

To support one's spiritual development, Guru Gobind Singh Ji taught that certain Banis are best chanted every day. And some are best chanted at certain times of day.

The following are the daily Banis given by Guru Gobind Singh Ji.

To download these Banis and practice them yourself, visit

<http://www.sikhnet.com/s/DownloadBanis>

JAPJI SAHIB

Given by the first Sikh Master, Guru Nanak Dev Ji. This Bani controls one's "Ji," one's soul. When your Ji, your being, is endangered, when the radiance of your soul is weak, recite Japji. Guru Nanak said that reciting Japji Sahib would liberate the humanity from the cycles of birth and death. Japji Sahib can be recited at any time of day.

SHABAD HAZAARAY

Given by the fifth Sikh Master, Guru Arjan Dev Ji. This is the highest disciple's love letter, written by Arjan to his father Guru Ram Das. Its boon is that it gives the benefits of a thousand Shabds, and the soul shall directly merge with God. It makes the separated ones come home with grace. One who recites this Shabd shall never be separated from their beloved. Best recited in the morning.

JAAP SAHIB

Given by the 10th Sikh Master, Guru Gobind Singh Ji. The Naad (Sound) of Jaap Sahib rouses the soul and the self of the Being. Sahib means grace. Recite it when your position is endangered, or when your authoritative personality is weak. This Bani brings grace and greatness. It will also give you the ability that whatever people say, you will automatically be able to compute what they are actually saying. And, once you are able to recite it correctly, it will give you the power, the Siddhi, that whatever you say, must happen. Man can direct God and God can direct man. Guru Gobind Singh recited Jaap Sahib so we won't become beggars at the doors of others. Best recited in the morning.

TEV PRASAAD SWAIYAAS

Given by the 10th Sikh Master, Guru Gobind Singh Ji. When you are not getting any satisfaction out of life, this is the Bani to recite.

BENTI CHAUPAI SAHIB

Benti Chaupai or Chaupai sahib is a prayer or Bani composed by tenth Sikh Guru, Guru Gobind Singh. This Bani is one of the five Banis recited by the initiated Sikh every morning. It is also a part of evening prayer of the Sikhs called Rehras sahib. The Benti Chaupee can be read at any time during the day to provide protection, positive focus and energy.

ANAND SAHIB

Given by the third Sikh Master, Guru Amar Das Ji. The 40 Paurees of the Anand Sahib guide

the development of the mind and the soul for life. In this Bani, mind and body are explained in relation to cosmic divinity. Guru Amar Das gave us this Song of Bliss to qualify the mind and to understand the depth.

REHIRAS SAHIB

Different passages composed by various Sikh Masters. This Bani is recited at sunset. Traditionally, this is the time of day when work is done and one feels tired. This Bani adds energy (raa-hu) to one's being, to one's total concept. Also, recite it when your worldly wealth is endangered. In Naad (Sound Language), reh means live, and raas means commodity. Rehiras Sahib helps you when you are physically weak, or weak in money, property and earthly goods.

KIRTAN SOHILAA

Different passages composed by different Sikh Masters. This Bani is done before you go to sleep at night. It is the most harmonious Naad (Sound) ever uttered. It multiplies the aura to the sensitivity of protection that it eliminates any negativity for miles and miles. When you are in danger, from a direct or indirect source, and when you want to protect yourself with the surrounding of the entire magnetic field of the earth, recite Kirtan Sohila.

For those interested in the yogic aspect of these Banis, here is a list of them along with their relationship with the five tattvas (elements). Each element in our being has certain patterns and holds certain karmas. The impact of the Banis on the elements is to balance the energy and clear the karmas that are being held.

1. Ether: Japji Sahib, Shabad Hazaaray
2. Air: Jaap Sahib, Tev Prasaad Swaiyaas
3. Fire: Anand Sahib
4. Water: Rehiras Sahib, with Baynti Chaopai
5. Earth: Kirtan Sohilaa

Explanations of the Daily Nitnem Banis adapted from Victory and Virtue.