

MOOL MANTAR & NAAM SIMRAN



GROUP A

Mool Mantar:

1	2	3	4	5	6	7	8
M	M	P	P	D	D	P	P
Ik Onkar				Satnam			
Karta Purakh				Nirbhao			
Nirvair				Akaal Moorat			
Ajooni				Saibhang			
Gurprasad				Jup			

Naam Simran:

Tune #1

1	2	3	4	5	6	7	8
G	G	P	P	M	M	M	M
Va	-	he	-	gu	-	ru	-

Tune #2

1	2	3	4	5	6	7	8
D	D	P	P	M	M	M	M
Va	-	he	-	gu	-	ru	-

Tune #3

1	2	3	4	5	6	7	8
Ś	Ś	<u>N</u>	<u>N</u>	D	D	D	D
Va	-	he	-	gu	-	ru	-

HAY GOBIND HAY GOPAL



GROUP A (SHABAD)

This Shabad is by Guru Arjan Dev Ji on Pannaa 1273

ਮਲਾਰ ਮਹਲਾ ੫ ॥

ਹੇ ਗੋਬਿੰਦ ਹੇ ਗੋਪਾਲ ਹੇ ਦਇਆਲ ਲਾਲ ॥੧॥ ਰਹਾਉ ॥

ਪ੍ਰਾਨ ਨਾਥ ਅਨਾਥ ਸਖੇ ਦੀਨ ਦਰਦ ਨਿਵਾਰ ॥੧॥

ਹੇ ਸਮ੍ਰਥ ਅਗਮ ਪੂਰਨ ਮੋਹਿ ਮਇਆ ਧਾਰਿ ॥੨॥

ਅੰਧ ਕੂਪ ਮਹਾ ਭਇਆਨ ਨਾਨਕ ਪਾਰਿ ਉਤਾਰ ॥੩॥੮॥੩੦॥

malaar mehalaa 5 ||

hae gobi(n)dh hae gopaal hae dhaeiaal laal ||1|| rehaao ||

praan naathh anaathh sakhae dheen dharadh nivaar ||1||

hae samrathh agam pooran mohi maeiaa dhhaar ||2||

a(n)dhh koop mehaa bhaeiaan naanak paar outhaar ||3||8||30||

Malaar, Fifth Mehl:

O Lord of the Universe, O Lord of the World, O Dear Merciful Beloved. ||1||Pause||

You are the Master of the breath of life, the Companion of the lost and forsaken, the Destroyer of the pains of the poor. ||1||

O All-powerful, Inaccessible, Perfect Lord, please shower me with Your Mercy. ||2||

Please, carry Nanak across the terrible, deep dark pit of the world to the other side. ||3||8||30||

HAY GOBIND HAY GOPAL



GROUP A (NOTATIONS)

Sathayee:

1	2	3	4	5	6	7	8
G	G	R	R	S	S	R	R
Hay	Go	bin	d	Hay	Go	pa	l
G	G	R	R	S	S	S	S
Hay	Day	aa	l	L	a	l	-

Antra:

1	2	3	4	5	6	7	8
P	P	M	M	G	G	G	G
Praa	n	Naa	th A	naa	th	Sa	kay
P	P	M	M	G	G	G	G
Praa	n	Naa	th A	naa	th	Sa	kay
G	G	R	R	S	S	R	R
Dee	n	Dar	ad Ni	va	a	r	-
G	G	R	R	S	S	S	S
Dee	n	Dar	ad Ni	va	a	r	-

THAKUR TUM SARNAYEE AAYA



GROUP A (SHABAD)

