon the five elements to help us gracefully face everyday negativity and uplift every situation. My understanding of the Banis comes from reciting them every day since my birthday, March 6th, 1976, over thirty years ago.

Guru's Morning Prayers

JAPJI SAHIB (Ether) Controls one's "Ji," one's soul. Given by Guru Nanak, its message contains the entire Siri Guru Granth Sahib, whose essence is in the first word of Japji Sahib—Ek, or "Oneness". It is the first prayer recited each morning. Japji Sahib clears one's destiny of danger and enables one's soul to shine the way to serve every soul.

SHABAD HAZARE (Ether) is recited as a couplet following Japji Sahib. It contains letters composed by Guru Arjan Dev ji, the fifth Sikh Guru, written out of pure love and longing to be reunited with his father, Guru Ram Das. Guru Arjan's soulful prayer gives the benefit of a thousand prayers to reunite beloveds with grace and sublime union with God.

JAAP SAHIB (Air) Jaap Sahib, chanted mid-morning, is imbued Guru Gobind Singh's power to transform the downtrodden into warrior saints, to uplift the soul and very core of the being with the ladder of humility and the divine reach of grace. Sahib means grace. When Jaap Sahib is recited whole-heartedly and correctly it gives Vakh Siddhi—the power that whatever you say must happen, and also the ability to automatically compute what people are truly saying. As God directs you, so may you fearlessly direct God.

TAV PRASAD SWAIYAA (Air) is recited as a couplet following Jaap Sahib. Air represents the Guru in Pavan Guru, the bliss of our every breath. Tav Prasad Swaiyaa takes us through the illusions and corruption of the world to the other side, where love is the only way to obtain God in the midst of falsehood.

Guru's Afternoon Prayer

ANAND SAHIB (Fire) Guru Amardas composed Anand Sahib in the midst of communicating with God, the Infinite, Whom he relied upon to amply provide for his free kitchen, which stocked no supplies. He tells his mind to always be with God, his ears that they were given to hear only the Truth, his eyes that God put His Light in them, so see only God everywhere. His words burn away false mental perceptions with a burning love of God, to understand the depth of one's cosmic identity unto bliss.

Guru's Evening Prayers

REHIRAAS SAHIB (Water) Like a glass of cool water, this prayer provides refreshment and energy at the end of a long workday. With the exquisite support of pure Truth, it gives strength when you are weak, sustenance when you feel penniless, security when your home is endangered, earthly provisions in scarcity, protection from dark forces—giving them to God's Light, and divinely arranges your affairs when your efforts come to naught.

KIRTAN SOHILAA (Earth) Kirtan Sohilaa is recited before going to bed to give divine protection throughout the night. With shining beauty this prayer draws on Earth's magnetic field

to create a powerful, sublime shield against dangerous doings and negativity for miles in every direction