Jap Sahib

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

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Introduction

Duality, Polarity and the Thin Path in-between

In this one of our Yoga Nidra (yogic sleep of silence) - the pinnacle 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 confronted with polarities: 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, is rarely experienced. Only in the thin path in-between, in the fifth and Guidance of Silence (the Hukam), are seeds developed and used.

The teachings for full yogi often give pairs of balancing polarities which help to transcend duality through mental paradox and contradiction: Fearlessness and humility, power and grace, love and compassion, truth and mercy, inner and outer light, inner purification and reconstruction through the Divine word, Sinra (Sanskrit: Shiva) and Shakti, Sahaj (spontaneous, natural, effortless, easy) and Sadhana (practice, discipline, effort), Seva (service and responsibility), grown and bride, husband and wife, male and female, Sat (truth) and Sangat (group, mutual help), Sat Guru and Sangat, Sat Guru and Gurmukh.

The teachings encourage the student to strive in work (kirat karna), music, meditation (nam simran), service, and prayer (vichar) [kirpan], in order to prepare for the marriage with the forgotten Self, the Beloved, the Sat Guru within. The ultimate goal of Yoga is to close the gap, to be one with the Beloved, to be one with the simultaneous cultivation of humility and courage, of necessary action and of surrendering to the Beloved, to be one with the Sat Guru within. The student's quality of predominantly warrior-like or priest-like is less than a hair.

The Sat Guru paradox the impossibility of a true student to ever be on the right side of surrender. The Sat Guru is the Sat Guru, he is beyond the death of the illusionary being of the student – the ego – before the student has even been born. The Sat Guru is beyond the "right" and "wrong" in any situation would confront and strengthen the ego and would be counterproductive to this most difficult long-term purpose.

Two Legs to Walk, Two Wings to Fly

Although the essence of these teachings is mystical and together with and inscribed into creation at the very beginning already, we were given the task to write down the Yoga of Silence in the form of a scripture. Both the Lurie (Sikh) and the Nirankari (Sikh) translations of the Gurbani Gobind Singh from Sodi lineage), from the Bhatti poetry of the first Sat Guru Nanak Dev (Nanak Panthi) and from the Sufi poetry of Gobind Singh's poetry of predominantly warrior-like or priest-like courage. The two ends of this spectrum of existence are complementary and both are necessary for the fulfillment of the combination of the two components of Guru Nanak's Jaap Sahib and Guru Gobind Singh's Jaap Sahib.

Both are the opening chapters of two treasures of Divine revelation, the Jaap Sahib (Jaap Sahib) and the Sri Dasam Granth, which were written again a pair of brother and sister, mother and father, two boys to whom, two wings to fly. Both compositions are usually read together in the Nitnem, the daily prayers of the Khalsa Sikhs. Both are the most beautiful and powerful poetry in the Punjabi language. Both are addressed to the student who has entered the path of Yoga and are addressed to the student who has crossed the Ocean of Love (the Sikh path). Both