This Shabad is by Guru Arjan Dev Ji on Pannaa 1218

ਸਾਰਗ ਮਹਲਾ ੫ ॥

ਠਾਕੁਰ ਤੁਮ੍ਹ ਸਰਣਾਈ ਆਇਆ ॥

ਉਤਰਿ ਗਇਓ ਮੇਰੇ ਮਨ ਕਾ ਸੰਸਾ ਜਬ ਤੇ ਦਰਸਨੁ ਪਾਇਆ ॥੧॥ ਰਹਾਉ ॥

ਅਨਬੋਲਤ ਮੇਰੀ ਬਿਰਥਾ ਜਾਨੀ ਅਪਨਾ ਨਾਮੁ ਜਪਾਇਆ ॥

ਦੁਖ ਨਾਠੇ ਸੁਖ ਸਹਜਿ ਸਮਾਏ ਅਨਦ ਅਨਦ ਗੁਣ ਗਾਇਆ ॥੧॥

ਬਾਹ ਪਕਰਿ ਕਢਿ ਲੀਨੇ ਅਪੁਨੇ ਗ੍ਰਿਹ ਅੰਧ ਕੂਪ ਤੇ ਮਾਇਆ ॥

ਕਹੁ ਨਾਨਕ ਗੁਰਿ ਬੰਧਨ ਕਾਟੇ ਬਿਛੁਰਤ ਆਨਿ ਮਿਲਾਇਆ ॥੨॥੫੧॥੭੪॥

saarag mehalaa 5 ||

t(h)aakur thumh saranaaee aaeiaa ||

outhar gaeiou maerae man kaa sa(n)saa jab thae dharasan paaeiaa ||1|| rehaao ||

anabolath maeree birathhaa jaanee apanaa naam japaaeiaa ||

dhukh naat(h)ae sukh sehaj samaaee anadh anadh gun gaaeiaa ||1||

baah pakar kadt leenae apunae grih a(n)dhh koop thae maaeiaa ||

kahu naanak gur ba(n)dhhhan kaattae bishhurath aan milaaeiaa ||2||51||74||

Saarang, Fifth Mehla:

O my Lord and Master, I have come to Your Sanctuary.

The anxiety of my mind departed, when I gazed upon the Blessed Vision of Your Darshan. ||1||Pause||

You know my condition, without my speaking. You inspire me to chant Your Name.

My pains are gone, and I am absorbed in peace, poise and bliss, singing Your Glorious Praises. ||1||

Taking me by the arm, You lifted me up, out of the deep dark pit of household and Maya.

Says Nanak, the Guru has broken my bonds, and ended my separation; He has united me with God.

||2||51||74||

THAKUR TUM SARNAYEE AAYA



GROUP A (NOTATIONS)

Sathayee:

1	2	3	4	5	6	7	8
M	M	M	M	M	M	G	G
Tum	Sar	na	yee	Aa	ya	Tha	kur
M	M	P	P	M	M	M	M
Tum	Sar	na	yee	A	a	y	a

Antra:

1	2	3	4	5	6	7	8
P	P	<u>D</u>	<u>D</u>	P	P	M	M
Out	ar	Gayo	Meray	Mun	Ka	Sun	sa
M	M	M	M	M	M	G	G
Jab	Tay	Dar	san	Pai	yaa	Tha	kur
M	M	P	P	M	M	M	M
Tum	Sar	na	yee	A	a	y	a

MOOL MANTAR



GROUP B

Tune #1:

1	2	3	4	5	6	7	8
D	D	P	P	M	M	M	M
Ik On		kar		Satnaam			
Karta		Purakh		Nirbhao			
Nirvair		Akaal		Moorat			
Ajooni		Saibhang		Gurprasad			

Tune #2:

1	2	3	4	5	6	7	8
S	S	<u>N</u>	<u>N</u>	D	D	D	D
Jup		Aad		Sach			
Jug		Aad		Sach			
Hai		Bhee		Sach			
Nanak		Hosee		Bhee Sach			

HAY GOBIND HAY GOPAL



GROUP B (SHABAD)

