Jap Sahib

Part 1: Gurmukhi with Translitteration & Synopsis of Ideas in different English Translations with Colour-Code Dictionary

Introduction
Translations
Literature

Introduction

Duality, Polarity and the Thou Path to Beatitude

In this time of the Iron Age (Kali Yuga age of disease) - the predominant experience of the human being is duality: Mental activity dominates self perception, and duality is the very nature of the human mind. We are constantly experiencing polarities such as pain and pleasure, love and lust, attraction and repulsion, positive and negative mind. The neutral mind, intuition, the voice of the heart, which can transcend the polarities and connect us with the Divine, is rarely heard. Already in the 15th and Guidance (Divine Voice) and Grace (the Hukam), are rarely developed and used.

The teachings for kali yug often give pairs of balancing polarities which help to transcend duality through mental paradox and contradiction: Truth and Contentment, Compassion and Forgiveness and (Kirtan) Bani - Devi Gods' appearance and sign - inner purification and reconstruction through the Divine word), Sewa (selfless service) and Simran (remembrance of the Divine in all circumstances), Karma (action, matter and limitation) and Dharma (spirituality, the path of liberation, the sense of duty and responsibility), grown and bride, husband and wife, male and female, Shiva and Shakti, Light and Love, mother and father, Thou and I, Thou and Me, Thou and Mine.

The teachings encourage the student to strive in work (kirat karni), Sewa, meditation (nam japna), and in the sharing of wealth (vand chhakna), in order to prepare for the marriage with the forgotten Divine Beloved, the Thou. The Thou is the Lover and Friend, and it is also the help to be found in the Path of Love and Devotion, the simultaneous cultivation of humility and courage, of necessary action and of surrender to the Divine Will, of Love and Light. The Thou is the Beloved's quality of predominantly warm and loving nature, and the Thou path would be counterproductive to this most difficult long-term purpose.

Two Legs to Walk, Two Wings to Fly

Although the ensemble of these teachings was created together with and inscribed into creation at the very beginning already, we were given the Jap Sahib in the 15th century, and the Mool Mantar and Japji Sahib in the Lunar Eclipse of 1469 by Guru Nanak Dev Ji. The Tenth Guru Gobind Singh from God through, from the Bhakti poetry of the Hindu Bhakti saints, and from the Sufi poetry of Islam. Guru Nanak's Divine Wisdom is the most comprehensive and most complete of these sources. The two ends of this spectrum of existence are complementary and balancing, and the Jap Sahib is a synthesis and the combination of the two components of Guru Nanak's Japji Sahib and Guru Gobind Singh's Jaap Sahib.

Both are the opening chapters of two treasures of Divine revelation, the Dasam Granth (the Book of the Tenth Guru) and the Guru Granth Sahib. Again a pair of brother and sister, mother and father, two legs to walk on, two wings to fly. Both compositions are usually read together in the Nitnem, the daily prayer routine of the Sikhs, and they are also recited together in the Sikh ceremony of Amrit Sanchar, the baptism of the Khalsa, which is the Sikh community. The ceremony is also administered to the student onto the crown chakra (the tenth gate) in the Kundalini Yoga tradition of Yogi Bhajan (1929 - 2004). There is a resonance between the composition of these two, similar to Bach. The Dharma example is a journey of both, the individual student and the collective humanity, from the Iron Age of disease and duality and humility in communion with existence to the reality and the uncompromising bravery of the warrior-saint, from Bhakti to Shakti.

Guru Gobind Singh's Jaap Sahib -
The Rhythm of War Dance

Guru Gobind Singh's Jaap Sahib explicitly employs rhythm and sound to create a transformative experience in the listener. The rhythm of war dance, galloping horses, and of battle, as well as the fast-footed against the spheres of consciousness, to overcome the limitations of the mind. The Jaap Sahib is a composition of 199 lines of 4 verses each, and each verse is a complete unit of meaning. It has the themes of greed, lust, anger, attachment and egocism. To expand the mind, to overcome the limitations of the mind, to overcome the limitations of the mind, to overcome the limitations of

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ਸਚੁ ਕਹਉ ਸੁਣਿ ਭਿਸਤ ਨ ਪਾਈਐ
ਜਿਉ ਤਨਿ ਵਾਜਹਿ ਪਗ ਛਮ ਛਮ ਤਿਉ ਜਮ ਪਕੜੇ ਚਲੈ ਧ