This Shabad is by Guru Arjan Dev Ji on Pannaa 1273

ਮਲਾਰ ਮਹਲਾ ੫ ॥

ਹੇ ਗੋਬਿੰਦ ਹੇ ਗੋਪਾਲ ਹੇ ਦਇਆਲ ਲਾਲ ॥੧॥ ਰਹਾਉ ॥

ਪ੍ਰਾਨ ਨਾਥ ਅਨਾਥ ਸਖੇ ਦੀਨ ਦਰਦ ਨਿਵਾਰ ॥੧॥

ਹੇ ਸਮ੍ਰਥ ਅਗਮ ਪੂਰਨ ਮੋਹਿ ਮਇਆ ਧਾਰਿ ॥੨॥

ਅੰਧ ਕੂਪ ਮਹਾ ਭਇਆਨ ਨਾਨਕ ਪਾਰਿ ਉਤਾਰ ॥੩॥੮॥੩੦॥

malaar mehalaa 5 ||

hae gobi(n)dh hae gopaa| hae dhaeiaal laal ||1|| rehaao ||

praan naathh anaathh sakhae dheen dharadh nivaar ||1||

hae samrathh agam pooran mohi maeiaa dhhaar ||2||

a(n)dhh koop mehaa bhaeiaan naanak paar outhaar ||3||8||30||

Malaar, Fifth Mehl:

O Lord of the Universe, O Lord of the World, O Dear Merciful Beloved. ||1||Pause||

You are the Master of the breath of life, the Companion of the lost and forsaken, the Destroyer of the pains of the poor. ||1||

O All-powerful, Inaccessible, Perfect Lord, please shower me with Your Mercy. ||2||

Please, carry Nanak across the terrible, deep dark pit of the world to the other side. ||3||8||30||

HAY GOBIND HAY GOPAL



GROUP B (NOTATIONS)

Sathayee:

1	2	3	4	5	6	7	8
G	G	R	R	S	S	R	R
Hay	Go	bin	d	Hay	Go	pa	l
G	G	R	R	S	S	S	S
Hay	Day	aa	l	L	a	l	-

Antra:

1	2	3	4	5	6	7	8
P	P	M	M	G	G	G	G
Praa	n	Naa	th A	naa	th	Sa	kay
P	P	M	M	G	G	G	G
Praa	n	Naa	th A	naa	th	Sa	kay
G	G	R	R	S	S	R	R
Dee	n	Dar	ad Ni	va	a	r	-
G	G	R	R	S	S	S	S
Dee	n	Dar	ad Ni	va	a	r	-

JAISA SATGUR SUNEEDHA



GROUP B (SHABAD)

This Shabad is by Guru Arjan Dev Ji on Pannaa 957

ਸਲੋਕ ਮਃ ੫ ॥

ਜੈਸਾ ਸਤਿਗੁਰੁ ਸੁਣੀਦਾ ਤੈਸੇ ਹੀ ਮੈ ਡੀਠੁ ॥

ਵਿਛੁੜਿਆ ਮੇਲੇ ਪ੍ਰਭੂ ਹਰਿ ਦਰਗਹ ਕਾ ਬਸੀਠੁ ॥

ਹਰਿ ਨਾਮੋ ਮੰਤ੍ਰੁ ਦ੍ਰਿੜਾਇਦਾ ਕਟੇ ਹਉਮੈ ਰੋਗੁ ॥

ਨਾਨਕ ਸਤਿਗੁਰੁ ਤਿਨਾ ਮਿਲਾਇਆ ਜਿਨਾ ਧੁਰੇ ਪਇਆ ਸੰਜੋਗੁ ॥੧॥

salok ma 5 ||

jaisaa sathigur suneedhaa thaiso hee mai ddeet(h) ||

vishhurriaa maelae prabhoo har dharageh kaa baseet(h) ||

har naamo ma(n)thra dhriirraaeidhaa kattae houmai rog ||

naanak sathigur thinaa milaaeiaa jinaa dhhurae paeiaa sa(n)jog ||1||

Salok, Fifth Mehl:

As I have heard of the True Guru, so I have seen Him.

He re-unites the separated ones with God; He is the Mediator at the Court of the Lord.

He implants the Mantra of the Lord's Name, and eradicates the illness of egotism.

O Nanak, he alone meets the True Guru, who has such union pre-ordained. ||1||

JAISA SATGUR SUNEEDHA



GROUP B (NOTATIONS)

Sathayee:

1	2	3	4	5	6	7	8
M	M	M	P	<u>G</u>	<u>G</u>	M	P
Jai	sa	Sat	gu	Sun	ee	dh	aa
<u>D</u>	<u>D</u>	P	P	M	M	M	M
Thai	so	hee	Mai	Ddee	-	th	-

Antra:

1	2	3	4	5	6	7	8
<u>N</u>	<u>N</u>	<u>N</u>	<u>N</u>	Ś	Ś	Ś	Ś
Vi	shhurr	iaa	Mae	lae	Pra	bhoo	Har
<u>D</u>	<u>D</u>	P	P	M	M	M	M
Dhar	geh	Ka	Ba	s	ee	t	-

MAERAY LAALAN KI SOBHA



GROUP B (SHABAD)

This Shabad is by Guru Arjan Dev Ji in Raag Kalyaan on Pannaa 1322

ਕਲਿਆਨ ਮਹਲਾ ੫ ॥
ਮੇਰੇ ਲਾਲਨ ਕੀ ਸੋਭਾ ॥
ਸਦ ਨਵਤਨ ਮਨ ਰੰਗੀ ਸੋਭਾ ॥੧॥ ਰਹਾਉ ॥
ਬ੍ਰਹਮ ਮਹੇਸ ਸਿਧ ਮੁਨਿ ਇੰਦ੍ਰਾ ਭਗਤਿ ਦਾਨੁ ਜਸੁ ਮੰਗੀ ॥੧॥
ਜੋਗ ਗਿਆਨ ਧਿਆਨ ਸੇਖਨਾਗੈ ਸਗਲ ਜਪਹਿ ਤਰੰਗੀ ॥
ਕਹੁ ਨਾਨਕ ਸੰਤਨ ਬਲਿਹਾਰੈ ਜੋ ਪ੍ਰਭ ਕੇ ਸਦ ਸੰਗੀ ॥੨॥੩॥

kaliaan mehalaa 5 ||
maerae laalan kee sobhaa ||
sadh navathan man ra(n)gee sobhaa ||1|| rehaao ||
breham mehaes sidhh mun ei(n)dhraa bhagath dhaan jas ma(n)gee ||1||
jog giaan dhhaan saekhanaagai sagal japehi thara(n)gee ||
kahu naanak sa(n)than baliharaai jo prabh kae sadh sa(n)gee ||2||3||

Kalyaan, Fifth Mehla:

O, the Wondrous Glory of my Beloved!

My mind is rejuvenated forever by His Wondrous Love. ||1||Pause||

Brahma, Shiva, the Siddhas, the silent sages and Indra beg for the charity of His Praise and devotion to Him. ||1||

Yogis, spiritual teachers, meditators and the thousand-headed serpent all meditate on the Waves of God.

Says Nanak, I am a sacrifice to the Saints, who are the Eternal Companions of God. ||2||3||

MAERAY LAALAN KI SOBHA



GROUP B (NOTATIONS)

Raag Kalyaan Sargam:

Aaroh	Ṛ	R	G,	Ṙ	P,	Ṙ	D	N	Ṡ			
Avroh	Ṡ	N	D	P,	Ṙ	G,	R	Ṛ	S			

Sathayee Notations:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
								P	N	D	N	P	Ṙ	G	Ṙ
								Mae	-	ray	-	La	a	la	n
P	P	P	R	G	R	S	S								
Ki	-	-	-	Soh	-	ba	-								
								Ṛ	Ṛ	R	R	G	G	G	R
								Sa	d	Na	v	Tha	n	Ma	n
P	Ṙ	G	R	Ṛ	R	S	S								
Ru	-	gi	-	Soh	-	ba	-								

Antra Notations:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
								Ṙ	Ṙ	G	G	Ṙ	Ṙ	D	N
								Brah	-	m	Ma	ha	-	s	-
Ṡ	Ṡ	Ṡ	Ṡ	N	Ṛ	Ṡ	Ṡ								
Si	d	Mu	n	l	n	dra	-								
								N	Ṛ	Ḡ	Ṛ	Ṡ	N	D	P
								Bha	ga	t	D	a	n	Ja	s
Ṡ	N	D	P	Ṙ	G	R	S								
Man	-	-	-	gi	-	-	-								

NAAM SIMRAN



GROUP C

Tune #1

1	2	3	4	5	6	7	8
				S	R	G	M
				Va	he	gu	ru
M	M	M	M				
-	-	-	-				
				M	G	R	G
				Va	he	gu	ru
G	G	G	G				
-	-	-	-				
				G	R	S	R
				Va	he	gu	ru
R	R	R	R				
-	-	-	-				
				S	N	R	S
				Va	he	gu	ru
S	S	S	S				
-	-	-	-				

NAAM SIMRAN (CONT'D)



GROUP C

Tune #2

1	2	3	4	5	6	7	8
				P	D	N	Ś
				Va	he	gu	ru
Ś	Ś	Ś	Ś				
-	-	-	-				
				Ś	N	D	N
				Va	he	gu	ru
N	N	N	N				
-	-	-	-				
				N	D	P	D
				Va	he	gu	ru
D	D	D	P				
-	-	-	-				
				D	M	D	P
				Va	he	gu	ru
P	P	P	P				
-	-	-	-				
				M	G	G	M
				Va	he	gu	ru
M	M	M	M				
-	-	-	-				

Tune #3

1	2	3	4	5	6	7	8
Ṇ	Ṇ	S	S	R	R	R	R
Vahe	guru	Vahe	guru	Vahe	guru	Vahe	guru
G	G	R	R	S	S	S	S
Vahe	guru	Vahe	guru	Vahe	guru	Vahe	guru
P	P	M	M	G	G	G	G
Vahe	guru	Vahe	guru	Vahe	guru	Vahe	guru
P	P	M	M	G	G	G	G
Vahe	guru	Vahe	guru	Vahe	guru	Vahe	guru
G	G	R	R	S	S	R	R
Vahe	guru	Vahe	guru	Vahe	guru	Vahe	guru
G	G	R	R	S	S	S	S
Vahe	guru	Vahe	guru	Vahe	guru	Vahe	guru

SIMAR MANA RAAM NAAM



GROUP C (SHABAD)

This Shabad is by Guru Arjan Dev Ji in Raag Bilaaval on Pannaa 803

ਬਿਲਾਵਲੁ ਮਹਲਾ ੫ ॥
ਭੂਲੇ ਮਾਰਗੁ ਜਿਨਹਿ ਬਤਾਇਆ ॥
ਐਸਾ ਗੁਰੁ ਵਡਭਾਗੀ ਪਾਇਆ ॥੧॥
ਸਿਮਰਿ ਮਨਾ ਰਾਮ ਨਾਮੁ ਚਿਤਾਰੇ ॥
ਬਸਿ ਰਹੇ ਹਿਰਦੈ ਗੁਰ ਚਰਨ ਪਿਆਰੇ ॥੧॥ ਰਹਾਉ ॥
ਕਾਮਿ ਕ੍ਰੋਧਿ ਲੋਭਿ ਮੋਹਿ ਮਨੁ ਲੀਨਾ ॥
ਬੰਧਨ ਕਾਟਿ ਮੁਕਤਿ ਗੁਰਿ ਕੀਨਾ ॥੨॥
ਦੁਖ ਸੁਖ ਕਰਤ ਜਨਮਿ ਫੁਨਿ ਮੁਆ ॥
ਚਰਨ ਕਮਲ ਗੁਰਿ ਆਸ੍ਰਮੁ ਦੀਆ ॥੩॥
ਅਗਨਿ ਸਾਗਰ ਬੂਡਤ ਸੰਸਾਰਾ ॥
ਨਾਨਕ ਬਾਹ ਪਕਰਿ ਸਤਿਗੁਰਿ ਨਿਸਤਾਰਾ ॥੪॥੩॥੮॥

bilaaval mehalaa 5 ||
bhoolae maarag jinehi bathaaeiaa ||
aisaa gur vaddabhaagee paaeiaa ||1||
simar manaa raam naam chithaarae ||
bas rehae hiradhahi gur charan piaarae ||1|| rehaao ||
kaam krodhh lobh mohi man leenaa ||
ba(n)dhhan kaatt mukath gur keenaa ||2||
dhukh sukh karath janam fun mooaa ||
charan kamal gur aasram dheeeaa ||3||
agan saagar booddath sa(n)saaraa ||
naanak baah pakar sathigur nisatharaa ||4||3||8||

Bilaaval, Fifth Mehla:

*He places the one who strays back on the Path;
such a Guru is found by great good fortune. ||1||
Meditate, contemplate the Name of the Lord, O mind.
The Beloved Feet of the Guru abide within my heart. ||1||Pause||
The mind is engrossed in sexual desire, anger, greed and emotional attachment.
Breaking my bonds, the Guru has liberated me. ||2||
Experiencing pain and pleasure, one is born, only to die again.
The Lotus Feet of the Guru bring peace and shelter. ||3||
The world is drowning in the ocean of fire.
O Nanak, holding me by the arm, the True Guru has saved me. ||4||3||8||*

SIMAR MANA RAAM NAAM



GROUP C (NOTATIONS)

Raag Bilaval Sargam:

Aaroh	S,	R	G,	M	P,	D,	N	Ś
Avroh	Ś	N	D,	P,	M	G,	R	S

Sathayee Notations:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
								-	G	R	M	G	R	N	S
									Sim	ar	Ma	na	a	Ra	am
P	P	R	G	M	P	M	G								
Na	a	m	Chi	tha	a	ra	e								
								G	G	R	R	P	P	P	P
								Bas	Re	hae	Hi	ra	dhai	Gu	r
Ś	Ś	D	P	M	M	G	G								
Cha	ra	n	Pia	a	-	ra	e								

Antra Notations:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
								P	P	P	N	D	N	N	Ś
								Bho	o	lae	Ma	a	ra	g	Ji
Ś	Ś	Ś	N	Ṛ	Ś	Ś	Ś								
ne	hi	Ba	tha	a	ei	a	a								
								-	Ś	Ś	N	D	N	Ś	Ṛ
									A	i	saa	Gu	r	Va	d
N	Ś	N	Ś	D	D	P	P								
Bha	a	ge	e	Pa	ei	a	a								

JAP MAN SAT NAM (THEME)



GROUP C (SHABAD)

This Shabad is by Guru Raam Daas Ji in Raag Dhanaasree on Pannaa 669

ਧਨਾਸਰੀ ਮਹਲਾ ੪ ॥

ਇਛਾ ਪੂਰਕੁ ਸਰਬ ਸੁਖਦਾਤਾ ਹਰਿ ਜਾ ਕੈ ਵਸਿ ਹੈ ਕਾਮਧੇਨਾ ॥

ਸੋ ਐਸਾ ਹਰਿ ਧਿਆਈਐ ਮੇਰੇ ਜੀਅਤੇ ਤਾ ਸਰਬ ਸੁਖ ਪਾਵਹਿ ਮੇਰੇ ਮਨਾ ॥੧॥

ਜਪਿ ਮਨ ਸਤਿ ਨਾਮੁ ਸਦਾ ਸਤਿ ਨਾਮੁ ॥

ਹਲਤਿ ਪਲਤਿ ਮੁਖ ਉਜਲ ਹੋਈ ਹੈ ਨਿਤ ਧਿਆਈਐ ਹਰਿ ਪੁਰਖੁ ਨਿਰੰਜਨਾ ॥ ਰਹਾਉ ॥

ਜਹ ਹਰਿ ਸਿਮਰਨੁ ਭਇਆ ਤਹ ਉਪਾਧਿ ਗਤੁ ਕੀਨੀ ਵਡਭਾਗੀ ਹਰਿ ਜਪਨਾ ॥

ਜਨ ਨਾਨਕ ਕਉ ਗੁਰਿ ਇਹ ਮਤਿ ਦੀਨੀ ਜਪਿ ਹਰਿ ਭਵਜਲੁ ਤਰਨਾ ॥੨॥੬॥੧੨॥

dhanaasaree mehalaa 4 ||

eishhaa poorak sarab sukhadhaathaa har jaa kai vas hai kaamadhhaenaa ||

so aisaa har dhiaaeeai maerae jearrae thaa sarab sukh paavehi maerae manaa ||1||

jap man sath naam sadhaa sath naam ||

halath palath mukh oojal hoee hai nith dhiaaeeai har purakh nira(n)janaa || rehaao ||

jeh har simaran bhaeiaa theh upaadhh gath keenee vaddabhaagee har japanaa ||

jan naanak ko gur eih math dheenee jap har bhavajal tharanaa ||2||6||12||

Dhanaasaree, Fourth Mehl:

The Lord is the Fulfiller of desires, the Giver of total peace; the Kaamadhaynaa, the wish-fulfilling cow, is in His power.

So meditate on such a Lord, O my soul. Then, you shall obtain total peace, O my mind. ||1||

Chant, O my mind, the True Name, Sat Naam, the True Name.

In this world, and in the world beyond, your face shall be radiant, by meditating continually on the immaculate Lord God. ||Pause||

Wherever anyone remembers the Lord in meditation, disaster runs away from that place. By great good fortune, we meditate on the Lord.

The Guru has blessed servant Nanak with this understanding, that by meditating on the Lord, we cross over the terrifying world-ocean. ||2||6||12||

JAP MAN SAT NAM (THEME)



GROUP C (NOTATIONS)

Raag Dhanasari Sargam:

Aaroh	S	<u>G</u> ,	M	P,	<u>N</u>	Ś			
Avroh	Ś	<u>N</u>	D	P,	M	P	<u>G</u> ,	R	S

Sathayee:

1	2	3	4	5	6	7	8
						PM	<u>GM</u>
						Jap	Man
P	P	P	P	P	P		
Sa	t	Na	m	-	-		
						<u>GG</u>	<u>GM</u>
						Sada	Sat
<u>G</u>	R	S	S	S	S		
na	a	m	-	-	-		
						<u>N</u>	S
						Hal	at
<u>G</u>	<u>SG</u>	MP	P	P	P		
Pa	la	t	Mu	kh	-		
						<u>PN</u>	<u>N</u>
						Oo	ja
<u>N</u>	D	D	P	P	P		
l	Hoe	e	Hai	-	-		
						-	P
							Ni
p	PM	<u>G</u>	<u>G</u>	M	PM		
-	t	Dhiao	eeai	Ha	r		
						<u>G</u>	<u>G</u>
						Pu	ra
R	R	S	S	S	S		
kh	Nira	nja	na	a	-		

JAP MAN SAT NAM (THEME)



GROUP C (NOTATIONS)

Antra:

1	2	3	4	5	6	7	8
						-	P
							Ei
P sh	P haa	M Poo	P ra	<u>G</u> ak	M Sa		
						P ra	P ab
<u>N</u> Su	<u>N</u> kh	Ś Dhaa	Ś tha	Ś Ha	Ś r		
						<u>PN</u> Jaa	Ś <u>G</u> Kai
Ř Va	Ř s	Ś Hai	Ś -	Ś -	- -		
						<u>N</u> Ka	<u>N</u> a
<u>N</u> ma	D dh	D hae	P na	P a	P -		
						-	P So
P o	PM Ai	<u>G</u> s	<u>G</u> a	M Ha	PM r		
						<u>G</u> Dhhiaa	<u>G</u> eeai
R Mae	R rae	S Jee	S a	S rae	S -		
						<u>N</u> Tha	S Sa
<u>G</u> rab	<u>SG</u> Su	MP k	P h	P Paa	P vehi		
						<u>PN</u> Mae	<u>N</u> rae
<u>N</u> Ma	D na	D a	P -	P -	P -		